

NUSNA Newsletter

National University Student Nurses' Association

Upcoming Events

April 12, 2014

Fighting Parkinson's Step by Step
5k Walk/Run Event

May 4, 2014

Casa de Amparo Fundraising

May 17, 2014

American Heart Association/
NUSNA San Diego Rock N Roll
Marathon Final Health Check



Sneak Peak

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Student Activities

We had such an exciting year adding to our Student Activities Calendar. In order to help prepare students to build their résumés, we added several certification classes, as well as, continued education classes. We offered a wide variety of courses such as: ACLS, BLS, PALS, EKG, Ventilator and Pulmonary Training, Airway Management, Neonatal Resuscitation Program, Wound/Ostomy Care, and Red Cross Disaster Relief Training. We welcomed back

ER and Flight Nurse, Donna Andrews, as our guest speaker, who is always a crowd favorite. Her experiences ignite such a spark of interest in her field. There was a raffle that day for a Littman stethoscope won by Maria Cristina. Amy Bowlby and Eric Wacenske won the flight ride-along opportunity with Donna! We look forward to adding more courses and guest speakers and are encouraged by all of the support we receive.

NU Faculty



Flordeis “Lisa” Delacruz

Flordeis Dela Cruz worked in Medical surgical area and critical care. She got her ADN at Southwestern College, BSN at University of Phenix and Master of Advanced Studies in the leadership of Healthcare organizations at UCSD. She is currently going to school for her DNP at Azusa Pacific University.

What influenced your decision to become a registered nurse?

I was working as a nursing assistant while going to school to become a Licensed Vocational Nurse (LVN). In early 1980s, while working as a LVN, I recognized that in order for me to better serve my patients and to be able to earn more money that I have to become a registered nurse.

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

The students need to take accountability for their own academic experience and know what available resources that will help them support their academic success. In NU, there are many resources available to help the students. First, the faculty team is a great resource for the students to ask any course related questions, and for guidance about course expectations and academic status. Next, we have the skills lab team that provides a variety of learning activities such as 1:1 tutorials, workshops (e.g., EKG, NCP, Med Math), skills practice, and simulation of patient care scenarios. Lastly, NUSNA has mentors and also conducts workshops to help their peers with their academic needs.

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

Nursing is not easy. It is not for the faint of heart. It can be physically and psychologically demanding. While working in the

frontline nurses are being pulled at different directions. But by learning how to prioritize, with increased problem solving skills, and through effective communication, nurses learn how to manage whatever issues they encounter. A nurse needs to find a balance between personal life and professional life. Often times, nurses (including myself), forget our own needs because we are so pre-occupied in taking care of the needs of others.

Where do you see the future of nursing going?

Advancement in science and technology and the increasing complexity of the healthcare landscape created new challenges for the nursing profession. The patients are older, more acutely ill, and require advanced procedure and lifesaving measures. As a result, the nursing practice calls for nurses to be more knowledgeable, have advanced critical thinking skills, and advanced clinical skills.

As the NU San Diego Clinical Lab director, I am glad that I am able to help train future nurses who someday maybe taking care of me or my family.

NUSNA in the Community in 2014



April is Child Abuse Awareness month:

NUSNA collected donated items to support Casa de Amparo from March 24th – March 28th. We want to thank all who have donated!

January 15, 2014 NUSNA/San Diego Blood Bank National Blood Donor Month Blood Drive

On January 15, 2014 the NUSNA Blood Drive registered 25 people and collected 28 units of blood which was our most successful blood drive in NUSNA history so far. 28 units of blood will touch the lives of at least 84 people. In an email two days later from Lorena Covarrubias the Account Marketing Manager of the San Diego Blood Bank said that the majority of the blood collected at the blood drive was already at the hospital and being given to patients.

February 22, 2014 NUSNA/American Heart Association San Diego Rock N Roll Marathon Kick Off Health Screen

During a fun and hectic couple of hours on a Saturday morning at the Road Runner Sports in Kearny Mesa, NUSNA students performed blood pressure screenings, BMI checks, with arm and waist circumference surveys for over 30 runners who are currently training for the San Diego Rock N Roll Marathon in June of this year. Many of the participants shared their stories of recovery and many of the NUSNA students are excited to come back in May to see the progress that these runners will make as they come into their last couple of weeks before the Rock N Roll Marathon.

Volunteer Opportunities

Fighting Parkinson's Step by Step 5k Walk/Run Event

Come help out the Parkinson's Association as they host their annual 5k Walk/Run Event. There will also be a medical expo at the event, the largest Parkinson's medical expo in all of Southern California.

WHEN: April 12, 2014

TIME: 0630-1030

WHERE: NTC Park / Liberty Station 2455 Cushing Road

SAVE THE DATE!

For more information
contact the Community
Service Director:
[Nusna.communityservice@
gmail.com](mailto:Nusna.communityservice@gmail.com)

Casa de Amparo Fundraising

Come help out Casa de Amparo! They are a non-profit organization who provides services to children and families suffering from abuse and neglect. They hold this major fundraising event to raise financial assistance for their programs.

WHEN: May 4, 2014

TIME: TBA

WHERE: Hilton Del Mar

American Heart Association/NUSNA San Diego Rock N Roll Marathon Final Health Check

Come help out as we do final weigh-in and BP screening for the American Heart Association's Run Team before they run the SD Rock N Roll Marathon in June.

WHEN: May 17, 2014

TIME: 0800-1000

WHERE: Road Runner Sports -San Diego 5553 Copley Drive

SAN DIEGO ROCK N ROLL MARATHON MEDICAL VOLUNTEER

Come help out at the largest running event in San Diego. There are many medical volunteer positions available, but don't wait to register as positions will fill up the closer it gets to the event.

WHEN: June 1, 2014

TIME: All Day

Legislative News

Legislative Director 2014 Recap

By Kristen Zimel

In the last year, as Legislative Director, I wrote and submitted the first ever resolution from National University to CNSA. It passed at the CNSA convention October 2013 after debating in front of 500 people, and I got published through CSNA's website and magazine.

Visit pdf: <http://www.cnsa.org/uploads/2/0/0/6/20067499/resolutions2013.pdf>

Visit website: <http://www.cnsa.org/current-resolutions.html>

Additionally, we are currently making minor revisions to the bylaws (March 2014). We underwent our annual bylaw revisions in December 2013. I am happy to head the process and really appreciate how sculpting the bylaws can affect the functionality of an organization.

I can't wait to work with the next legislative director as I transitioning out of this position this summer to write the next resolution and have success at next years CNSA convention.

Are you planning on getting your masters degree?

There is a new act, which will cause admission to University of California and California state universities to be based on racial preference. It specifically wants to DELETE "the specific provisions implemented through the enactment of Proposition 209 that prohibit the State from granting preferential treatment to individuals or groups on the basis of race, sex, color, ethnicity, or national origin, in the operation of public education." If you are for these changes to be implemented then you don't have to take any action. If you are opposed to the amended changes to discriminate based on race, sex, color, etc. then vote no!

Want to get published?

Last year at the CSNA conference in San Jose, National University passed their very first resolution at the state level! As a student body, this put us on the map within our large and competitive state. Believe it or not, it is time to find the next pioneer to head this year's resolution process. Want to get published? Email nusna.legislative@gmail.com. We are looking forward to all of the milestones and programs that NU is on the verge of rolling out!

NUSNA Chapters

NUSNA Fresno Chapter

The Fresno chapter of National University's nursing program has been doing great. Congratulations to our graduating cohort, Cohort 8 who was just pinned. Our senior cohort, Cohort 9 is currently taking their Community Health course and is halfway through. Cohort 10 is taking Maternity Nursing and our newest cohort, Cohort 11 is taking their Fundamentals of Nursing course. Different events that we have been a part of have been having great turnouts. For Kid's Day many of our student nurses came out to show their support and sell newspapers, and we are currently working on small seminars and social gatherings for our student nurses in order to maintain a sense of community, fundraise, and help students through any hurdles they may be faced with.



NSNA Convention

NUSNA members Michelle Simpson (LVN5 Cohort Rep), Alyce Sugita (Faculty Liaison, Cohort 32), Jessica Roman (President, LVN5), and Holly Berry (Membership Director, Cohort 31) attended the national student nurses convention in Nashville, TN from April 9-12. They were able to serve as California state delegates and place their votes regarding the 59 presented resolutions. This is the first year NUSNA has made a presence at the NSNA national convention.

NUSNA LA Chapter

NUSNA-LA is in an exciting transition stage right now with newly elected board members and committee directors. To help smooth over the shift in leadership we will be having a special retreat in Carlsbad, where board leaders and committee directors will be able to exchange ideas and discuss in detail their unique roles and duties. Not only do we have new leaders in training but also our chapter's efforts to be involved in the community have never been stronger.

We've continued our community outreach efforts with ongoing BP screenings at a local senior center and are getting ready for two donation drives to the Dream Center, one of the largest non-profit organizations in Los Angeles, and Totally Kids, an incredible long-term healthcare facility for children. We will also be attending this year's Catalina Island Health Fair where we will be doing BP checks, health screenings and blood sugar tests. We had a successful winter blood drive saving 52 lives and just received the honor of an award from the American Red Cross recognizing our chapter's great work.

We have our first ever "All Cohort Fun Day" planned for this month and are super excited for it. It's going to be an amazing day filled with lots of sunshine, food, and friendly games. We cannot wait to get a little competitive at the beach (all in good fun of course)!

Cohort Updates

Cohort 31 is completing Nursing Leadership with Professor Parkman and Professor Wilson. Clinical rotations gave students the insight of what it is to be a nurse manager. Students are excited to start reviewing for the NCLEX exam and many have already begun looking in to new graduate employment opportunities. Cohort 31 is looking forward to their pinning ceremony scheduled for Thursday, May 8th and becoming new BSN graduates!

Cohort 32 is completing Community Health Nursing II and is looking forward to rounding out the series. After the Community Health Nursing III, they will move into our last clinical rotation, Leadership. Cohort 32 is set to graduate August 2, 2014, and is excited to do so with it's members remaining in the 30's.

Cohort 33 is currently nearing the end of Psych with Professor Guertin, Kelly, and Sagisi and are getting excited about getting closer being to RNs. Clinicals are cementing the psychosocial aspect of holistic nursing care, preparing them for the challenge of patient centered care in the workplace. The cohort members eagerly took on multiple mentor pairings and are actively involved in volunteering and tutoring through NUSNA. Cohort 33 hopes to make a positive difference on campus in their remaining months at NU.

Cohort 34 is starting Leadership course on May. They have also been coordinating to set up a date and make plans for the pinning ceremony the first week of August and we are beyond excited for this event! Lastly, we are beginning to research and plan for the infamous NCLEX. The end is getting closer and closer...and they can definitely feel it!



Cohort 35 just finished the journey through Med Surg 2. They are enjoying our short break before starting nursing research in April.

Cohort 36 is currently in Med-Surg I with Professor Ho. We are happy to have gained a few new students from previous cohorts and the 50 of us are starting to become one big family! We survived our first care plans, and now that the shell shock is over we are starting to really enjoy our clinicals. It is exciting to put into practice all the things we've been learning about the past 7 months.

Cohort 37 is currently trying to "plow" its way through Pharmacology with Professor Dale Parent. The cohort is excited to be learning the various types of medications and their uses in the human body. The cohort is also excited for what is to come in the following classes when asked to apply this knowledge.

Cohort 38 Welcome Cohort 38! Congratulations on your acceptance. We look forward to your involvement with NUSNA.

LVN 5 is just completing Nursing Leadership and the Comprehensive Predictor Exam! They are beginning their last class, Issues in Professional Nursing and are eager to knock out their ATI Three Day Review in early April. This small and unique cohort of 15 students is very excited to make the transition from LVN to new graduate BSN! Their pinning will be held May 8th from 12:00-2:00 at The Marriott - Del Mar. They invite you to come celebrate with them, their families and friends.

LVN 6 is already about to begin their third month. Time flies when your having fun!! They just completed NSG 403 with Dr. Dahlen who, with her knowledge and expertise, has set the groundwork for what's ahead. They are also excited that one of their very own is the soon to be NUSNA president! Congratulations Michelle Fosdick!! Please welcome her with open arms.

NUSNA Board Members

BOARD MEMBERS

Faculty Advisor: Debra Casey

President: Jessica Roman - Interim

Vice President: Wendy Huynh

Secretary: Tina Lam

Treasurer: Mylene Reyes

Community Service Director: Ernest Banes

Membership & Recruitment Director:
Holly Berry

Student Activities Director: Jackie Douglas

Student Faculty Liaison: Alyce Sugita

Communications Director: Crystal Rivera

Mentorship Director: Marissa Tayaba

Workshops Director: Angel Elliott

Fundraising Director: Mallory Moore

Legislative Director: Kristen Zimel

NEW BOARD MEMBERS

President: Michelle Fosdick

Fundraising Director: Zach Miller

Mentorship Director: Shanell Bagley

Membership Director: Victoria Flor

Where They Are Now

Dave McClure entered Sharp HealthCare's new grad program during summer 2013 at Sharp's Grossmont Hospital. A member of Cohort 26 and a past director with the NUSNA, he is a psychiatric nurse in the Intensive Treatment Program, a locked 24-hour care unit. He feels his volunteer experience strengthened his qualifications for the new grad position and he continues to volunteer with The Elizabeth Hospice. Dave is also a member of the American Public Health Association, American Psychiatric Nurses Association, and National University Nursing Honor Society.

NEXT NUSNA MEETINGS

April 28, 2014 1400-1530 Room 118

May 19, 2014 1400-1530 Room 118

VISIT USEFUL LINKS ON NUSNA WEBSITE

National Student Nurses Association

NUSNA San Diego Facebook Page

Upcoming Certifications/ Training

NUSNA & Life Support Academy Present...

ACLS & PALS Combination Certification Class!

May 16, 2014 and May 17, 2014

9am-5pm

**ALL CERTIFICATIONS ARE VALID
FOR 2 YEARS**

\$180 for NUSNA Members

\$200 for Non-Members

**-Anyone can add BLS Renewal for only
\$20**

AHA Airway Management Certification

Saturday, May 3, 2014

9am-1pm

\$45 for NUSNA Members

\$50 for non-NUSNA Members

Red Cross Disaster Relief Training

Saturday, June 7th at 10am

Rancho Bernardo Campus

BLS Certification – May 2014

**Sign up for the next BLS Certification
class for ONLY \$30!!**

Saturday, May 10th 9am-2:00pm

**Rancho Bernardo Campus, Room 119
16875 West Bernardo Dr., San Diego,
CA 92127**

Ventilator Training & Pulmonary Education

Saturday, July 19, 2014

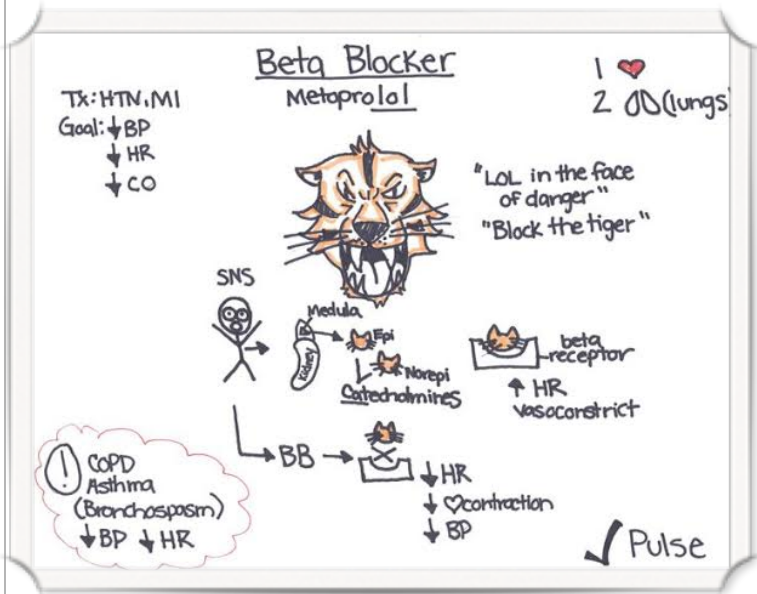
10:30-2:30

\$100 for NUSNA Members

\$110 for non-Members

NUSNA Peer Workshop

Peer Workshop Evolution



Since implementation in October 2013, NUSNA SD Peer Workshops program has rapidly evolved and adjusted to student's needs and feedback. The student led program offers creative workshops utilizing the success of peer teaching and has proven to be a beneficial resource for many students on campus. Not only are first year students able to gain a unique study perspective on material that is often hard to grasp and easy to get lost in, the second year peer leaders are staying fresh for the NCLEX. Angel Elliott recently presented a poster at the ACNL Innovations Conference on March 21, 2014 with Professor Sevilla-Zeigen and Ann Kelly, fulfilling the programs proposed vision to bridge students, cohorts, and faculty for an

environment of teamwork at NU. The entire workshop team returned from spring break recharged and ready to grow and improve. They are humbled to begin to see their passion come full circle in inspired students stepping up to join the team. What an exciting time to be a nursing student at NU!



Benefits for Joining NUSNA

NSNA Partnership

**When you become an NUSNA member you
can take advantage of the benefits that
NSNA have to offer!**

- ¥ NCLEX Prep-25% Discount (Delmar, Cengage Learning)
- ¥ Free Professional portfolio service
- ¥ 10% off attire (Life uniform)
- ¥ Academic credit for NSNA participation
- ¥ NSNA Visa Platinum Rewards Program
- ¥ Malpractice insurance (Nurses Service Organization)
- ¥ Up to 80% off office and school supplies through Office Depot
- ¥ Hotel savings (up to 20% off)
- ¥ Receive cash back from your favorite brands (Azigo)
- ¥ Save 10% off service plans (T-mobile)
- ¥ Health Insurance (Assurant health)

**Visit NSNA website for more information about
their benefits**

**NUSNA also provides several resources for your
success!**

- ¥ Scholarship opportunities
- ¥ Networking opportunities
- ¥ Priority registrations for events (i.e NUSNA Career Day)
- ¥ Chance to go to State and National Convention
- ¥ And much more!

For questions about joining, contact the Membership
Director nusna.membership@gmail.com



Upcoming Event!



Neonatal Resuscitation Program

\$90 for NUSNA members
\$100 for nonmembers

NRP introduces the healthcare professional to the concepts and basic skills needed during neonatal resuscitation

Skills training by appointment ONLY April 12th 9:00 – 2:00

Study and prepare by using the Neonatal Resuscitation 6th edition free eBook rental after you have completed your NUSNA payment

Online test MUST be completed two weeks before skills training

Register online at www.nusnasd.org