



THE PULSE

THE NUSNA STUDENT NEWSLETTER

MESSAGE FROM THE EDITOR IN CHIEF



Welcome, NUSNA! Can you believe that we're already halfway through the summer season?! I hope you all enjoyed the week off at the beginning of the month, & focused entirely on self-care activities. Do not ever forget that your personal wellbeing

should stay as a deliberate attempt to constantly improve & boost. How else must we provide superlative nursing care if we cannot master taking care of ourselves first? Above all, a key ingredient to influencing mental health among nurses is positive introspection, which serves as food for the brain & one's state of wellness.

NUSNA events cascaded through the weeks prior to summer break & well after, all attached with accomplishments highlighted by NU nursing students. Two extremely pivotal milestones were finally at the doorstep for many – white coat/pinning ceremony & graduation! These turning points are always monumental. Fortunately, as one cohort faces the world of new grad adventures, another cohort dives right in at the beginning of an enriching journey!

As we take a look at this summer edition, I want to thank you for your honorable dedication to NUSNA as we strive to foster your nursing education in the most purposeful way. The initiative you all have to become the greatest nurses while making the best out of this program is inspiring, & I am fortunate to showcase your memorable highlights. Enjoy this newsletter!

Camelle Sison
Communications Director

**“To do what nobody else will do, a way that nobody else can do, in spite of all we go through; that is to be a nurse.”
– Rawsy Williams**

JULY 2019

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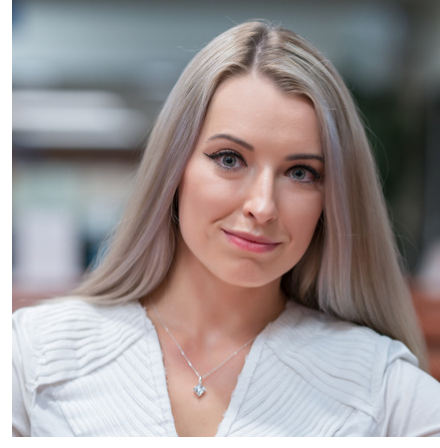
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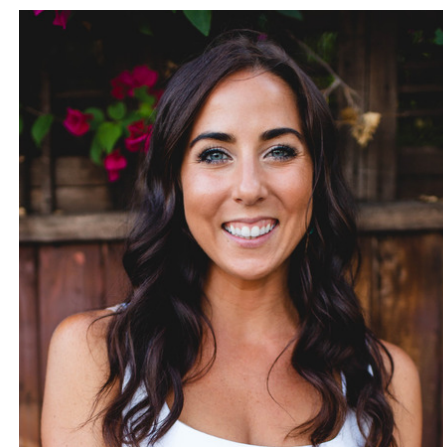
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Melinda McLaughlin
Eligio David Soliman

Best of luck, Outgoing Directors!



PAMELA SCHREURS, C52
OUTGOING SCHOLARSHIP
COMMITTEE CHAIR

**THANK YOU FOR THE
AMAZING
LEADERSHIP & THE
GREAT IMPACT
YOU'VE MADE
WITHIN NUSNA. THE
PATHWAY YOU'VE
CREATED FOR
INCOMING STUDENTS
& DIRECTORS IS
EXTRAORDINARY.
WE APPRECIATE
YOUR HARD WORK &
DEDICATION!**



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OUTGOING SECRETARY



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OUTGOING BTN DIRECTOR



ANDREW TARASKI, C52
OUTGOING MENTORSHIP
DIRECTOR

July Election Winners:



EMILY O'GRADY, C59
INCOMING LEGISLATIVE
DIRECTOR

**WELCOME TO THE
NUSNA FAMILY!!!**



CRAIG COWAN, C58
INCOMING ALUMNI-PLANETREE
RELATIONS DIRECTOR

Upcoming Elections

DO YOU WANT TO BE PART OF NUSNA'S LEADERSHIP TEAM? GAIN VALUABLE SKILLS & EXPERIENCE BY BECOMING A BOARD OF DIRECTOR! POSITIONS NOW AVAILABLE INCLUDE:

COMMUNICATIONS
DIRECTOR



FUNDRAISING
DIRECTOR



MEMBERSHIP
DIRECTOR



PLEASE EMAIL
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WITH YOUR BIO IF
INTERESTED IN APPLYING

WORKSHOPS
DIRECTOR



Congratulations!



SYDNEY RUSSELL
C55

**FUNDRAISING
COMMITTEE**

**COMMITTEE
MEMBERS OF
THE MONTH**



JOHN VOLD
C54

**WORKSHOPS COMMITTEE &
WORKSHOPS LEADER**



BY KATIE YEGSIGIAN, C54



Scoliosis Screening: *My Nurses Made All the Difference*

Back in middle school I was screened for scoliosis. Prior to the screening, I remember an informational video regarding what scoliosis is and what would need to be done. After the screening, I received a letter home to my parents informing them they needed to take me to the doctors to have an x-ray. The results showed that I had 2 curvatures making my spine look like an “S” with the top curve measuring at 51 degrees and the bottom at 37 degrees. Surgery was my only option with this diagnosis.

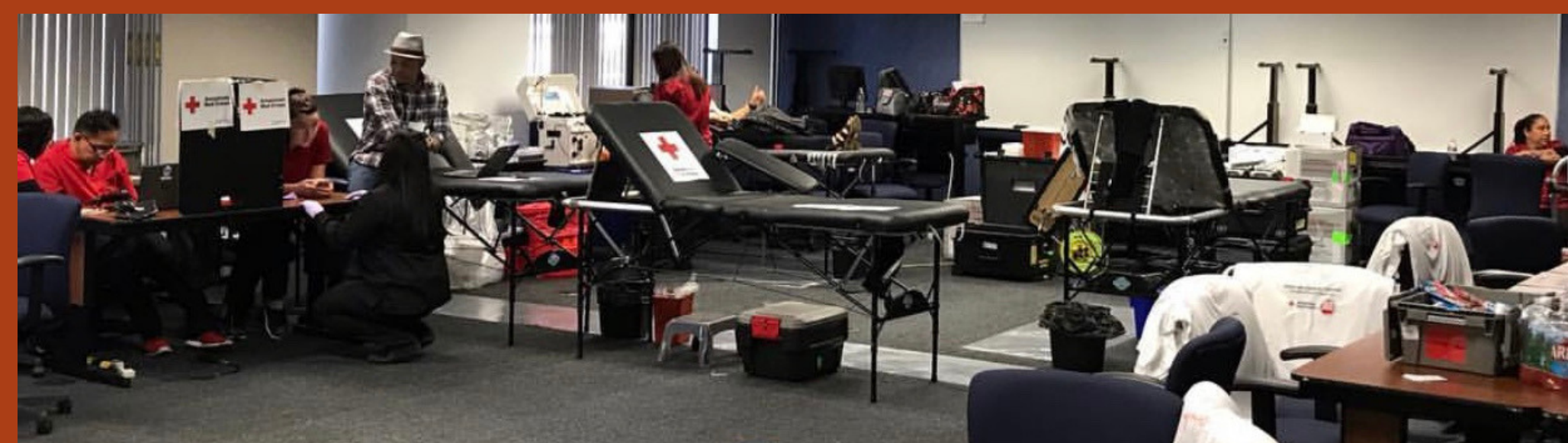
I truly had no idea what I was getting myself into regarding the procedure. I went in thinking it was going to be similar to when I had my tonsils taken out (aka ice cream all week!!). However, I was in for a huge shock when I woke up. The pain was extreme. The medications’ side effects were unbearable. It was helping with the pain, however, the side effects from the medications were making me a different kind of miserable. I was in a world of hurt to say the very least.

The first time I remember smiling after the procedure was when one of my nurses came in and talked to me as a friend, not like I was just another patient. I remember her telling me a story about her significant other and I found it hilarious. Her story brought me happiness, which was something I didn’t think I’d feel again. This small gesture may have not seemed like much to her at all, but it made all the difference for me.

I’m now coming up on 10 years post-op from this surgery and I am less than one year away from becoming a nurse myself. I hope to give back to people what my nurse gave to me so long ago. That experience taught me that one small gesture may go a million miles for the right person and to remember to not only focus on the physical, but also the emotional aspects of healing with your patients.

April EVENTS

4/3 - 4/7: NSNA CONVENTION
4/10: SHOWER OF BLESSINGS
4/22: BLOOD DRIVE
4/27: MARCH OF DIMES



CNSA

CALIFORNIA NURSING STUDENTS' ASSOCIATION

YOU ARE INVITED TO THE

2019 CNSA ANNUAL CONVENTION

October 11-13, 2019

**Sheraton Fairplex Hotel & Conference Center
601 W. McKinley Ave. Pomona CA 91768**

EMAIL NUSNA.PRESIDENT@GMAIL.COM WITH A BIO & WHY YOU WANT TO REPRESENT NU AT CNSA

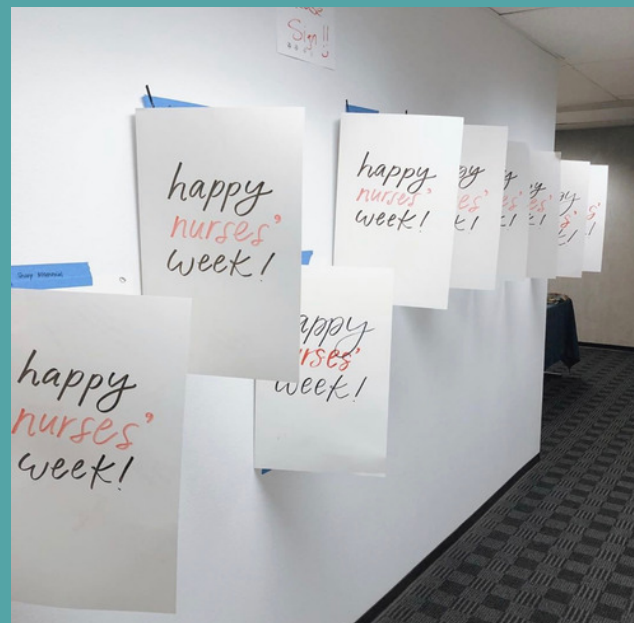
White Coat & Pinning Ceremony

C51 | C52 | LVN10 MAY 17, 2019



May EVENTS

5/5: EKG SCREENING
5/6 - 5/12: NURSES WEEK
5/8: SHOWER OF BLESSINGS
5/30: MILITARY DAY



June EVENTS

6/2: ROCK N ROLL MARATHON
6/12: SHOWER OF BLESSINGS
6/30: EKG SCREENING IN ALPINE



"Being involved in the well-being and advancement of one's own community is a most natural thing to do."
- Clarence Clemons

Get to Know Nurses in the Community:

Vanessa RN, BSN

CLINICAL NURSE SUPERVISOR AT KAISER EMERGENCY SERVICES

INTERVIEWED BY
JESSICA DAVIS, C53

Vanessa has nearly twenty years of nursing experience at numerous San Diego medical institutions including Alvarado, Sharp Grossmont, Sharp Memorial and Kaiser Permanente Hospitals. She also has experience in a variety of specialties including ICU, Telemetry, Neuro Trauma, and Emergency Services. Each experience she found valuable in becoming a well-rounded, competent, and compassionate registered nurse. Vanessa is currently a Clinical Nurse Supervisor at Kaiser Permanente Hospital's Emergency Department.

How did you realize you wanted to become a nurse?

I first realized I wanted to become a nurse when I was in fourth grade. There was a little girl with rheumatoid arthritis that I was asked to help to the bathroom. I think I was born to be a nurse.

How long have you worked for Kaiser?

I have worked at Kaiser for 3 years, but I have been a Kaiser patient for over thirty years.

What are your primary responsibilities as a nursing supervisor?

As I am in charge of the Emergency Department, my responsibilities include day-to-day operations, staffing, patient placement, throughput, compiling change of shift reports, fiscal responsibilities and supplies, & managing twenty-five direct reports and performing their evaluations.

On average, how many patients does Kaiser's ED see in a day?

We see between one hundred and two hundred patients per day.

Is there a specific population you care for? Or certain illnesses/chronic diseases/injuries you see often?

Kaiser patients are the healthiest patients I have ever taken care of and I have worked at several emergency rooms in San Diego. They are very big on prevention, so the majority of our patients are level three acuity – they come in for things such as the flu, infection, and CHF. We do, however, see a variety of patients for things as simple as a finger laceration to as complicated as stroke, heart attack, pediatric emergencies, motor vehicle accidents, respiratory arrest, and overdoses. (continued on next page)



KAISER PERMANENTE®



What do you love most about your job?

I can affect as many people as possible with having twenty-five direct reports. Through monthly one-on-one meetings, I can capture information from them on how their job can be better and more satisfying. I think happy nurses equal happy patients, so if I can affect twenty five people in a positive way, then they can affect every patient they touch in a positive way.

What is the most challenging aspect of your job?

I think the unpredictability of it – you cannot control the amount or type of patients. It's a very hard environment to maintain control over as you really have no control.

What traits make up a great ED nurse?

They need to be quick, have good critical thinking skills, be efficient and compassionate. Being present is important – by being authentic and really engaging in the moment.

**What is your number one advice for new graduate nurses?
Stay humble and open to learning and be kind
and compassionate.**

DEAR FLORENCE,

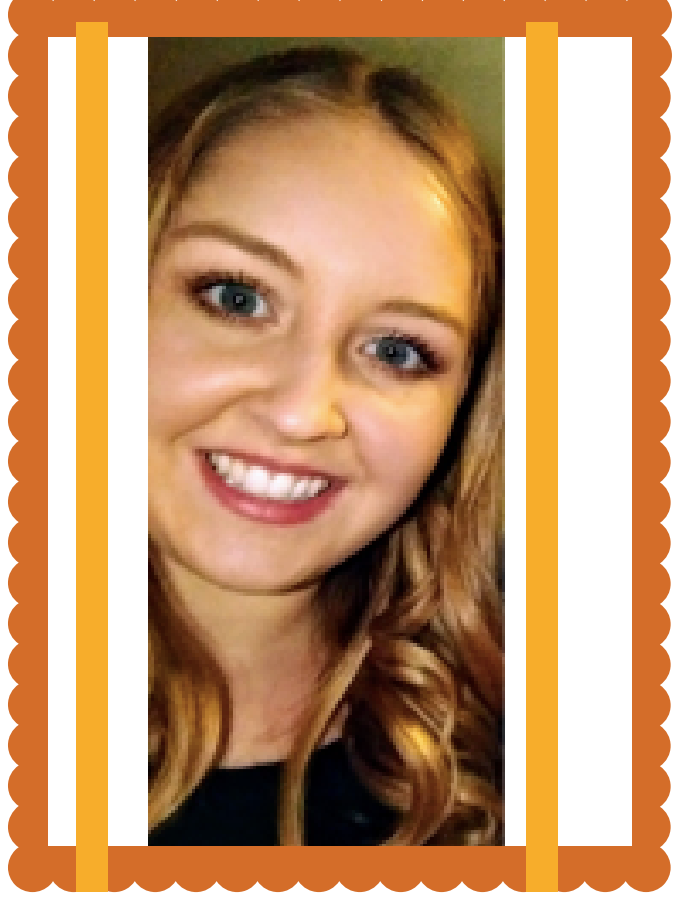
I am a new nursing student with no prior medical background. I know I have time to figure it out, but I am not exactly sure what I want to specialize in yet. Is that normal? Do most people already know before they even get in clinical rotations? How exactly would you know for sure unless you experienced it first? I can't be the only one who thinks this....
Sincerely, Kind of Lost

DEAR KIND OF LOST,

Your feelings are much more normal than you perceive it. Thousands of nursing students are in the same situation & have similar concerns, as did I. Actually, many individuals even come into the program knowing exactly what they'd like to specialize in only to have that completely changed after clinical rotations. Therefore, keep your options open & be flexible in every opportunity thrown at you during clinical, no matter how apprehensive or "unprepared" you feel. In this 22-month journey, you WILL find your niche. You WILL have a site that opens your eyes differently. You WILL have a patient who reinforces your reason to be a nurse. You WILL experience a "high" in a specific moment that makes you say "this is it; this is the speciality I love!" You WILL feel that elevation that is so different from the other encounters. It is in that moment when you'll "just know." I promise. You were born for this, so don't doubt your abilities to find your speciality. Be patient, it will come to you... sooner than you think.



**"Let us never
consider ourselves
finished nurses. We
must be learning
all of our lives."
- Florence
Nightingale**



Giving, Yet Unexpectedly Gaining:

My Experience with Hospice Volunteering

BY JESSICA DAVIS, C53

When I first began volunteering for hospice, I was very unsure. I was unsure how my presence could make an impact on my clients. I was unsure if I would be able to converse well enough for there to not be awkward silences. I was unsure if I could even handle another time commitment. With each visit, however, I became less unsure. I became more confident in my ability to make a difference, my ability to converse well with others, and my ability to handle my time commitments. Most importantly, I realized how needed hospice volunteers are and how easy it is to make an impact in a hospice client's life.

A quick one-hour visit may not make a significant impact for you or I, but to someone nearing the end of their life, this visit can mean everything. It could potentially be the last encounter a client has before passing away or it could simply be the only interaction he or she has outside of their facility's staff. Some hospice patients do not have any family or friends to visit, so a volunteer can actually lessen the isolation and loneliness that they face.



Over the past eight months of volunteering for Sonata Hospice, I have encountered three hospice clients. Each client and experience was separate and unique from the last. Each patient has been vastly different in their stage of life, diagnosis, prognosis, personality, communication style, and end of life needs. Throughout my past encounters, I have been extremely surprised to see how impactful my

visits have been. From the transitioning client nearing death, I have witnessed smiles when they are otherwise not communicating or interacting. From the client with cognitive decline and difficulty speaking, I have heard words of appreciation for simply being present and having an ear open to listening. Lastly, from the elderly patient with a house full of family, I have been told how nice it is to have someone to talk to when they often feel like a burden. We have the power to make a significant impact.



Most nursing students are aware that hospice nursing is a specialty that is available upon graduation, however, we may fail to realize that we will encounter the end-of-life phase and death in nearly every specialty of nursing. Tools such as therapeutic communication, active listening, and therapeutic touch are great resources that can be learned through hospice volunteering and applied into our everyday nursing practice.

I did not expect to gain as much as I did throughout my time volunteering for Sonata Hospice. I did not expect to enjoy the stories of childhood, marriage, raising children and grandchildren, & retirement as much as I have. I did not expect to appreciate the wisdom of those much older. I did not expect that I would grow in my ability to show compassion & empathy towards others &... (continued on next page)

I did not expect to be so emotionally moved at the loss of a client.

“Hospice is not about giving up, it’s about living life.”

Volunteering for hospice has been an extremely rewarding and impactful experience. I feel grateful for the clients and experiences I have had and look forward to utilizing the tools and resources I have obtained in my future nursing practice. Our presence as students and healthcare providers on our patients should not be understated. We have the ability to make a significant impact. By offering our clients and patients our time, presence, and providing compassionate care, we can ensure that the emotional needs of our clients are met promoting overall health and healing. We too may be surprised with what we can gain in the process.



Positive Affirmations To Improve Your Mindset

Nursing school comes with high levels of stress & anxiety. With all the information thrown at you in a fast-paced manner on top of juggling personal responsibilities, life can start to feel overwhelming. Avoiding stress is clearly unrealistic in a nursing program, however, you can reduce it and even sometimes defeat it through positive coping mechanisms such as changing the way you think. Take a deep breathe & consider these daily affirmations that you can repeat to yourself to start your day, every day.

I am always headed in the right direction.

My mind is full of brilliant ideas.

I am grateful to have people in my life who care for me.

I make a difference in the world by simply existing in it.

I am superior to negative thoughts & low actions.

I possess an endless supply of creativity, energy, & tolerance for any project that I assume.

I am confident.

Wealth is pouring into my life.

I am courageous & I stand up for myself.

I can. I will. End of story.

NUSNA'S 1st EVER MEMBERS ACTIVE QUARTERLY (MAQ) SCHOLARSHIP DRAWING

Congratulations **CINDY MCDANIEL, C58**

At our June membership meeting, NUSNA's incoming and outgoing scholarship chair, Aryal Jardines & Pamela Schreurs, drew the first MAQ scholarship winner. The lucky recipient was Cindy McDaniel from Cohort 58! Let's get to know her!



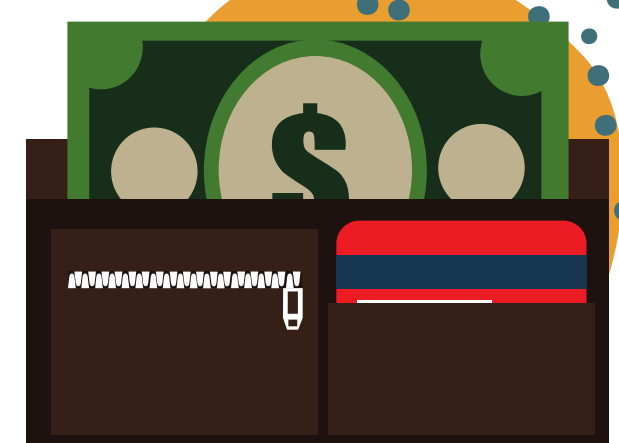
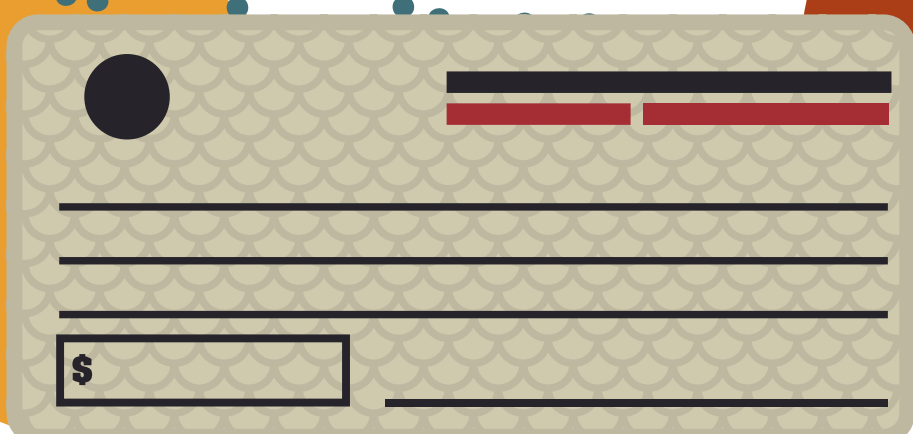
"I've wanted to do nursing for as long as I can remember. The medical field has always fascinated me, and the thought of how I could help make a difference in patients' lives just made sense. My life took a different path than originally planned so pursuing nursing is a career change for me. I am so excited to finally take this journey. Having quit my full-time job to focus on my nursing future, every penny helps. I am so thankful that NUSNA offered this scholarship, and I am appreciative and honored to be its first recipient."

- CINDY MCDANIEL

This scholarship drawing is now open to all NUSNA San Diego members and will be announced at the membership meeting every quarter. Do you want to know how to increase your chances of winning? Active members who participate in NUSNA events will receive an entry for each event attended during that quarter. The winner of the drawing will receive a \$250 check in their name! How incredible is that?! Our next drawing will be at the September membership meeting, which will be on Monday, Sept.16! Don't forget that NUSNA membership meetings are held on the third Monday of every month. You still have time to get involved! Attend a meeting, volunteer at a community service event, teach or attend a workshop, or join a committee. The opportunities are endless!



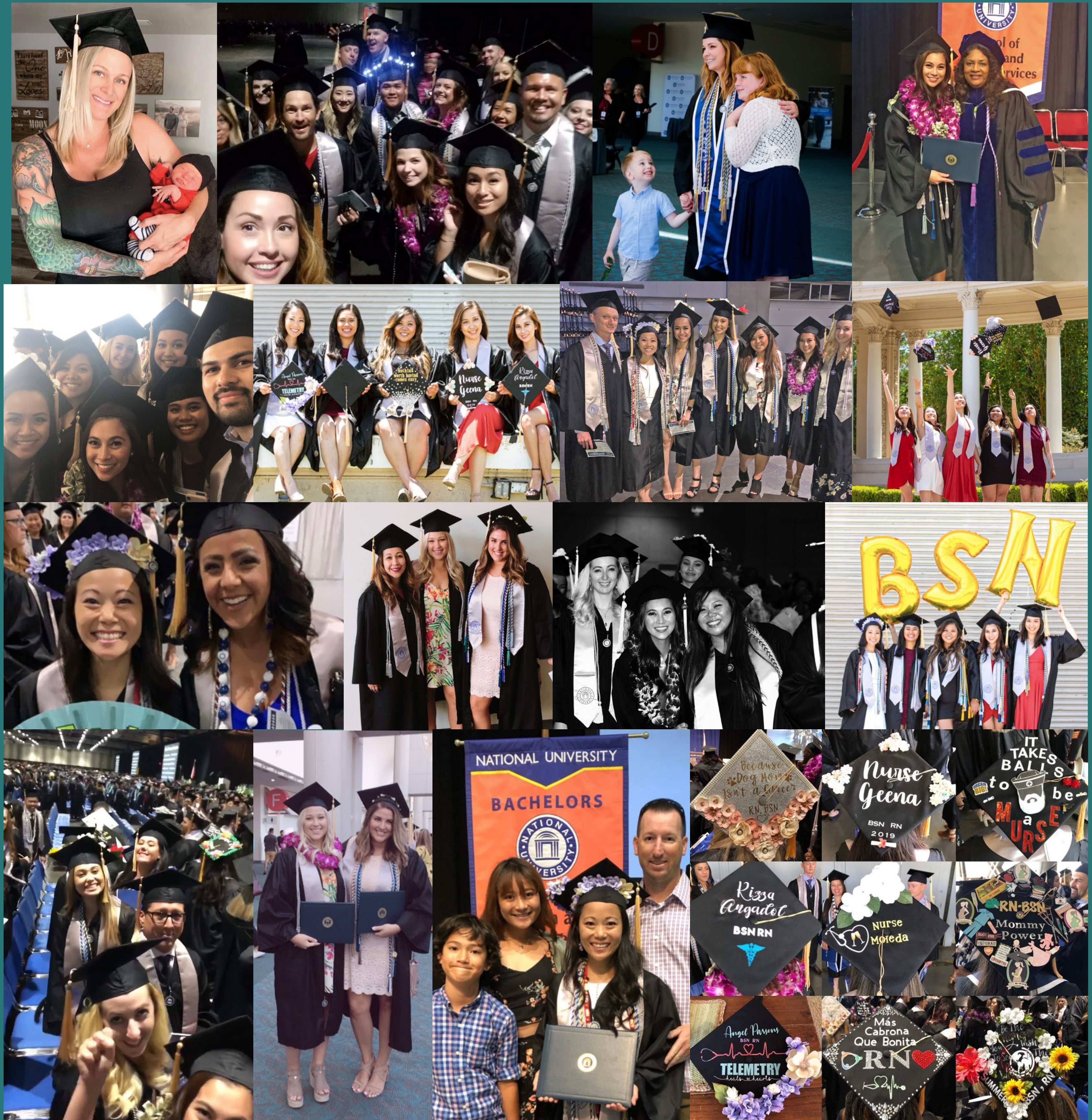
Aryal Jardines (left) & Pamela Schreurs (right) drawing the 1st MAQ scholarship winner!



COMMENCEMENT CEREMONY



Congratulations, New Grads!
June 30, 2019



NU Scholars Program: **A LIFE CHANGING EXPERIENCE FOR TERA VOSS**



INTERVIEWED
BY CAMELLE
SISON, C54

About the Scholars Program via <https://scholars.nu.edu>

The National University Scholars Program is a scholarship and educational program created to reward exceptional students. Celebrating the University's diverse student population, this program offers a high-impact experience through recognizing students who demonstrate potential for high achievement and contribution to society with a special emphasis on leadership, service, scholarship and academic excellence.

You are in Cohort 54. When & how did you find out that you were accepted into the NU Scholars Program?

I originally was invited to apply for NU Scholars in January 2018. I'll be honest, I had no idea what I was doing, but I knew it was a once-in-a-lifetime opportunity and I couldn't pass up the chance to at least try! I spent time creating thoughtful responses to all of the application questions, made a resume and cover letter, attached two letters of reference and sent it off with high hopes. I unfortunately wasn't offered an interview, and thought my NU Scholars journey ended right then and there. I was quite surprised when just a few months later I was invited to apply again.

I took a chance and reached out to an NUSNA member who I was mildly acquainted with because he was also an NU Scholar. I explained how badly I wanted this scholarship, and if he had any advice, I'd be so grateful. He exceeded so many of my expectations and we spent a good hour talking on the phone about my application. With his thoughtful advice in mind, I revamped my entire application and got the interview. Within a week, I received the life-changing phone call that I had been accepted into the July 2018 Cohort of the Scholars Program.

What was your initial reaction when you were accepted & what was the first thing that came to mind?

I was in total shock. I remember being in my mom's car on the way to the grocery store about an hour later and just bursting into tears. It had finally hit me. I was awarded a full tuition scholarship. I think in order to fully understand the gravity of that statement, it's important to tell a little bit of my story and how I came to be an NU student in the first place. (continued on next page)

"NU Scholars come from all walks of life & celebrate the uniqueness of every person!"

I spent a lot of time jumping around from job to job, exploring my interests, and just having fun. I never really set my sights on a solid career or life path because I couldn't make up my mind about what I wanted to do or who I wanted to be. I was living out of state and thought, finally, life was headed in the right direction. I had just moved in with my significant other and found out I was going to be a mom. We rushed to get married, believing it was the right thing to do. To put it mildly, everything fell apart just as quickly as it came together. I was then faced with a major decision: do I stay and try and work things out with no career or do I go home, get into school, and start over as a single mom-to-be? It seems like a no-brainer, but it was the most difficult decision I've ever made in my life. I came back to California, dove right in to classes at National University, and never looked back.



When I received that phone call, my entire experience and decision to come home replayed in my mind, and I couldn't help but feel so grateful. This phone call validated for me that every decision I made, no matter how difficult, was the right one. I thought of how I'll be able to share this story with my daughter, and hopefully inspire her to work hard and accept nothing less than the best for herself, just as I did.



What do you love most about being an NU Scholar?

There is truly so much I can say here. But, if I had to narrow it down to just one thing, I would have to say the Scholars Program is what you make it, and that is what I love most about it. You, as the student, are in charge of your own experience in the program. You are asked in the beginning what you want to do as an NU Scholar, and that's a big question! No idea is too big, and you're encouraged to go boldly towards what you're most passionate about in life. It has taken me a while to answer that question myself, but along the way I've been able to be a part of other NU Scholars' projects and explore many areas of interest. There are so many days that we as a team are out in the community, fundraising, participating in walks, and so much more. It is such an incredibly fun and rewarding experience, and I've learned so much about myself along the way. Also, I am able to bring my daughter along to just about every NU Scholars event, which is amazing! It's very important to me to be able to show her the value in participating and giving back in any way you can.

Is there a specific project you're working on as an NU Scholar?

Yes!! A large component of NU Scholars is about giving back to the community in a way that you are passionate about. I chose the Ronald McDonald House in San Diego as my passion project. I volunteered at the House through NUSNA last summer and helped with meal serving for a day, right around the same time I got accepted into NU Scholars. I was so impressed by this facility and all they do for patients and their families during such trying times. I was never able to shake the feeling that I wanted to do more to help them out. Fast forward a year later, and that feeling became much more apparent as I went through my pediatric rotation at Rady's, and discovered my love for pediatric nursing. (continued on next page)



While RMHC is always accepting donations for personal items like clothing and toiletries, I wanted to approach things differently and offer the guests a relaxing, distracting activity that could be done together or individually. I chose to collect coloring books, colored pencils, and children’s books to go in “Welcome Bags” for guests staying at the House. Hospitalization is stressful for the entire family, and I believe that a small, meaningful gesture such as this can go a long way in the healing process for both patients and parents.

The donation drive ran at Spectrum and RB from July 7th-20th and was a huge success! I received many generous donations outside of school as well. All in all, I collected 100 coloring books, 100 packs of colored pencils, and close to 150 children’s books (and counting!). Now, I’m working on packaging it all up so that 100 families can have a few new activities to do throughout the day. I can’t wait to deliver these to the House and I am so grateful for every single donation.



If there were one person you could thank all your achievements for as an NU Scholar and a successful nursing student, who would it be?

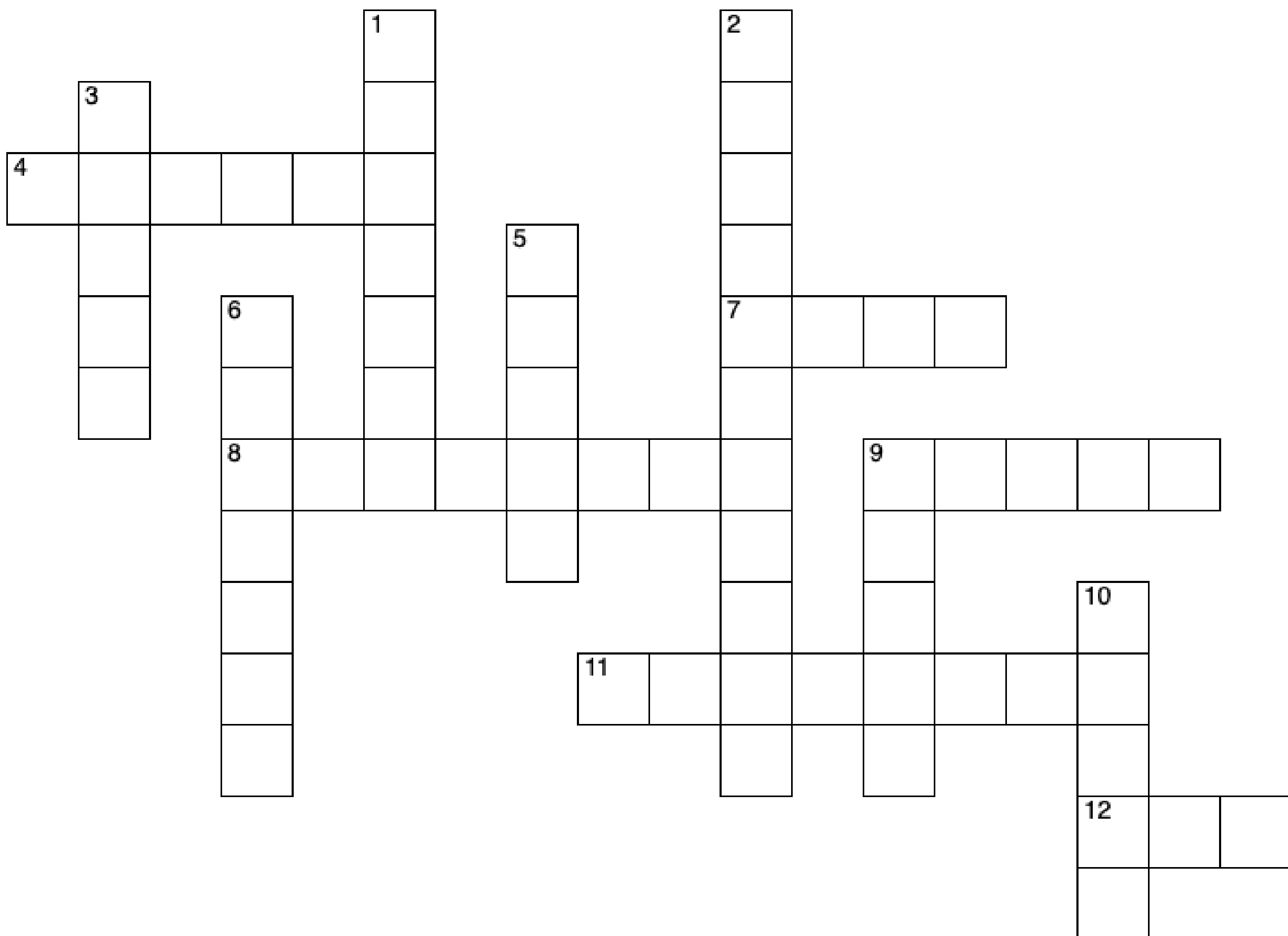
I owe so much to my mom, if not everything. My mom has seen me through it all. Not only is she my biggest support and go-to for all things advice, she cares for my daughter while I am in class or at clinical so I can focus on the work without a single worry. No questions asked and no strings attached, my mom was willing to take on this huge responsibility in order to see me through school. When I told her about the Scholars Program, I was apprehensive that she wouldn’t be willing to watch my daughter any more days as this kind of commitment could potentially be adding too much onto her plate. I couldn’t have been more wrong. My mom told me I had to do it because I’ll never get a chance like this again. I’m so thankful for her encouragement and guidance through this time in my life. With her invaluable support, I’ve accomplished things I didn’t even know were possible for me. I owe her and my dad many, many steak dinners in the future.



How Well Do You Know NUSNA-SD?

Play the crossword puzzle to find out!

**THE FIRST PERSON TO FILL THIS OUT & EMAIL IT TO
NUSNA.COMMUNICATIONS@GMAIL.COM WITH CORRECT
ANSWERS WILL WIN A \$10 STARBUCKS GIFT CARD!**



ACROSS

- 4** You get 2 _____ For Attending a NUSNA Membership Meeting
- 7** The Pulse Won a _____ Award
- 8** NUSNA Event: Ronald _____ House
- 9** Membership Meetings Are On The _____ Monday Of Every Month
- 11** Anonymously Ask _____ Your Nursing School Questions
- 12** NUSNA Event: Save a Life _____ Screenings

DOWN

- 1** Our Website Name Is _____ .org
- 2** NUSNA Benefits: Up to 80% Off School Supplies At _____
- 3** NUSNA Cord Policy Requires Members To Obtain _____ Points
- 5** Who Are We?
- 6** Name of NUSNA Editor In Chief
- 9** You Receive _____ Points For Being An Active Committee Member
- 10** Name of NUSNA President



Outside the Jail Cell: A Nurse's Perspective



Stephanie Sanchez (who I personally just refer to as “Sanchez”) is a long-time friend of mine that walked with me through my previous program. I consider her a mentor in many ways, and I consider myself incredibly lucky to be able to turn to her as I advance through this rigorous nursing program. Sanchez graduated in the Spring of 2017 with her BSN from Point Loma Nazarene University. Walking alongside through the highs and lows of her nursing undergraduate education, I have always admired her determination and resiliency. These qualities held well during her first experiences as a newly licensed registered nurse.

Sanchez took a position as an intake nurse at San Diego Central Jail. She said, “In this position, you’re facing the people who have just gotten arrested. I delivered questionnaires and took their baseline vitals.” My first reaction was fear. Anyone who knows Sanchez knows she’s not a tough-looking person – she cannot possibly be more than 5’5” and 105 pounds. “It’s strange, but I honestly felt safe knowing the amount of security that was around to support me,” said Sanchez. Though her security was not one of her main concerns, she came to realize how troubling it was to gather subjective data. There were many ethical dilemmas Sanchez observed regarding whether or not an inmate or detainee was telling the truth.



INTERVIEWED
BY GIA
CABARSE,
C57



Stephanie Sanchez
(left) &
Gia Cabarse (right)



Present Day,
SD Central Jail

She emphasized that “sometimes you need to read people”. She mentioned this was something that she talked a lot about with the healthcare team. As for the providers that worked there, Sanchez noticed that they were indifferent toward many things. She explained how other nurses and physicians held very calloused demeanors and joked about how most of the time the inmates were nicer than the providers.

As Sanchez reflected on her time working at the jail, she tells me that one of the most significant things she learned was framing communication in nursing with customer service. This was one of her biggest challenges, but the more it was exercised, the better her interactions and care became overall. Her first experiences as a new grad were not the most typical, but Sanchez ended up where she wanted to be. Sanchez said, “This job was valuable, but it was the job that led to the next.” She explained that it was difficult to get into a new graduate program – a path that she found was ideal for her. Sanchez applied to the same new grad program before and after taking a position at the county jail. She was accepted after four months of this experience. She has worked at Scripps Encinitas for the last year and a half, and currently works on the Medical-Surgical floor. When asked what advice she has for current students, she stated: “This job, no matter where, is stressful and you won’t know everything. Find ways to prioritize your own self-care.”

NU NURSING ALUMNI: WHERE ARE THEY NOW?

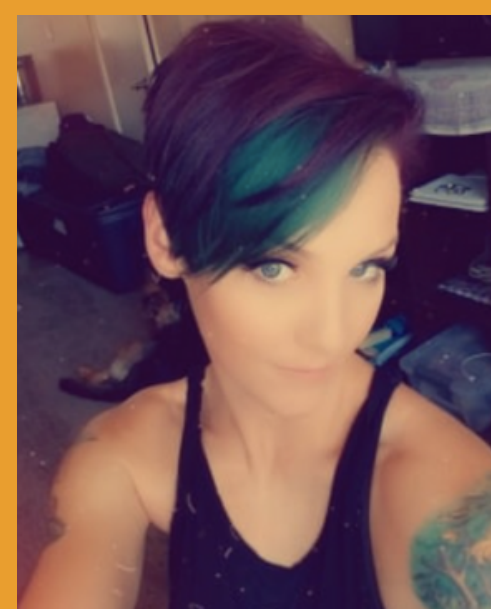
Interviewed
by
Erin Cook,
C53



DANIEL ZALDIVAR, C40
SICU NURSE @ SHARP
GROSSMONT



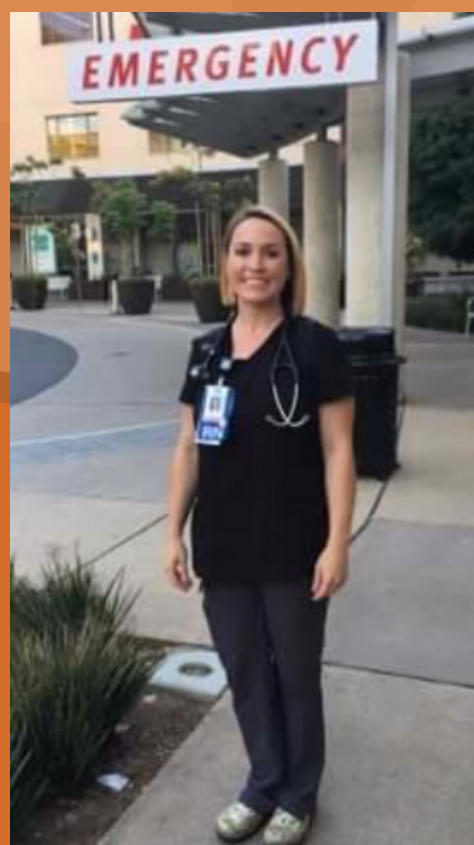
KATELIN KNODE, LVN7
CLINICAL RN IN
TELE/PCU @ SHARP
CHULA VISTA



SAMANTHA COMBS, C36
FORMER NUSNA TREASURER
ICU RN IN A NEURO
TRAUMA UNIT



SHERYLL MENESES MISHENKO, C42
CLINICAL RN II @ PALOMAR
MEDICAL CENTER IN
LABOR & DELIVERY



STEPHANIE FRAENZL, C45
FORMER NUSNA PRESIDENT
ER NURSE @ SHARP MEMORIAL



TIMIKIAL HEARD-ROBERSON, C37
RN IN THE INTERMEDIATE
CARE/STROKE UNIT
@ SENTARA NORFOLK
GENERAL HOSPITAL



ASHLAN PARKER, C37
OR NURSE



GINO LIM, LVN 8
CARDIAC NURSE @
SHARP CHULA VISTA



ASHLEY BARNES, C40
ER NURSE @ SHARP
GROSSMONT

July

EVENTS

7/10: SHOWER OF BLESSINGS
7/13: PRIDE PARADE
7/19: RONALD MCDONALD HOUSE
7/29: SAVE A LIFE @ PETCO PARK



COHORT UPDATE:

C
53

C
54

C
55

C
56

C
57

C
58

C
59

July Classes

ALYSSA CARRILLO
COHORT REPRESENTATIVE
NUSNA.COHORT53@GMAIL.COM

COHORT 53: *Community III*



COHORT 54: *Psychosocial*

KATIE YEGSIGIAN
COHORT REPRESENTATIVE
NUSNA.COHORT54@GMAIL.COM



TRINA REY
COHORT REPRESENTATIVE
NUSNA.COHORT55@GMAIL.COM

COHORT 55: *Pediatrics*



COHORT 56: *Med-Surg II*

LAURA YAHEMIAK
COHORT REPRESENTATIVE
NUSNA.COHORT56@GMAIL.COM



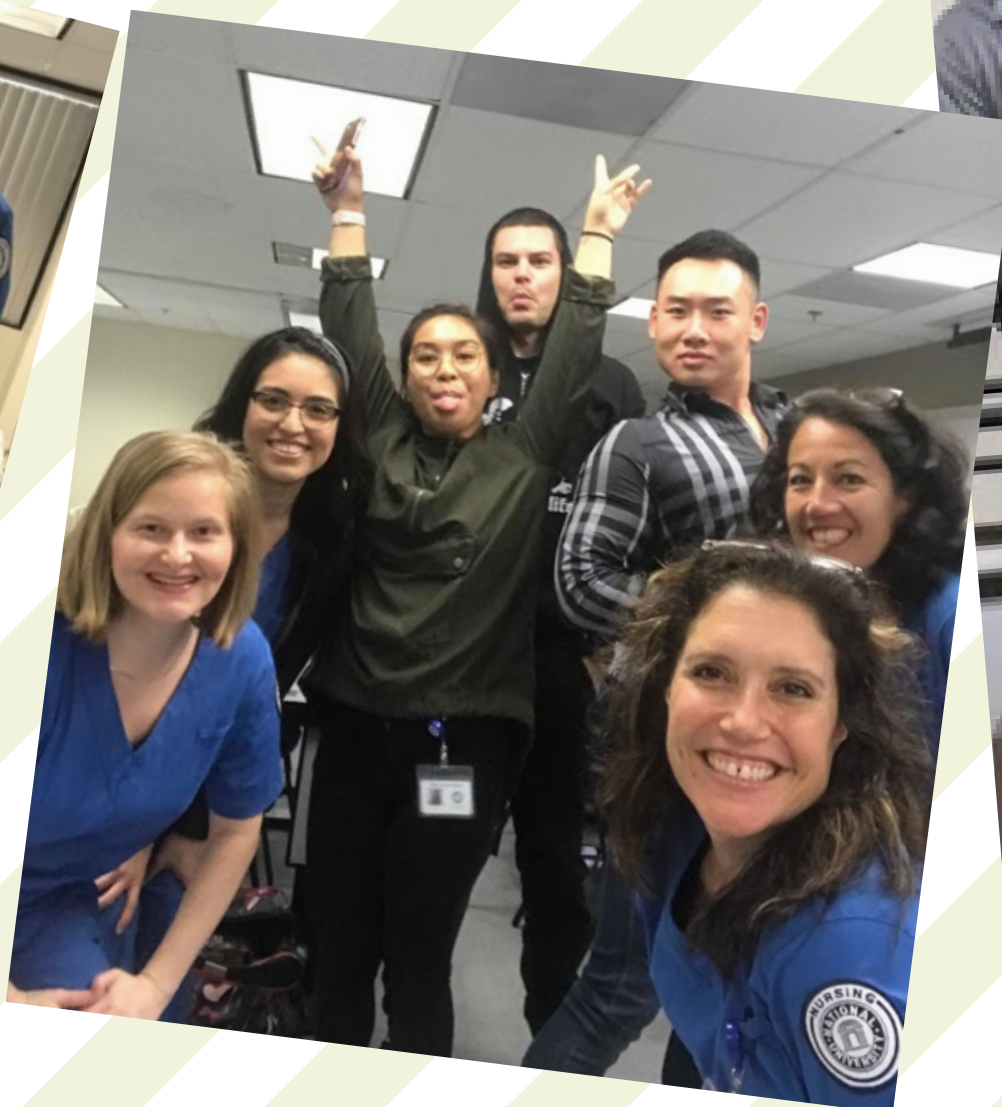
ELIZABETH MECHAM
COHORT REPRESENTATIVE
NUSNA.COHORT57@GMAIL.COM

COHORT 57: *Med-Surg I*



COHORT 58: *Nursing Research*

VICTORIANNA CHAVEZ
COHORT REPRESENTATIVE
NUSNA.COHORT58@GMAIL.COM



COHORT 59: *Nursing Theories*

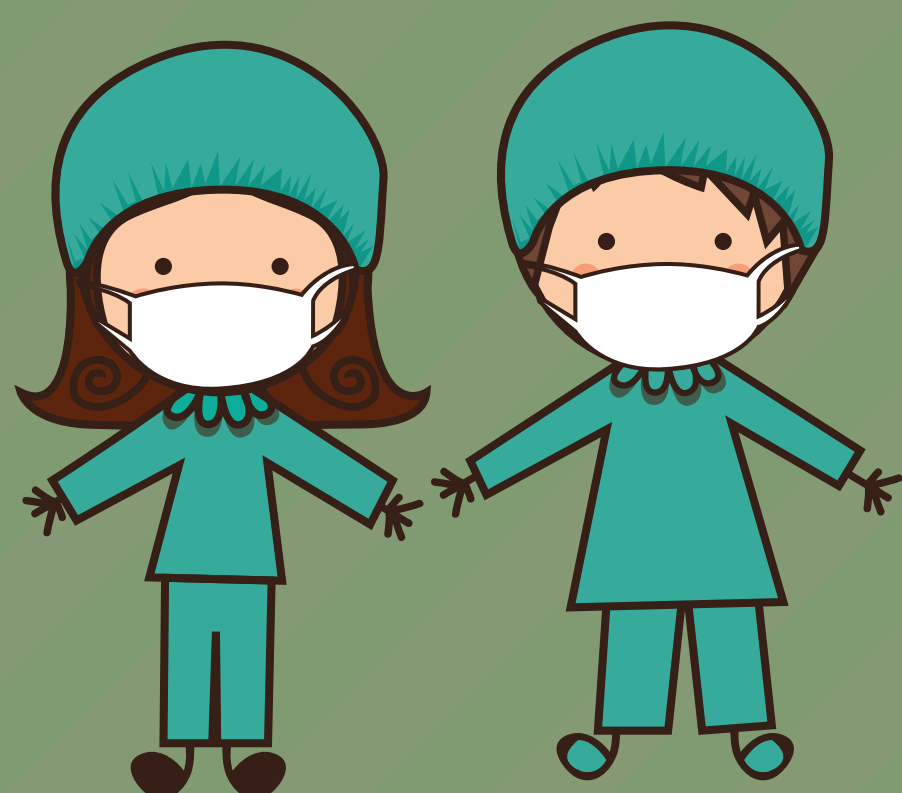
AMBER HAYWARD
COHORT REPRESENTATIVE
NUSNA.COHORT59@GMAIL.COM



Welcome

COHORT 60!

STARTING OCTOBER 2019





2019 MEMBERSHIP MEETINGS:

MEETINGS ARE SCHEDULED ON THE **3RD MONDAY** OF EVERY MONTH AT 2:30 P.M.
LOCATED AT THE RB CAMPUS.

- **Aug 19th**
- **Sept 16th**

JOIN A COMMITTEE!

- BREAKTHROUGH TO NURSING COMMITTEE
- BUDGET & FINANCE COMMITTEE
- BYLAWS COMMITTEE
- COMMUNITY SERVICE COMMITTEE
- **COMMUNICATIONS COMMITTEE**
- **FUNDRAISING COMMITTEE**
- **MEMBERSHIP COMMITTEE**
- **MENTORSHIP COMMITTEE**
- **NOMINATIONS & ELECTIONS COMMITTEE**
- **PLANETREE & ALUMNI RELATIONS COMMITTEE**
- **SCHOLARSHIP COMMITTEE**
- **STUDENT ACTIVITIES COMMITTEE**
- **WORKSHOPS COMMITTEE**

QUESTIONS? CONTACT NUSNA.VP@GMAIL.COM

JOIN OUR MENTORSHIP PROGRAM!

BE A MENTOR!

- MUST BE AN NUSNA MEMBER
- SUCCESSFUL COMPLETION OF FUNDIES
- MUST NOT HAVE STARTED PSYCH

BE A MENTEE!

- AVAILABLE TO ALL NUSNA MEMBERS

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

HELPFUL RESOURCES

WORKSHOPS

- NEED HELP WITH A SUBJECT?
- HAVING DIFFICULTY WITH A CARE PLAN?
- NEED GUIDANCE IN BUILDING YOUR PORTFOLIO?

CLICK HERE
FOR WORKSHOP
SCHEDULES

INTERESTED TO BE A
WORKSHOP LEADER?

CLICK HERE



WORKSHOP LEADERS MUST BE WITHIN
GOOD ACADEMIC STANDING WITH A
MINIMUM NURSING GPA OF 3.3.

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 July & August 2019

BLS for Healthcare Provider - CPR		EKG & Pharmacology	
Initial Cost: \$50	Renewal * Cost: \$30	Includes EKG and Pharmacology Cost: \$180 (incl book) * 8 CEUs awarded	
*Must provide current card at start of class			

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

Register Today!
Nupolyte.org
(under "AHA Programs")
(858) 642-1000

*BLS, ACLS, and PALS now have "Heartcode" course offerings. These courses allow the student to complete the didactic portion of the course online and come in solely for the skills portion. Click on "heartcode" links within calendar to obtain more information. *

*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

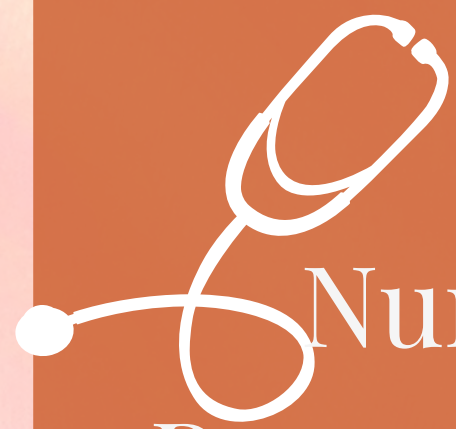
*Classes held at
National University, Kearny Mesa
3570 Aero Court, San Diego, CA 92123*

*National University Students/Alumni/
Faculty receive a 25% discount on all
courses by using promo code: NUAHA*

July 2019						
4Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PALS @ KM (8am-5pm) -PALS Heartcode	2 -ACLS @ KM (8am-5pm) -ACLS Heartcode	3	4	5	6
7	8	9 PALS @ KM (8am-5pm) -PALS Heartcode	10	11	12	13
14	15 -ACLS @ KM (8am-5pm) -ACLS Heartcode	16	17	18 BLS CPR @ KM (9am-1pm) -BLS Heartcode	19	20
21	22	23	24	25	26	27
28	29	30	31			
August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 BLS CPR @ KM (9am-1pm) -BLS Heartcode	7	8 PALS @ KM (8am-5pm) -PALS Heartcode	9	10
11	12	13	14 -ACLS @ KM (8am-5pm) -ACLS Heartcode	15 PHTLS (Day 1) (8am-4:30pm)	16 PHTLS (Day 2) (8am-4:30pm)	17
18	19 PALS @ KM (8am-5pm) -PALS Heartcode	20	21	22	23 BLS CPR @ KM (9am-1pm) -BLS Heartcode	24
25	26	27	28	29 -ACLS @ KM (8am-5pm) -ACLS Heartcode	30	

Click the schedules to sign up!

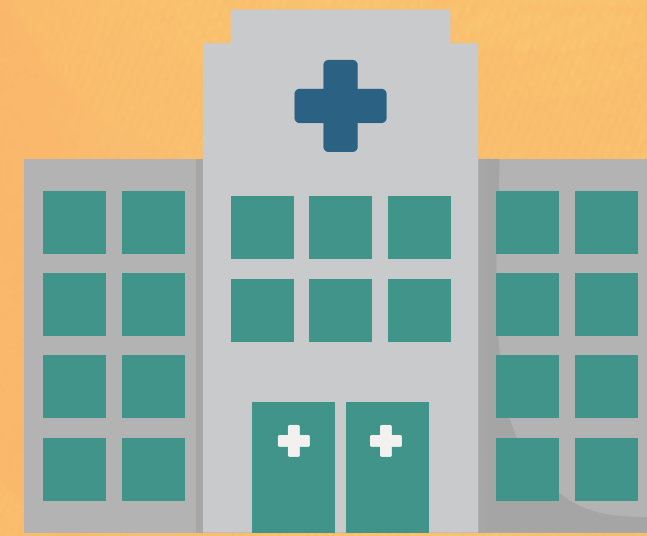
OPPORTUNITIES FOR SUCCESS!



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!



NEW GRADUATE RESIDENCY OPTIONS IN:

- **SAN DIEGO**
- **SAN BERNARDINO**
- **RIVERSIDE**
- **ORANGE COUNTY**



CLICK HERE



LET'S GET SOCIAL

CONNECT WITH US!



"NUSNA SAN DIEGO"



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@NUSNASD

**DO YOU HAVE
PHOTOS,
STORIES,
IDEAS, &
QUESTIONS?
SHARE THEM
ON OUR
SOCIAL
MEDIA!**

Thank you!

**TO EVERYONE WHO ASSISTED & CONTRIBUTED IN MAKING THIS NEWSLETTER POSSIBLE.
SPECIAL THANKS TO CAMELLE SISON, NU NURSING STUDENTS, PHIL OELS, & LUCIA
PHOTOGRAPHY FOR THE PHOTOS.**