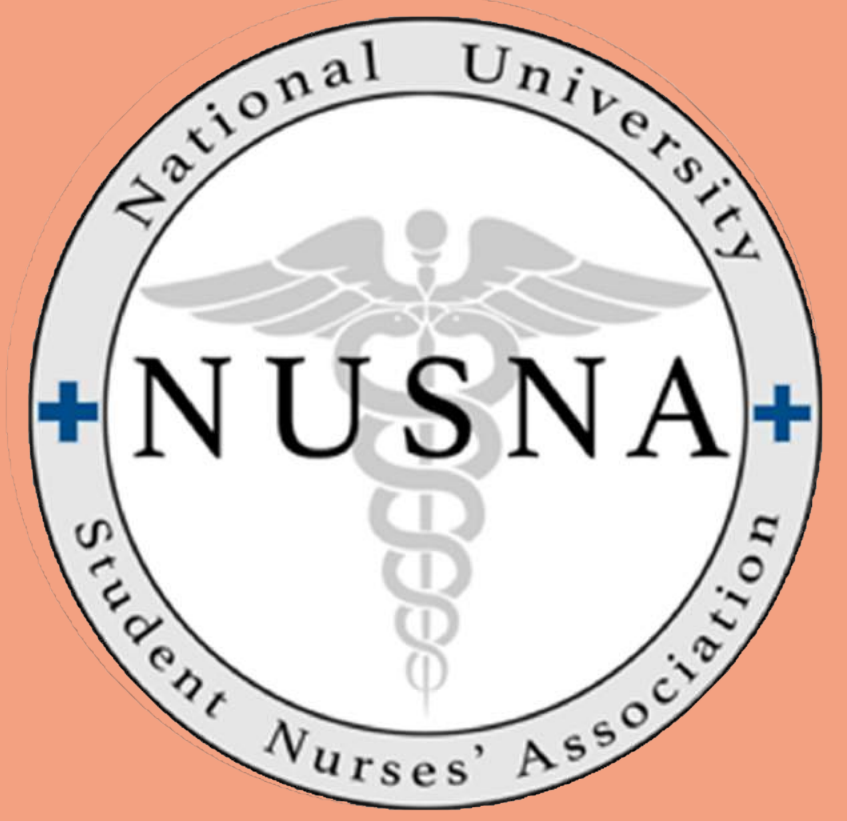
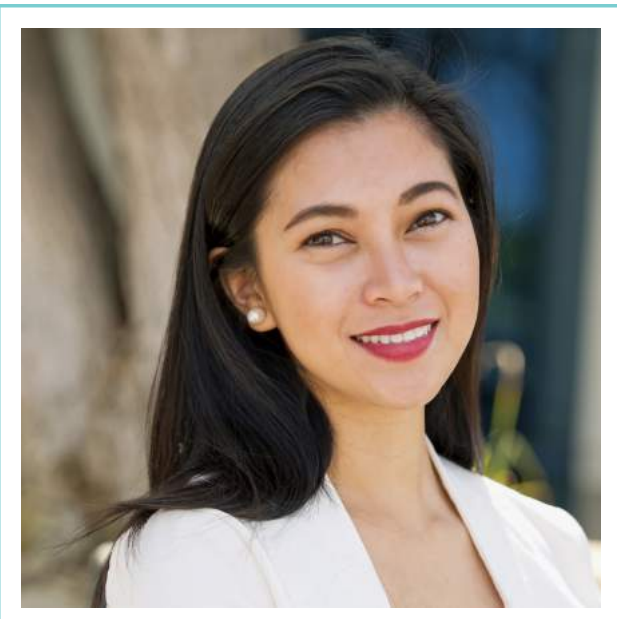


THE PULSE

THE NUSNA STUDENT NEWSLETTER



MESSAGE FROM THE EDITOR



Hello NUSNA!

It is with great honor and pleasure to present our colorful summer-inspired August newsletter! In the past two months, we welcomed in Cohort 55 and 56, had our summer break, and held a huge election in July as six of our graduating board members are set to vacate their positions. This issue highlights the CRMO Awareness Walk-a-Thon, NU's Planetree Student Committee, our own NUSNA committees, and resources students like you can use to stay successful

in the nursing program and in life. There are also helpful links section where students can stay informed on which hospitals are currently hiring and which ones are offering residency programs.

Inside, you will glimpse personal and inspiring stories that were written by students, alumni, faculty and even a cardiac/forensic nurse! Aside from these, I am excited to include results from the first student poll; it was very interesting to see what our nursing students aspire to be once they attain their BSN.

I hope everyone had a great and productive summer. Enjoy this newsletter!

Rizza Angadol
Communications Director
Editor in Chief

Assistant Editors : Kristin Destajo, C50
Juliana Laninovich, C50

"You're going to be there when a lot of people are born, and when a lot of people die. In most every culture, such moments are regarded as sacred and private, made special by a divine presence. No one on Earth would be welcomed, but you're personally invited. What an honor that is."

— Thom Dick

August 2018

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Thank you, Outgoing Directors!

Congratulations and Good luck!



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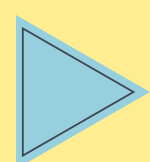


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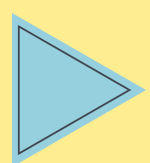


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Chair
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Coming Up **October Elections!**



**COMMUNITY SERVICE
DIRECTOR**



COMMUNICATIONS DIRECTOR

*Positions are open to all NUSNA members
with at least nine months left in their
program.*

Questions? Contact

*nusna.communityservice@gmail.com or
nusna.communications@gmail.com*

MEET OUR PRESIDENT!

NICHELLE MOSES, C54



- **BSN:** National University, 2018 - Present; Cohort 54
- **Healthcare Administrative Fellow,** Community Health Partners, 2007 -2009
- **MHSA:** University of Michigan, 2007 (Healthcare Administration)
- **MPH:** University of Michigan, 2007 (Public Health)
- **BS:** University of LaVerne, 2001 (Biology, with distinctions of departmental honors)

I worked as a healthcare administrator in many different capacities for over 13 years in a variety of fields including medical research, college education, community outreach, physician practice management, physical practice, management, and within a federally qualified health center.

Nursing has always been a career that I have admired from a distance because it represented healing, empathy, and a commitment to health education. When I complete my degree, I plan on continuing my education to become a pediatric nurse practitioner, nurse educator, and a participant in nursing missions abroad. As a nurse, I want to make a meaningful contribution to improving access to timely preventative screenings and offer creative solutions to meet the demands of underserved minorities.

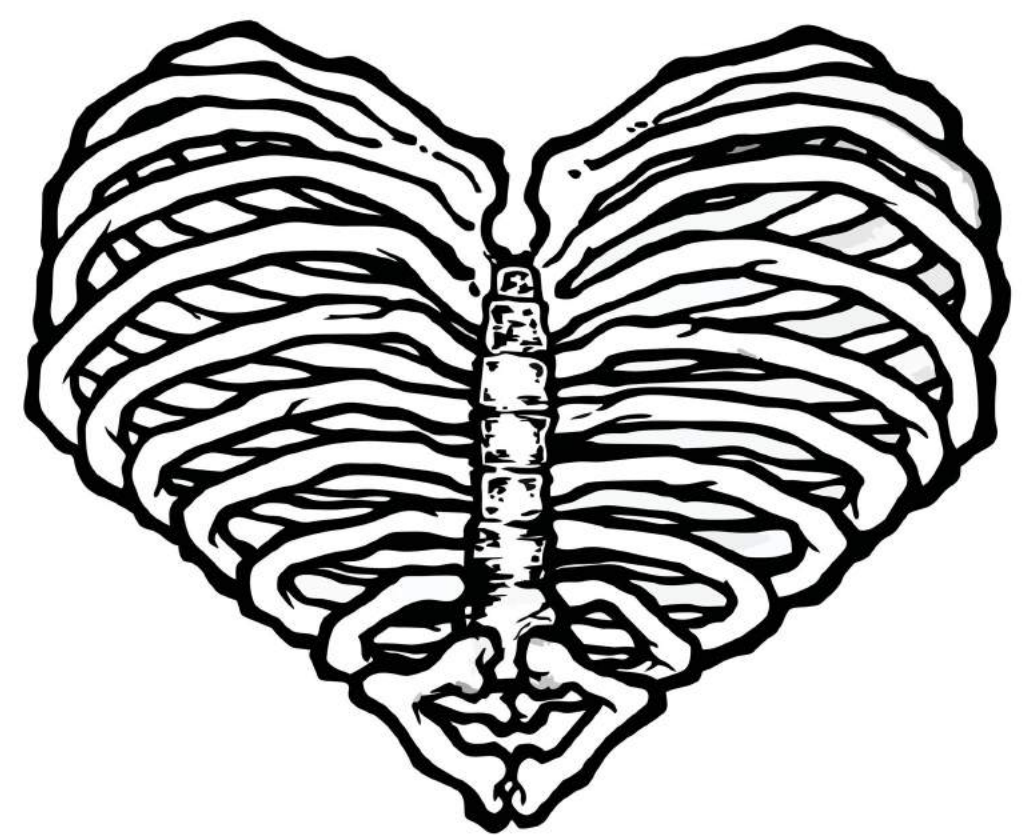
CRMO Awareness Walk-a-Thon

By Kyle Roloff (C50), Community Service Director

On October 7th, 2018, National University Student Nurses' Association (NUSNA), NU Scholars, and Kaila's Komfort will host the second Annual CRMO Awareness Walk-a-Thon. This event will take place at National University's Spectrum Campus from 11:00 A.M. to 2:00 P.M. and the proceeds of the event will help support NUSNA and the very special non-profit organization, Kaila's Komfort. Kaila's Komfort works to support individuals all around the world who have been diagnosed with the disease Chronic Recurrent Multifocal Osteomyelitis (CRMO).

What is CRMO? CRMO is an auto-inflammatory bone disease that is extremely painful. This diagnosis is rare with one in a million people being diagnosed, and oftentimes is misdiagnosed for many years prior. Patients are (continue to page 8)

CRMO AWARENESS WALK-A-THON



OCTOBER 7, 2018



MY NURSING EXPERIENCE IN *Kenya*



SARAH HAGER, RN, BSN
COHORT 46

Karibu! That's "welcome" in Swahili, the beautiful language spoken throughout Kenya. As a recent BSN graduate with no job offer in hand, I wondered what I could be doing to keep my nursing knowledge fresh while also gaining valuable nursing experience. I knew I should take advantage of this time during my job hunt to

seek out medical missionary programs. These programs offer new nurses amazing clinical experience, but they can also give you a peek into the lives of those who have an entirely different culture. I have always thought it was important to broaden my worldview, so what better way to do just that than to volunteer my time as a nurse in a country unlike any other, Kenya! Kenya had always been on my bucket list of places to visit, so I thought it was a good place to start. My adventure was 31 days, filled with new friends, new experiences, new cultures, and lots of laughter and appreciation.



(Hiking with Maasai Villagers)

After careful consideration, I chose to book my volunteering experience with Marafiki Community International. This is a non-profit organization dedicated to fostering communities by giving underprivileged members of the Kenyan community access to education, opportunities to learn trades and skills, and ultimately help them become self-sustaining through socio-economic empowerment.

This organization does not believe in giving "handouts" to few individuals or placing a band aid on surface problems. They wish to do more than provide a quick fix for individual situations, which is why they strive to address social problems through long-term projects. Marafiki does not only provide medical volunteer placement, but also placement for those wishing to volunteer in teaching programs, orphanages, HIV/AIDS clinics, women's rescue centers, and refugee camps.

"They wish to do more than provide a quick fix for individual situations, which is why they strive to address social problems through long-term projects."

As I was partaking in Marafiki's medical program, I was placed at Lusigetti Sub-County Hospital which is about an hour outside of Kenya's capital, Nairobi. It would take me approximately 45 minutes and two busses to get to the hospital on my own from the volunteer house. Depending on the needs of the hospital, I volunteered in their antenatal and family planning clinic, labor and delivery unit, pediatric unit, emergency room, and



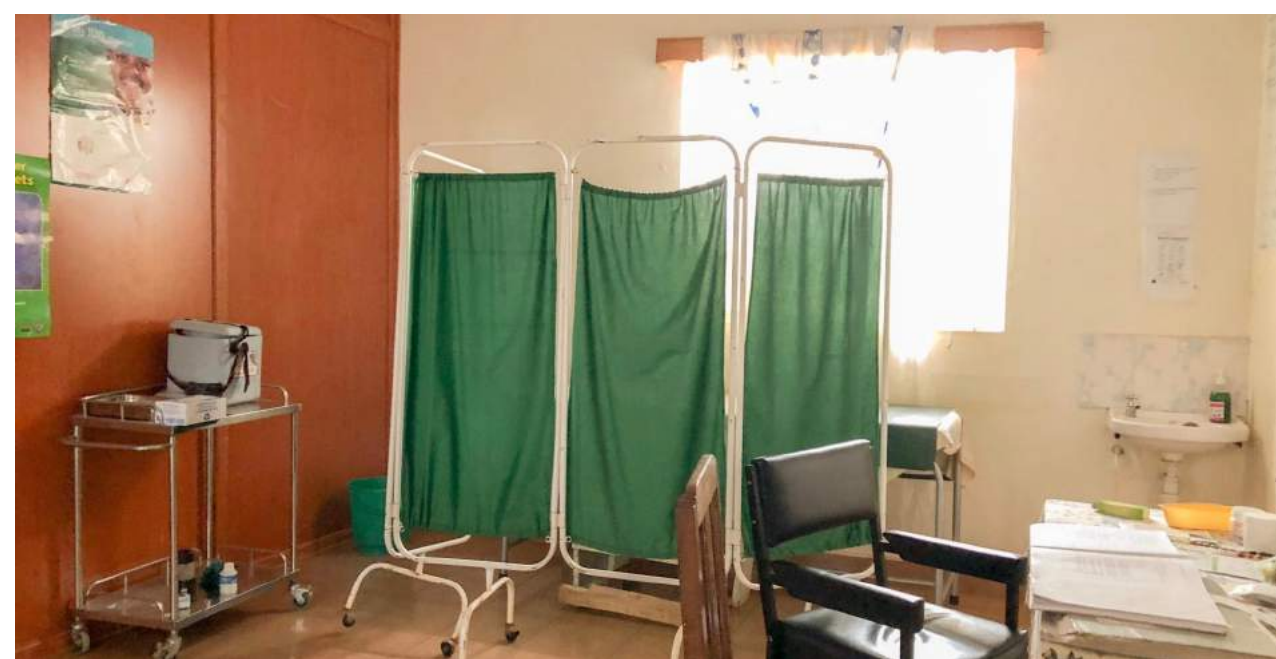
(Lusigetti Sub County Hospital)



(Betsy, The Giraffe)

surprise that this hospital was lacking the modern medical technology so many of us are used to working with here in the States. With no ultrasound or fetal heart monitor in the facility, I was taught new ways to assess patients without the use of machines and monitors. I truly believe my NU clinical experiences gave me the support and foundation I needed to be a successful nurse in a hospital setting where medical resources are scarce.

Lusigetti Hospital is a government funded hospital and receives shipments of medication and supplies every three months. Hospitals in Kenya often suffer



(Antenatal and Family Planning Clinic)

from lack of funding and therefore have basic facilities and limited resources. It had been only two months since their last supply shipment upon my arrival. During my rotations, we often ran out of supplies and medication and had to improvise by any means necessary. Sometimes that meant using torn sheets as “sterile” gauze, working on patients without proper gloves, or using the same nebulizer mask on every patient. This particular hospital was not equipped

HIV/AIDs clinic. Only working Monday-Friday, I was placed in the department where I could be most useful.

I most enjoyed working in the antenatal clinic and labor and delivery unit. In this third

world country, it was no



(Kibera Slum)

"My group was able to witness the day to day challenges for those living in this unforgiving slum and we saw the impact the Marafiki Community had in its mission to provide a more self-sustaining infrastructure."

with an operating theater which often left those patients needing emergency surgery in very unfortunate situations. Working in such conditions was a harsh reality many government funded hospitals faced.

In addition to gaining valuable medical experience, I was also able to enjoy the incredible national parks and reserves Kenya has to offer.

I made the most of my free time over the weekends and booked excursions to a handful of national parks and safaris. Highlights of the excursions included an unforgettable bike ride through Hell’s Gate National Park, traveling on a boat safari over Lake Naivasha to visit some hungry hippos, sharing a kiss with Betsy the giraffe at Nairobi Giraffe Centre, and, of course, the game safari in the Maasai Mara.

All of these excursions were booked with Voluntours Adventures, a social enterprise linked hand-in-hand with Marafiki Community International as a way to sustain the organization’s long-term projects. All of their adventures showcase the beauty of Kenya in all aspects and offer tourists a way to give back to the local community.

I wrapped up my journey with a humbling visit to Kibera, the largest slum in Africa. Only a 20-minute bus ride from the

volunteer house lives 60% of Nairobi's population in what is considered the second largest slum in the world. It was a humbling experience to say the least. I was given a glimpse into the lives of the hundreds of thousands of people crammed into tiny rooms along dirt paths littered with trash and sewage. It's easy to imagine the health issues that can arise living in such conditions. Children often roam the streets barefoot because their families cannot afford shoes. Families of 10+ individuals share living quarters in a tiny 100-200 square foot tin-sheet room, with no basic water system, and feces and waste just tossed in the streets made of trash. It was a heart aching visit, but I was thankful I went. My group was able to witness the day to day challenges for those living in this unforgiving slum and we saw the impact the Marafiki Community had in its mission to provide a more self-sustaining infrastructure.

Kenya will forever hold a place in my heart. I encourage both nursing students and graduates alike to seek the opportunity to volunteer in medical programs whether it be at home or across the globe. It will give you a whole new appreciation for life in all aspects.



" [S]eek the opportunity to volunteer in medical programs whether it be at home or across the globe. It will give you a whole new appreciation for life in all aspects."

JULY

9th CAREER DAY



11th SHOWERS OF BLESSINGS

27th Ronald McDonald House





CRMO Awareness Walk-a-Thon (continued from page 4)

typically diagnosed in childhood, but since it's so hard to diagnose, these patients have already experienced countless tests and many painful flare-ups. The patient's immune system is impaired and causes systemic inflammation within the bone. This inflammation is painful and causes tenderness in the affected bone. Most often, the affected area is a long bone but lesions can be found on any bone of the body including vertebrae.

I was inspired to organize and participate in this event because I wholeheartedly enjoy giving back to my community. I feel that paying it forward is a rewarding way to live. I, myself, have lived a very fortunate life thus far, and I feel that it is my responsibility to do anything I can to help a deserving organization, such as Kaila's Komfort. Organizations like Kaila's Comfort truly make my life more meaningful.

The CRMO Awareness Walk-a-Thon will have its main location here in San Diego, but there are other communities around the United States that are joining us to walk on the same day-- all for the same cause, CRMO! We hope that by having this element of "virtually" walking beside all supporters, we will create a feeling of unity and support for those suffering from CRMO. In addition to the walk, we have a free family fun festival that will be taking place during the event that will have live music, food, games, and most excitingly, the opportunity to break the Guinness World Record for the largest cake walk!

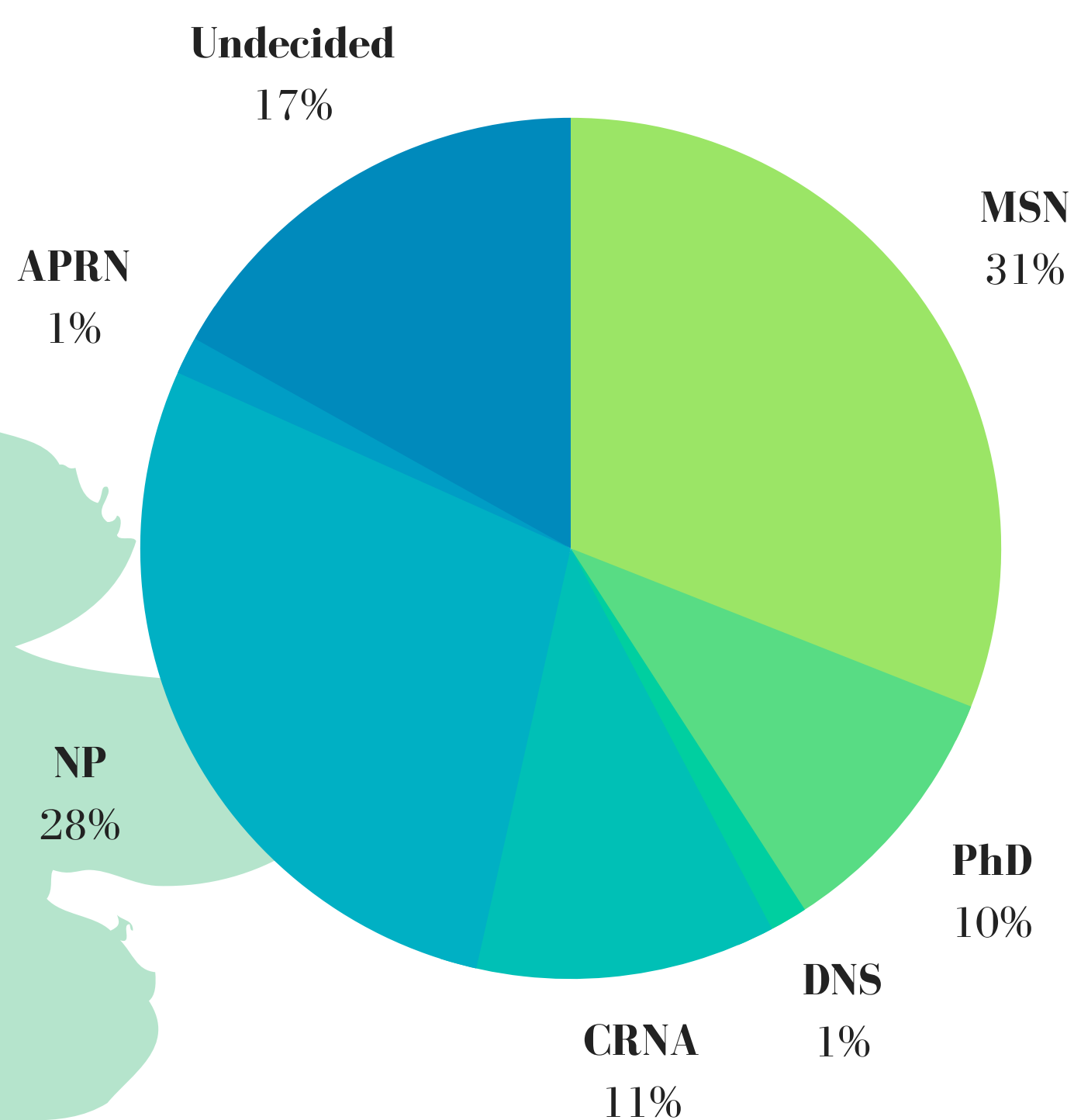
All organizations involved with this event are very excited to be hosting it for two very deserving organizations!

CRMO is a rare auto-inflammatory bone disease with one in a million actually being diagnosed with it.

If you would like more information or are interested in registering, the event sign ups can be found at: <https://www.crmoawareness5k.org/>.

Student Survey

What graduate degree will you pursue after your BSN?



An Unidentified Warzone: The NICU

It is well known that veterans returning home from war have a high likelihood of developing Post Traumatic Stress Disorder (PTSD), but there is another battlefield we fail to recognize, the Neonatal Intensive Care Unit (NICU). Everyone says that nothing can really prepare you for parenthood, but when a baby is born prematurely, the excitement and happiness a parent feels is abruptly halted and instead fear takes hold. For many parents, a sick child is one of their worst nightmares, and for NICU parents and babies, the fight begins with a child's first breath.

The Neonatal Intensive Care Unit focuses on premature infants and severely sick newborns, such as those who suffer from gastroschisis or bronchopulmonary dysplasia. Nurses are trained to center our care and interventions on the patient, but the parents who are also fighting an emotional and physical battle are often overlooked. A premature birth or a sick baby often comes as a shock to these parents. In the blink of an eye, they find themselves in a NICU with their baby in an incubator, foreign machines crowding the small room, and the sound of alarms that could mean something has gone terribly wrong. NICU parents spend hours in the hospital, desperately looking over their sick infants while searching for a way to help or even just hold their child. Oftentimes, these parents feel incredibly anxious or fall prey to the mentality that somehow this was their fault. Mothers and fathers find it immensely difficult to bond with their child or cope with the stress of being in an intensive care unit.

It is extremely vital for nurses to offer resources to NICU parents, such as support groups and psychiatric health professionals when needed. One particular group called *Hand to Hold* focuses solely on parents with children in the NICU. This organization centers on preventing NICU parents from feeling alone by providing one on one mentoring from a parent who has had a NICU experience. *Hand to Hold* collaborates closely with the National Perinatal Association and its Family Advocacy



**BY KRISTIN DESTAJO (C50),
COMMUNICATIONS
ASSISTANT
EDITOR**



"[F]indings show that NICU clients with parents suffering from PTSD can further impact their development and growth...Nurses and healthcare staff on the NICU unit have the responsibility [to provide] the best care possible, especially in regards to long term growth and development for the entire family."



Network, which also works with parents well past the child's stay in the NICU. Today, there is growing evidence that NICU parents who participate in peer-support programs experience less anxiety, stress, and depression (Beck & Woynar, 2017). However, further research should be conducted on PTSD and NICU parents and treatments, such as mindfulness based stress reduction should be considered. As nurses, it is important to let these parents know that they are not fighting this battle alone, and that we will equip them with everything we can to help them in their challenging journey.

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- Papile, L. (2010). The relationship between acute stress disorder and posttraumatic stress disorder in the neonatal intensive care unit. *Yearbook of Neonatal and Perinatal Medicine*, 2010, 240-241. doi:10.1016/s8756-5005(10)79271-4

AUGUST events

8 Showers of Blessings



12 CVC San Diego Half Iron Triathlon



26 Save-a-Life EKG Screening



Nursing students on Summer Vacation



"My family and I drove up north and visited Yosemite, Lake Tahoe, Dixon, Napa Valley, and San Francisco! The highlight of my break was spending more time with my grandparents, who were first time visitors in the U.S.!"
-Rizza Angadol, C50

Nursing students don't get a lot of breaks, especially in an accelerated program. However, we do know how to take advantage of our short one-week summer vacation! Here are photos of some students during their break from school!



"I spent a week in Seattle to spend time with my family. Here is a photo of me at the museum of Pop Culture!"
- John Preston, C54



"Got together with some of my classmates and friends for brunch during the break."
-Josiah Cooper, C54



"I went backpacking at the Grand Canyon."
-Amanda Mitchell, C52



"I went to Disneyland with my family and friends and just enjoyed celebrating special occasions with my classmates!"
-Caryssa Jones, C50



"I spent my vacation in Bend, Oregon visiting family and friends."
-Kennedy Carothers, C54



"I flew home to Spokane, Washington for a month to spend some quality time with my family, which included time on the lake and riding ATV!"
- Hannah Schuerman, C54

A Deep Dive Into *Cardiac and Forensic Nursing*

By Thomas Collins, RN, BSN

Interviewed by Rizza Angadol (C50), Communications Director



Thomas Collins is a registered nurse who is currently working as a full-time cardiac electrophysiology nurse and is teaching two online classes in the Forensic Nursing Certificate program offered at UC Riverside.

Please tell us about yourself.

I have five college degrees: Associate of Science in Forensic Technology, associate degree in nursing, bachelor's degree in anthropology, bachelor's degree in nursing, and master's degree in anthropology.

I worked as an ambulance EMT for a local ambulance service in the early 1980s after I graduated from high school. That same company acquired the contract to transport bodies from the scene of death or from the hospital to the county morgue, and I switched roles to become a "coroner's transport" driver. That was my first real exposure to forensic science and forensic investigations, and I was really intrigued!

As a coroner's transporter, I responded to every type of death that required investigation by the coroner's office: sudden/unexpected apparent natural (usually a heart attack or P.E.), medical misadventure (a doctor performing an invasive procedure accidentally punctured a blood vessel or a lung), traffic collision, suicide, abuse, and homicide.

I got a student intern position with a major crime lab here in San Diego while working on my associate degree in forensic technology and really enjoyed working with the field forensic technicians at homicide scenes and other major crime scenes. I also observed a number of autopsies as an official witness with the forensic technician.

After I graduated from the associate degree in nursing program, I started working in the ICU at UCSD's Thornton Hospital in January 2002. Although I learned a lot, I really missed forensic work, so I attended the 40 hour training for the Sexual Assault Response Team (SART) to take call. As a SART nurse, I performed about eight "real world" SART exams with the help of a nurse preceptor, but I found that my full-time work at UCSD and the significant time requirements for SART call did not compliment each other. So, I left the SART team and transitioned to volunteer forensic nurse work at the San Diego Family Justice Center (FJC). I volunteered once a day every week at the FJC for about five years and documented over 300 cases of physical abuse. One requirement of seeing abuse cases was that I had to be available to testify in court if the need arose. Six of the cases that I documented did go to trial and by the second trial, I became qualified by the court as an expert witness on injuries from abuse. Now, while working full-time as a cardiac electrophysiology (EP) nurse, I also teach two classes online in the Forensic Nursing Certificate Program offered by UC Riverside.

You have experience as a cardiac nurse and forensic nurse, how different are these two fields?

Cardiac nursing and forensic nursing have little to no similarity, but I enjoy both!

As a cardiac electrophysiology nurse, I work with patients who are coming in to the hospital for procedures in which we will access the heart to scar tissue in an effort to reduce irregular heart rhythms caused by irregular electrical signals. We also perform pacemaker and AICD (defibrillator) implants.

As a cardiac electrophysiology nurse, I have to be familiar with the steps involved to perform a cardiac ablation, as well as the steps needed if a complication develops during an invasive procedure. This includes expert level use of the defibrillator on the crash cart. For each of our procedures, defibrillator pads are in place, and the defibrillator is turned on, ready to go.

As an EP nurse, I joke that I don't know how long my work day will last. We keep going until the procedures are done, so I get overtime regularly. But my work days are better than those of the cardiac catheterization lab--the nurses that are on-call have to work late, as well as come in later for any STEMIs.

No hospital in San Diego County has a forensic nurse on staff to assist their colleagues with cases of suspected neglect or abuse. I know of one hospital in North Los Angeles County and hospitals in other parts of the country that do have forensic nurses on staff, but that is not the norm.

Many students are familiar with cardiac nursing but few know about forensic nursing. In your opinion, why is forensic nursing less popular?

In my experience, the topic of forensic nursing is fairly popular, until nurses find out that they have to work with suspects as well as victims of crime, and they will probably have to testify in court about the bruises and other injuries they documented. Forensic nursing is not about "getting the bad guy", or "putting the bad guy in jail". It is about objectively interviewing individuals that were injured in a criminal incident and objectively documenting those injuries.

For example, there are situations in Intimate Partner Violence (IPV) in which the "suspect" is actually the victim and vice-versa. When patrol officers respond to the scene, emotions are still running high between the parties involved. A detective with training in IPV can sometimes see, through the crime report, that one or both individuals are not being honest. So, when I volunteered at the Family Justice Center, there were five or six cases in which the IPV detective felt that the wrong person was being charged as the suspect. They asked me to interview and document injuries on the

"suspect" and then reviewed my report and photos. In most of those cases, charges were dropped against the "suspect" and filed against the "victim".

In the forensic world, we have a known phenomenon when a case goes to jury trial: the CSI effect. People get the impression that expensive equipment and expensive tests are conducted in every criminal case to identify the suspect, and the mystery is solved in a very short period of time. Hence, prosecutors have to acknowledge and talk about the CSI effect when they introduce evidence to a jury.

CSI EFFECT IS A TERM DERIVED FROM FORENSIC SCIENCE TELEVISION DRAMAS, SUCH AS CSI: CRIME SCENE INVESTIGATION, THAT EXAGGERATES THE PORTRAYAL OF FORENSIC SCIENCE AND SHOWS THAT THERE NEED TO BE MORE FORENSIC EVIDENCE TO CONVICT DEFENDANTS OF CRIMES.

What is forensic nursing and why is this important? If there is any, what are the skills that forensic nurses have that other nurses don't necessarily use in their field?

Forensic nurses use their training as registered nurses to evaluate and document injuries that likely resulted from criminal incidents. The major difference between a forensic nurse and a "regular" RN is that the forensic nurse is expected to testify in court about his/her documentation of injuries or why there are no "visible" injuries. As a cardiac nurse, I document for other medical professionals to review. As a forensic nurse, I document for non-medical professionals to review, such as a detective, prosecutor, and most importantly, a jury of civilians.

What are the educational requirements to be a forensic nurse?

Any RN can apply to work as a forensic nurse. However, my first question to those interested in forensic nursing is whether they are willing to testify in court if needed. If not, this is not the place for them. Again, it is important for the forensic nurse to have the ability to view a patient or client encounter as objectively as possible and not to assume that this individual is actually the victim or the suspect. The Forensic Nursing Certificate Program that I teach in is a good example of a system that allows interested

nurses to take a serious look at different aspects of forensic nursing to decide if it is a good fit for them while earning CEUs/college credits. If an RN wants to work with sexual assault cases, victims and suspects, they have to attend a 40 hour training program.

If you were to choose between cardiac nursing and forensic nursing, which one would you prefer and why?

That choice is easy! If I could make enough money as a forensic nurse to pay my mortgage/bills, I would definitely work as a forensic nurse instead of a cardiac nurse. After gaining expertise on homicide investigations with the crime lab team, I found working with survivors of IPV to be very rewarding.

What are useful resources that you can give to students who aspire to be a cardiac nurse or a forensic nurse?

For forensic nursing, the International Association of Forensic Nurses (IAFN) has a website with a lot of useful information and CEU opportunities. For cardiac nursing, there are a number of specialities

within the field. For instance, some of the nurses' associations like American Nurses Association (ANA) or CCRN probably have education resources for cardiac nursing. In my speciality, there is a free monthly publication on cardiac electrophysiology and another one for the cardiac catheterization lab.

What is the most significant lesson you have learned from your experience as a forensic and cardiac nurse that you would like to share to future nurses?

As a cardiac nurse, I enjoy working one-on-one with patients and escorting them through the process of receiving a pacemaker, or getting a cardiac ablation. I also enjoy being a resource for information as a senior nurse on my team, both for co-workers and for nurses on other units.

As a forensic nurse, I enjoy applying my knowledge of criminal justice and forensic technology when working with victims and suspects. I also enjoy working with patrol officers, detectives, and prosecutors. I love the teaching moments when giving presentations on forensic nursing, such as the difference between "offensive" injuries and "defensive" injuries.

COMMITTEE MEMBER OF THE MONTH

July

Olivia Taylor (C49), Student Activities Committee

"Her dedication to create all itineraries at Career Day were crucial in making it the success that it was. She put in countless hours towards making sure registered students and walk-ins alike were getting access to as many resources as possible. Her ability to remain calm in a stressful environment, work ethic, and professional attitude are a foundation for the accomplishments our committee have been able to achieve. Thank you, Olivia!"

- Kaila Pascua, Outgoing Student Activities Director

August

Alexandra Gaskins (C51),
Communications Committee

"For this month, I would like to nominate Alexandra Gaskins of Cohort 51. Since she joined the Communications committee, she has always been willing to help. She also helps in making some of the creative flyers that I post on our social media accounts. Thank you Alex, we appreciate you!"

-Rizza Angadol, Communications Director

Honorable Mentions

Brittany Halsell (C49) | Allie Rivette (C49) | Eloisa Melendez (C49) | Angel Parsons (C50)
Andrew Taraski (C52) | Cindy Tran (C53) | Andrew Hendrix (C50)

-Student Activities Committee

Persevere, One Step at a Time

By Hannah Schuerman (C54), Fundraising Director
Interviewed by Pamela Schreurs (C52), Scholarship Committee Chair



Please tell us about yourself.

My name is Hannah Schuerman and I started nursing school four months ago with Cohort 54. My husband and I are still new to San Diego since the Navy brought us here about nine months ago. Moving around every couple years with the military can be difficult for anyone pursuing an education, so I am very grateful to be enrolled in National University's BSN program.

What were some challenges you experienced in the past and how did you overcome them?

Although I don't consider it much of a challenge now, I was physically and emotionally challenged growing up as a unilateral amputee. I was born with a birth defect called fibular hemimelia, which is a deformity that stunts the growth of my entire left leg from the toes to hip. Although I had a foot when I was born, I was missing a lot of parts, including a toe, ankle joint, fibula bone, and I had under-developed muscles and ligaments. At the time of my birth

in 1995, very few doctors had experience with this deformity, so I was flown from Minot Air Force Base in North Dakota to Texas to see one of the few doctors with experience in my case. I was only three days old during my first medical-evacuation flight, but it was important that I received medical attention quickly due to the lack of medical research and the uncertainty of knowing how serious my defect was.

Since I did have a foot, the doctors initially thought my deformed leg might still be salvageable with bone stretching and reconstruction. As I grew, however, my leg became weaker and eventually stopped growing altogether. In 1996, the decision was made to amputate the leg and leave me with a residual limb that I could fit into prosthetic legs, and I've been sporting some pretty sweet legs ever since!

I learned to walk with my first prosthetic leg, and just like walking with two feet, walking with a fake one quickly became my way of life. My parents pushed me to be involved with sports and activities throughout my life, and I am more thankful than ever for their encouragement. Being active both socially and physically not only strengthened the confidence I had in myself, but it also encouraged me to use my physical handicap as an inspiration to others. Thanks to my parents, I was successful in seven different sports, my favorites being swimming, volleyball, snowboarding, and rock-climbing.

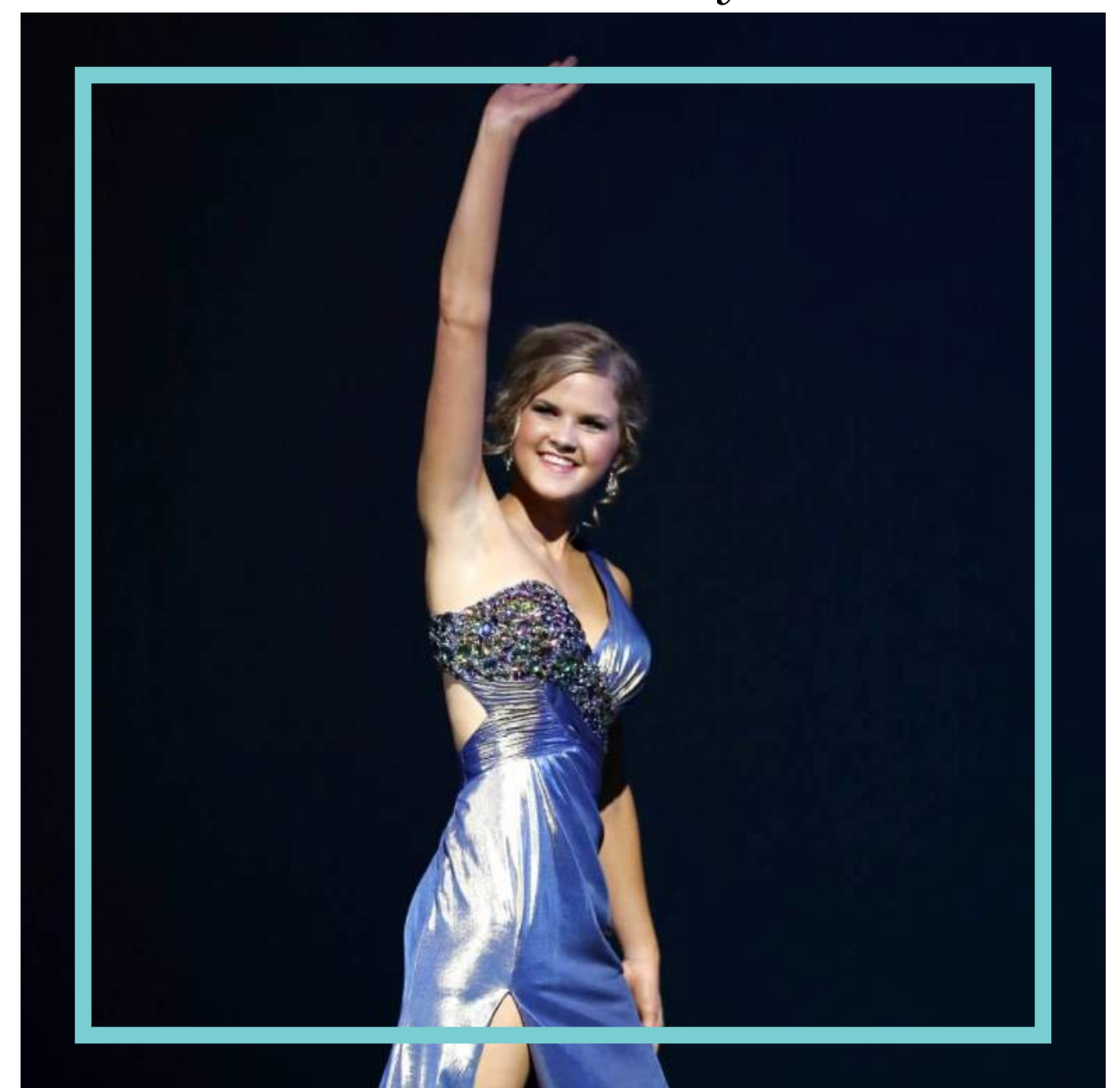
What motivated you to pursue a career in nursing?

I believe the challenges of being an amputee have everything to do with my motivation as a nurse. I had eight major leg surgeries throughout my life, but the nurses who cared for me made all the difference in my hospital experience. Although it is the job of nurses to care for their patients, it is important that nurses hold an innate desire to care. Nurses play a key role in encouraging patients in vulnerable states, healing them both physically and mentally through their various challenges. I experienced that as a patient,

the care that my nurses provided in those vulnerable moments helped me become stronger. My hope is that these challenges I have faced will make me a good nurse one day.

You joined Miss Washington in the past, how did this experience shape you to the person you are now?

In 2013 and 2014, I competed in the Miss America pageant, winning the local title and competing for State level as the first-ever amputee contestant in the Miss America organization. Even though nothing about me screams "pageant girl," I saw how shallow the 21st century world of pageantry can be, and that was exactly what motivated me to compete—I saw the opportunity as a chance to embrace my disability and used it to encourage others with my testimony. Pageants gave me a stage to stand on so I could share my story, network with others, and promote my passions. As a contestant, I got to choose my own platform, which was a personal passion that I represented and promoted throughout my "reign" in Miss America. I decided to use my own



Miss America Washington



"I had eight major leg surgeries throughout my life, but the nurses who cared for me made all the difference in my hospital experience...I experienced that as a patient, the care that my nurses provided in those vulnerable moments helped me become stronger."

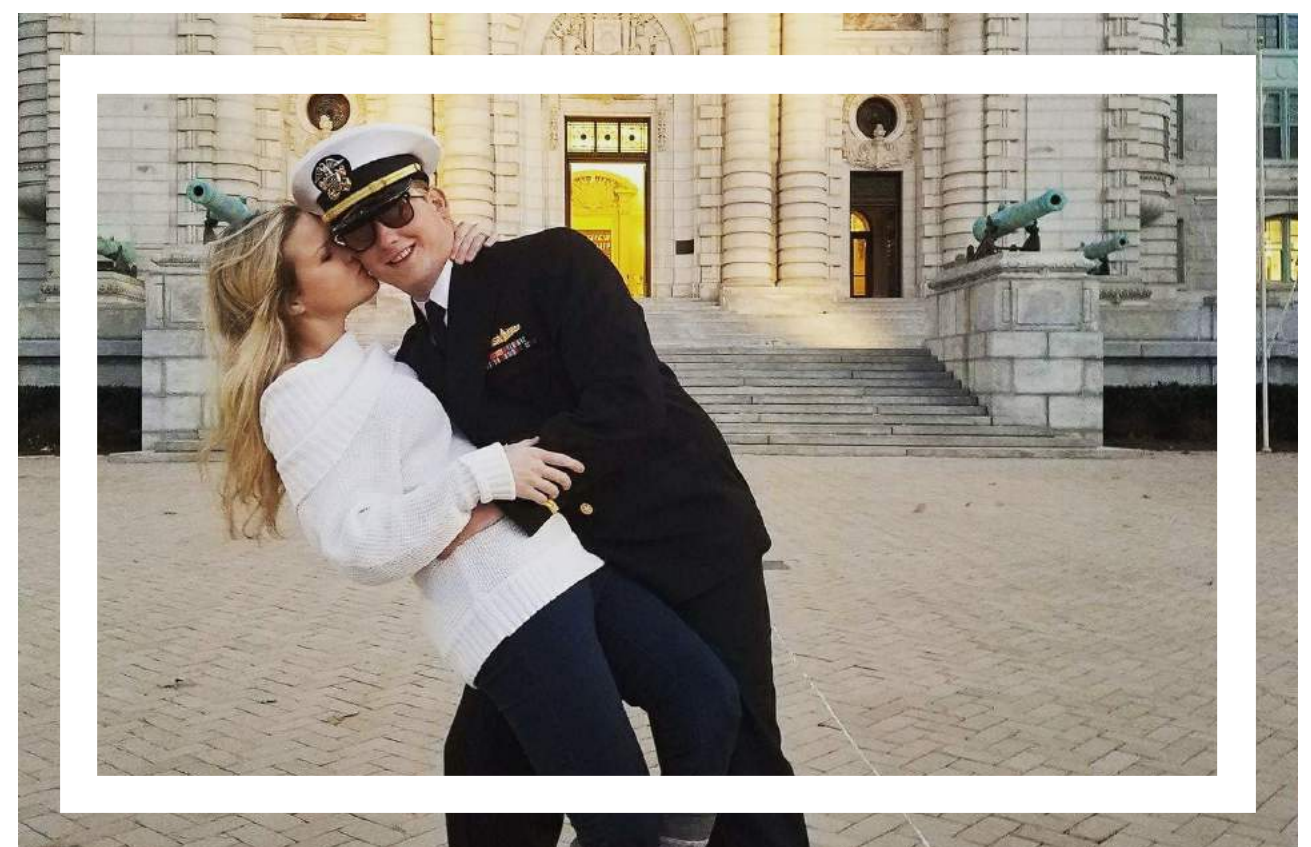
all that class content is done in four weeks. Students, me included, can start getting anxious because we look at everything on the syllabus at once and how little time we have. It can look like a lot. So be a turtle—slow and steady, one week at a time.

What is the funniest thing that has happened to you recently?

While walking around Pacific beach with some friends a few weeks ago, my sandal broke off of my prosthetic foot. Of course, I cannot feel that foot, so it didn't affect me. But for the next few hours, I had to walk around with one bare rubber foot. Thankfully, that foot is a shoe in and of itself, so I wasn't phased. But I definitely got a few looks! My friend even brought super glue and we tried to fix the shoe in the middle of a bar. Good times.

What is your favorite self-care activity?

For me, exercising is the best way to relax and put my mind at ease. Whether I'm at the gym, swimming, or on a hike, being active is a very important part of my self-care.



What is your favorite motivational quote and what does it mean to you?

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward." – Amelia Earhart

I admire Amelia Earhart because she is not only one of the first female pilots in our history, but also the first woman to pioneer the flight across the Atlantic. She wasn't afraid to step outside of the status quo for women at that time, and her leadership paved the way for the many future female leaders in our nation. Also, on a less-serious note, we both love planes!

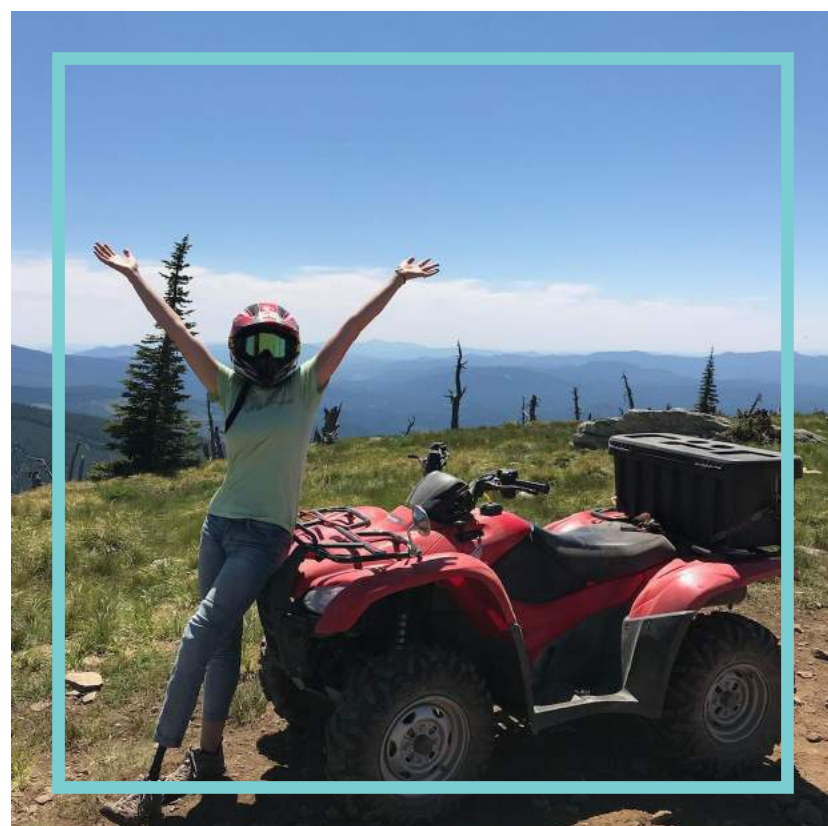
amputee experience and my family's military background to represent my platform, "Honoring Their Sacrifice: Recognizing and Supporting our Disabled Veterans." Although I was never in the military myself, I had the opportunity to work with various military and disability organizations, including Wounded Warriors Project, the VA, Children's Miracle Network, Fairchild Air Force Base, and the Washington State Capitol. This part of my life was so important to me because I got to meet many people with beautiful stories that often humbled me to tears. The Miss America Organization made those interactions possible, and I'm so glad I could be a part of that.

Is there an area of interest you want to work in when you become a RN? Why?

Right now, I have many areas of interest as a future nurse! However, all my interests are based off my experiences as a patient in various specialties. I am interested in surgical nursing, orthopedic nursing, or even pediatric nursing. I know, that's all over the place! Since I haven't taken the classes for any one of these specialties yet, I know my interests will become refined as I move forward.

Do you have any tips for prospective students who think they might not be able to handle the accelerated program?

It's true that National University's accelerated program is intense and challenging. My advice to you is to take it one week at a time. This is important because you will receive a class syllabus for a month-long class and



Get to Know our Faculty!

PROFESSOR MELINDA MCLAUGHLIN

MSN, FNP-C, BSN, PHN, RN

Full-Time Faculty, Clinical Assistant Professor

*Interviewed by Wena Lee Luansing (C53),
Communications Committee*

**"MY GREATEST ADVICE TO RECENTLY GRADUATED
NURSING STUDENTS IS THAT YOUR SELF-CARE IS MOST
IMPORTANT AS YOU BEGIN YOUR NURSING JOURNEY."**



What gets you out of bed in the morning?

The sunlight and my children. I have three daughters: 1 year old, 4 years old, and 6 years old.

What do you like most about your current job?

My current job has many great attributes, but having a mentally, emotionally, and spiritually supportive faculty team around me has given me confidence, love, and joy in my work. In addition, I have fallen in love with our student body and the many gifts they share with me every single day. It is an honor working with each new student and to be with each of them as they unlock their own potential and excitement!

What is your biggest achievement to date - personal or professional?

My biggest achievement so far was my ability to get pregnant and deliver both my first and second daughter while also continuing through my Masters Family Nurse Practitioner Program full-time and working on my Med-Surg Oncology unit full-time!! When I look back, I am not sure how I did it, but I did! So never doubt yourself! You can do anything!!!

When was the last time you laughed so hard you cried?

This is an interesting question. The last time I laughed so hard that I cried was when some good childhood friends of mine and my family members were looking at a family picture taken recently. We zoomed in on my face and realized I was making the most awkward and painful smile any of us had ever seen! All ten other people looked normal in the picture, including my children! We couldn't stop

looking at my zoomed-in face, and before we knew it, we were laugh-crying!

What is the most recent app you've downloaded but are yet to use?

I'll share with you, instead, the most recent app that I have used that has made a huge difference in my life. It is called "Insight Timer" and you can download it for free on any phone. It is an app that allows users to create their own meditation timer with different music and sounds. It also has thousands of free guided meditations, which I use daily. These guided meditations use sounds, vibrations, guided imagery, positive affirmations, and intentions to help create peace and serenity in a chaotic world. I would personally suggest Glenn Harrold as a good guided meditation author to try first. I wish I had this app when I was attending nursing school!

Given a chance, who would you like to be for a day?

If I had a day, I would like to be one of my little children, seeing the world through their eyes. They see only beauty and positivity and they believe in instant forgiveness. They are not afraid of the world. I have learned so much from them and continue to do so daily.



As a summary, let's share a holistic nutrition recipe for an essential oil therapy and include a personal mantra.

As for essential oil therapies, I would like to share what I have seen work quite well for nursing students, and nurses (at home), as well as myself. I would add the additional detail that every scent, while beautiful, is very powerful, and cannot be used in large community settings such as hospitals, clinics, or even classrooms. They risk the potential of harm to others in that setting. However, at home, in the bath, during meditation, and especially during times of studying for exams, these are excellent!!!

You can find all of these oils at Sprouts Grocery Store. They are more affordable. An online oil store that has very high grade oils I have used is called Young Living Essential Oils

Headaches and/or energy: Rub peppermint on the scalp (top of the head) and wrists. This is an invigorating and energetic scent.

Relaxation: Lavender. Lavender/Eucalyptus blends are relaxing but rejuvenating at the same time. Excellent in a bath or a candle or at bedtime.

Joy: Grapefruit, Citrus oils (lemon, ylangylang)

Panic Button Blend: A blend found at Sprouts that I like to keep in my purse in case I feel temporarily worried. It is a nice blend, but it is one you would want to try out yourself first!



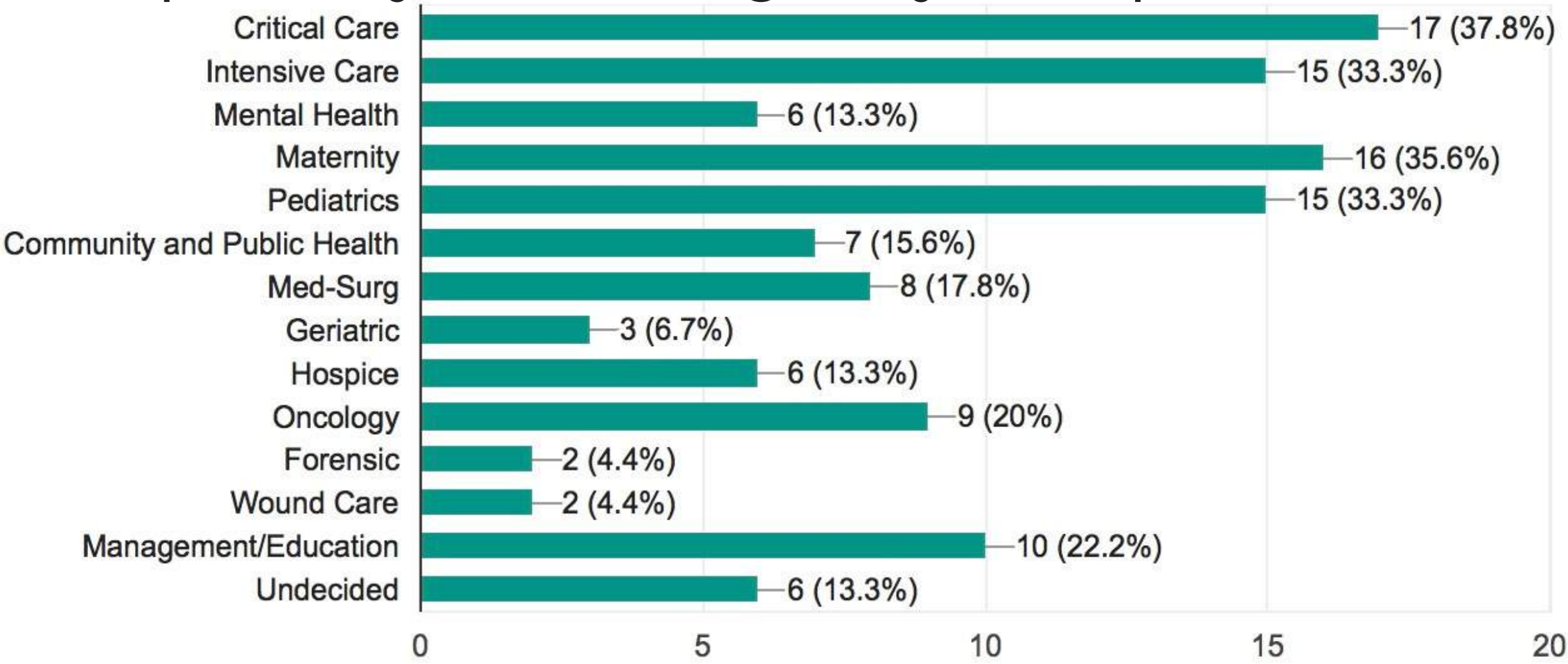
What advice would you give to recently graduated nursing students?

My greatest advice to recently graduated nursing students is that your self-care is MOST important as you begin your nursing journey. You must continue your exercise routines, your pampering of yourself, your nutritious diets, and your adequate sleep schedules! Find a special hobby that promotes serenity in your life, such as deep breathing, meditation, yoga, organized sports (Vavi is a good rec. league in San Diego), singing aloud to your favorite music, swimming in the ocean, or even reading a great book for pleasure. Your health and your family are always a priority, and you must balance them with your careers, so that you remain happy and peaceful in the many years to come!

“FOR ME, I AM DRIVEN BY TWO MAIN PHILOSOPHIES: KNOW MORE TODAY ABOUT THE WORLD THAN I KNEW YESTERDAY AND LESSEN THE SUFFERING OF OTHERS. YOU'D BE SURPRISED HOW FAR THAT GETS YOU.”
— NEIL DEGRASSE TYSON

THE
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What specialty in nursing do you aspire to work in?



Nursing Outreach through BTN



Janine Adviento (C52)
Breakthrough to Nursing Director

Established in 1965, Breakthrough to Nursing has two big goals: (1) outreach to pre-nursing students and people that don't typically strive for medical degrees due to obstacles that might deter them, and (2) helping students presently in the nursing program achieve success.

The challenge of a nursing degree can be even more daunting when students from many walks of life find adversity holding them back. We give these students the information and tools they'll need to reach this goal; nursing programs in their locations, tips on applying to nursing school, and the perspectives from current nursing students of what to expect.

Breakthrough to Nursing not only strives to help people to get into nursing programs, but also to propel the progress of current nursing students. We aid current students by providing them with information regarding peer tutoring, scholarships, mentoring, and class specific workshops. If you're interested in partaking in the development of this project and joining our committee, please contact the Breakthrough to Nursing Director, Janine Adviento, at nusna.btn@gmail.com.

Did you know?

NUSNA won "The Most Outstanding Breakthrough to Nursing Project" at the 2016 CNSA Convention for our Future Nurses High School Club!

Dear Florence,

I get really really anxious before an exam and it sometimes gets frustrating because even though I know I studied hard, I still feel like I am going to fail or not do well. What is the best way to deal with anxiety?? - Anxious Broke Student

Dear Anxious Broke Student,

Anxiety is merely a thought. If we reframe our way of thinking to something positive and uplifting, we can then change the way we react to stressful situations like that of an exam. Re-framing our thoughts allows us to see situations not from a position of fear but in a way that provides confidence and solid perspective. So, instead of viewing a test with fear and negative emotions, reframe your mind to gain control of the situation, be aware of the consequences, and embrace the challenge. -Florence

Discovering Planetree at NU: A Student-Centered Approach



**Hollie Baptista Saldana (C50),
NU Planetree Student Committee
Chair**

In October of 2017, National University was honored with silver level Planetree designation, becoming the first school in the world to do so (yes you read that correctly). But what really is Planetree and how does it apply to our school? After a horrendous hospital stay in 1970's San Francisco, Angelica Thieriot vowed to change the face of healthcare, with her vision to change how care is taught in schools and the creation of Planetree. However, Planetree found its roots in hospitals and grew from there. If you were visiting a Planetree hospital, you may find that you are welcomed with calm colored walls, comfortable seats, greeters at the entrances, plants, fish tanks with colorful fish, music, healthy food, etc. It is the concept of making the person and their family the center of that person's health care. If you remove the hospital setting, this concept can be applied across many disciplines, whether it is at a nice hotel, a theme park, or certain airlines. In that same venture, NU strives to be person-centered in a student-centered environment. One way that the school can achieve this is by enhancing the information flow through all levels of the school, which is where the heart of National University's Planetree Student Committee was grown.

Our committee began in May of 2017 with a group of enthusiastic nursing students. Membership is open to all students within NU's School of Health and Human Services. Our current yearly activities include a semi-annual Wellness Fair, Ask An Alumni events, and a family friendly summer picnic. We also offer volunteer opportunities at Sharp Coronado hospital. Other ways to get involved include becoming a member, running for an Officer position, being part of our numerous subcommittees, and attending the International Planetree conference as a student volunteer. We are currently accepting bios for our Financial, Mentorship, and Student Representative Officer positions. More information can be found on our website (<http://bit.ly/PlanetreeMtg>). Meetings occur on the second Tuesday of every month, at 6 pm, which can be attended via zoom (<http://bit.ly/PlanetreeMtg>) or in person at the Spectrum Library. Currently, our attendees for this year's Planetree conference have been selected, with 14 students attending as school representatives and volunteers. Nevertheless, keep your eyes out for attendee options for the October 2019 International Planetree conference.

Planetree is more than just a concept. It is an important growth opportunity for our school and an experience our students deserve. Help us by lending your voice and making this school a place that we can continually be proud of. Join and help us push for change. Be a member of the National University's Planetree Student Committee.



NU Planetree Student Committee Founding Officers



COHORT UPDATE:

Where are they now?

Cohort 49:

Leadership

Cohort Representative:: Ashley Schuroff
nusna.cohort49@gmail.com



Cohort 50: *Community I*

Cohort Representative:: Rizza Angadol
nusna.cohort50@gmail.com



Cohort 51: *Pediatrics*

Cohort Representative:: Rachel Gould
nusna.cohort51@gmail.com



Cohort 52: *Maternal/Newborn*

Cohort Representative:: Janine Adviento
nusna.cohort52@gmail.com



Cohort 53: Med-Surg I

Cohort Representative:: Alyssa Carrillo
nusna.cohort53@gmail.com



LVN 10: Med-Surg II

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



Cohort 54: *Fundamentals*

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



Cohort 55: *Health Assessment*

Cohort Representative:: Pending
nusna.cohort55@gmail.com





NEXT MEMBERSHIP MEETINGS:

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

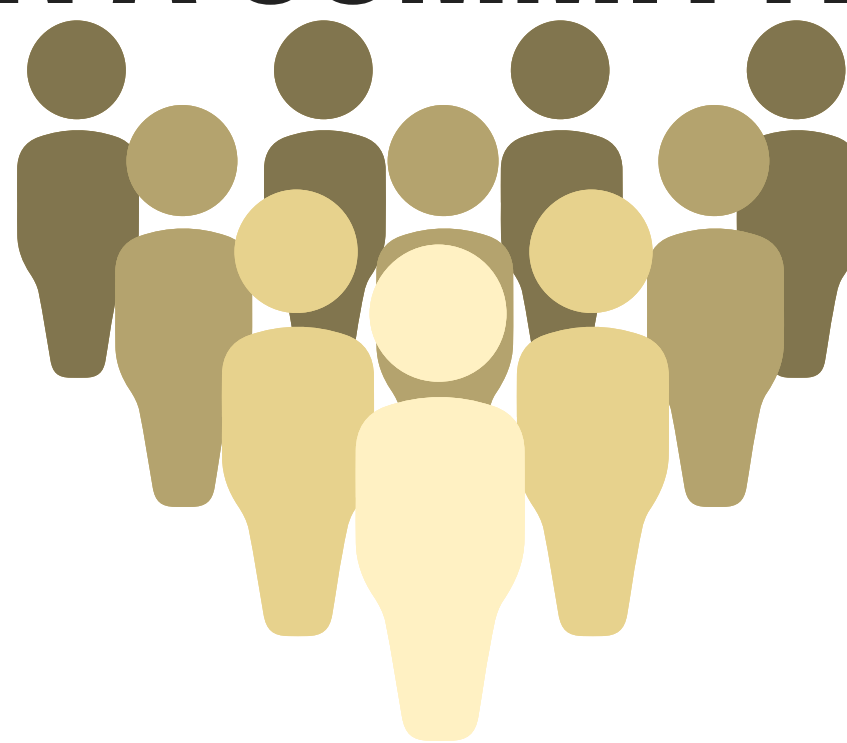
- **SEPTEMBER 24th**
- **OCTOBER 22nd**
- **NOVEMBER 26th**
- **DECEMBER 24th**

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

**Cohort 53,
You are now
eligible to be
mentors!**

See page 27 for more details.

JOIN A COMMITTEE!



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

Email the Vice President at nusna.vp@gmail.com for any questions.

Congratulations,
DR. HOPE FARQUHARSON

**The new Nursing
Department Chair!**

**Congratulations,
NCLEX-RN passers!**

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

HELPFUL RESOURCES

CERTIFICATIONS

classes



AHA/NAEMT Approved Continuing Education Courses

BLS for Healthcare Provider - CPR

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

Renewal *
Cost: \$30

EKG & Pharmacology

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

Advanced Cardiac Life Support

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

Renewal
Cost: \$145 (incl book)
*5 CEUs awarded

Pediatric Advanced Life Support

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

Renewal
Cost: \$145 (incl book)
*5 CEUs awarded

Pre-Hospital Trauma Life Support

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

Renewal
Cost: \$155 (incl book)
*8 CEUs awarded

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

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

Register Today!
Nupolytech.org
(under "AHA Programs")
(858) 642-8600

** National University is an authorized AHA & NAEMT training site
* CE's are instructor-based and approved by EMSA
* BRN CE's are available for a fee of \$15.00*

schedule

September 2018						
4Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 ACLS @ KM (8am-5pm)	7	8
9	10	11 PALS @ KM (8am-6pm)	12	13 BLS-CPR @ KM (9am-1pm)	14 EKG/Pharm. @ KM (9a4:30)	15
16	17 ACLS @ KM (8am-5pm)	18	19	20	21	22
23	24 PALS @ KM (8am-6pm)	25	26	27 PHTLS (Day 1) (8am-4:30pm)	28 PHTLS (Day 2) (8am-4:30pm)	29
October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ACLS @ KM (8am-5pm)	3	4	5	6
7	8	9 EKG/Pharm. @ KM (9a4:30)	10	11	12 PALS @ KM (8am-6pm)	13
14	15	16	17	18 ACLS @ KM (8am-5pm)	19	20
21	22	23 PALS @ KM (8am-6pm)	24	25	26	27
28	29 BLS-CPR @ KM (9am-1pm)	30	31			

Register Today!
Nupolytech.org
(Under "AHA Programs")

Unless otherwise noted (in calendar):
 - ACLS Classes are held from 8 am - 5pm
 - ACLS Prep classes are held from 9 am—4:30pm
 - PALS Classes are held from 8 am - 6pm
 - PHTLS Classes are held from 8 am - 5pm
 - BLS CPR Classes are held from 9 am - 1pm (AM) or 1pm-5pm (PM)
 - Location: KM= Kearny Mesa

Did you know?

NU students are offered a 25% discount for all certification courses (excluding the BLS course), and the \$25 registration fee is waived on all classes.

MAKE SURE TO USE THE PROMO CODE "NUAHA" WHEN REGISTERING VIA EVENTBRITE TO RECEIVE THE DISCOUNT!

For more information, email crogers@nu.edu and/or visit our website at

<http://www.nusnasd.org/certifications.html>

SCHOLARSHIPS

Aside from academic challenges that nursing students encounter, college tuition and student loans are added stress that we deal with. This is why NUSNA-SD has put together numerous list of scholarships that will help you pay the way toward your college education.

Check out the scholarships available and apply at

<http://www.nusnasd.org/scholarships.html>

HELPFUL RESOURCES



WORKSHOPS

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

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

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

Interested to be a Workshop leader?

Click here

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

Join our Mentorship Program!

Be a mentor!

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

Be a mentee!

- Available to all NUSNA members

Click each to get more information about the mentorship program.

OPPORTUNITIES FOR SUCCESS!

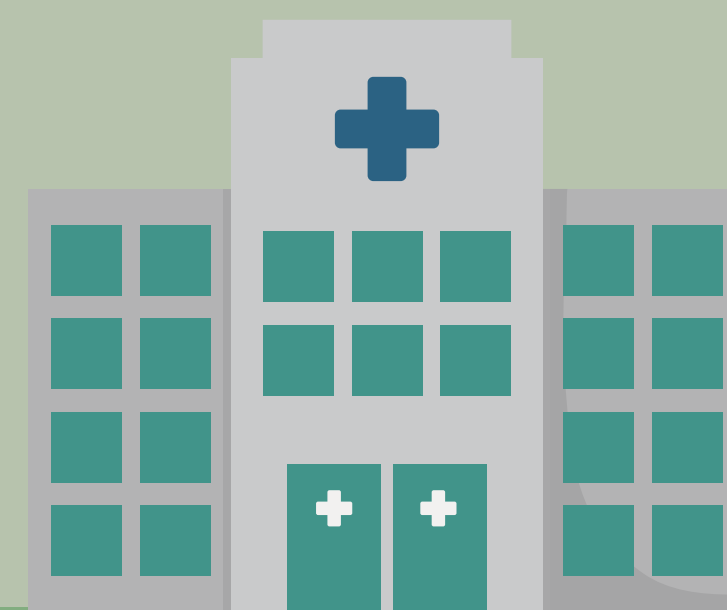


Hospital Nurse Residency Programs for new BSN Graduates

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

Looking for a job?

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



SAN DIEGO
NUSNA
National University Student Nurses' Association

Community SERVICE

VOLUNTEER NOW

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



Make a Difference!

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

JOIN US HERE!

LET'S GET SOCIAL

CONNECT WITH US!



NUSNA San Diego



NUSNASD



www.nusnasd.org

SHARE YOUR

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

Upcoming Events

**RIGHT
NOW**

CNSA

California Nursing Students' Association

**INNOVATE
ENGAGE
LEAD**

**2018 CNSA Convention
October 5-7, 2018**

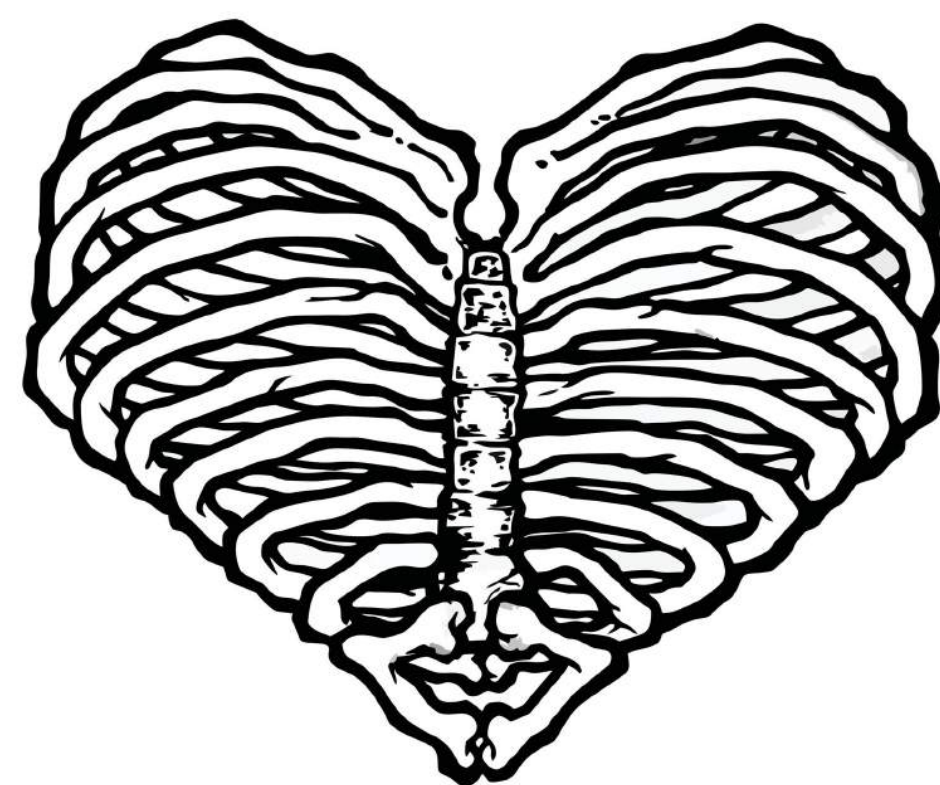
**Visalia Convention Center
Visalia Marriott Hotel**

**WANT TO BE A
CNSA DELEGATE?**

We are accepting applications until September 16th at 11:59PM! In your bio, include your name, cohort number, photo, reason for wanting to attend, and what you hope to gain by going. Submit your application to nusna.vp@gmail.com.

BSN
COHORT 49 AND 50
**WHITE COAT AND
PINNING CEREMONY**
11.30.2018
9:30 AM-12:00 PM
THE WESTIN SAN DIEGO
GASLAMP QUARTER
910 BROADWAY CIRCLE
SAN DIEGO, CA 92101

**CRMO AWARENESS
WALK-A-THON**



OCTOBER 7, 2018



NUSNA SD would like to thank all those who contributed to this issue. We greatly appreciate your contributions and commitment to help make this newsletter possible.

Thank you to everyone who shared their photos, especially the students, interviewees, Wena Lee Photography, and Phil Oels.