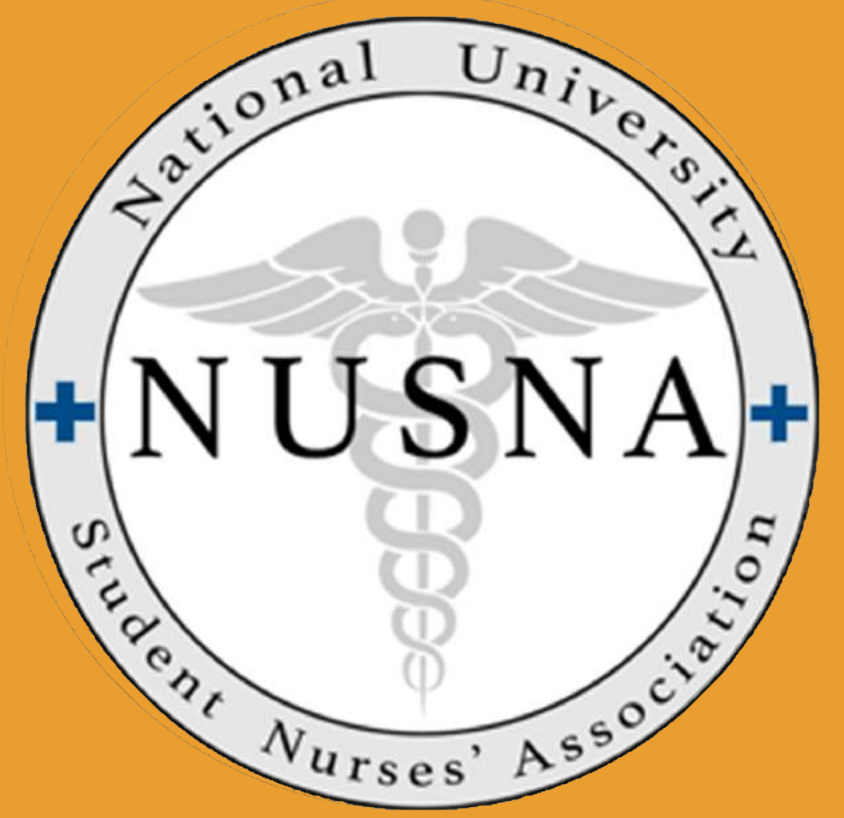


THE PULSE

THE NUSNA STUDENT NEWSLETTER



MESSAGE FROM THE EDITOR

HELLO NUSNA!

IT IS A GREAT PLEASURE TO PRESENT YOU THE JUNE 2018 ISSUE OF THE PULSE. AS MY FIRST STUDENT NEWSLETTER, MY GOAL IS TO PROMOTE THE ACHIEVEMENTS, SERVICES, EVENTS, AND FACES OF NUSNA.

THIS ISSUE COVERS THE EVENTS FROM MARCH TO JUNE OF THIS YEAR, INCLUDING THE 66TH NSNA CONVENTION, 2018 SOUTHERN COMMENCEMENT, AND JUNE WHITE COAT CEREMONY. STUDENTS, GRADUATES, AND PROFESSORS ALSO SHARED THEIR INSPIRING JOURNEY AS LEADERS AND COMPASSIONATE NURSES!

I HOPE THAT THIS NEWSLETTER WILL FURTHER IGNITE YOUR PASSION TO PURSUE YOUR CAREER IN NURSING.

SINCERELY,
RIZZA ANGADOL
NUSNA COMMUNICATIONS DIRECTOR
EDITOR IN CHIEF



Assistant Editors : Kristin Destajo, C50
Juliana Lundberg, C50

Nursing encompasses an art, a humanistic orientation, a feeling for the value of the individual, and an intuitive sense of ethics, and of the appropriateness of action taken.

—Myrtle Aydelotte

JUNE 2018

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BENEFITS OF YOGA FOR NURSING STUDENTS

By Angel Parson, Cohort 50



My name is Angel. I am from Japan. My husband is on active duty in the Navy. We move a lot and love it. We have two kids and a dog. I recently got back into yoga after not exercising for a couple years. My story might sound all too familiar to you: work, school, and family took up all my time and exercising just wasn't a priority anymore. During this time, I started getting headaches and intense back and neck pain. It was just six months ago that I started practicing yoga again. I started doing it just once a week and within the first month, I could feel my back pain going away. Since then, I have been going more and more. The more I went, the more I fell in love again with yoga. Following this return to exercise, I took a course to get certified in teaching Yoga to ensure that I would keep exercising. Through taking these classes, a whole new world has opened up to me. I have been able to work out lots of issues not just in my body but also in my mind. I have also met amazing humans through this journey. I want to share with you a few benefits I have discovered from practicing yoga regularly.

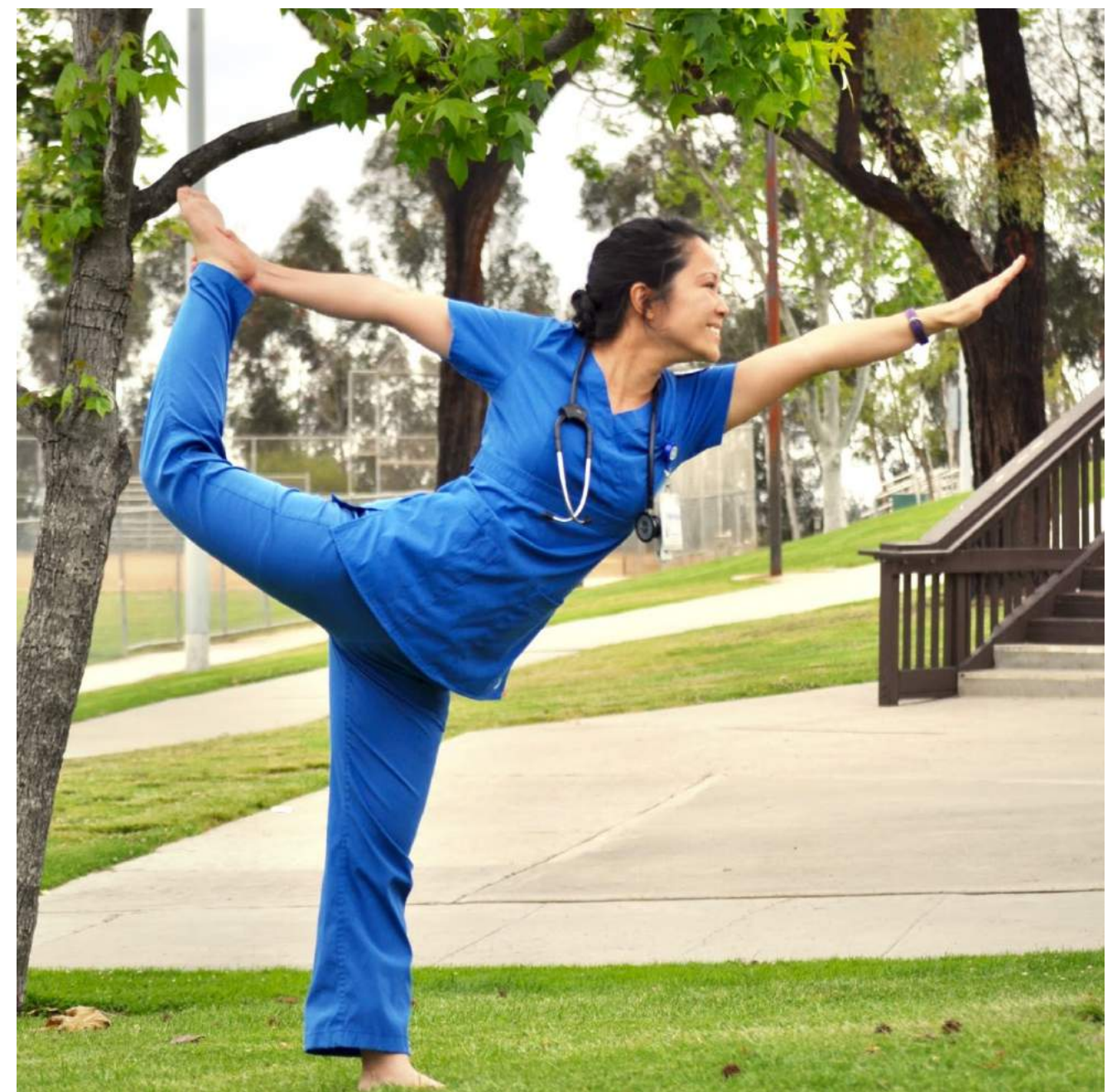
TIME OUT FOR YOU!

It's so easy to get busy with work, school, family, and friends. Set aside time just for you! Give yourself the self-care and love that your mind and body deserve. I found that by making time for yoga, I become more productive overall in my week and I'm so much better at taking care of others when I am well taken care of.

YOGA MAKES YOU A BETTER STUDENT.

There are lots of studies out there showing that yoga greatly improves concentration. When doing balance poses like tree in yoga, you have to concentrate really hard. If you have a lot of thoughts flying through your head, you won't be able to balance. You can take those concentration skills you learn in yoga and bring them to your studies and to the lectures.

"Studies show that meditating in yoga increases endorphins and decreases cortisol levels and fosters positive states of mind."



YOGA IMPROVES FLEXIBILITY.

A lot of people tell me they can't do yoga because they are not flexible enough. Yoga is not for the flexible people, it is to help you become flexible. Yoga is beneficial to all body types. Not just the pretty one you see in the pictures on Instagram.

YOU WILL GET THROUGH

CLINICAL HOURS.

Long clinical hours involve strenuous activities including

walking for 12 hours at a time, getting medications, physical assessments, and assisting patients to the restroom. These activities all require stamina and strength. Yoga helps build strength in your muscles, increases endurance, and also teaches you proper body alignment, which will help you better protect yourself from injury and foster better physical fitness.

YOGA STIMULATES YOUR IMMUNE SYSTEM.

As student nurses, we are constantly exposed to sick patients. We are continuously told to protect ourselves from germs through hand washing and Personal Protective Equipment (PPE). Well, yoga is just another way to protect yourself by conditioning your lungs with controlled breathing and stimulating the lymphatic system with certain poses and movements. You are bringing oxygenated blood to your organs for optimal function (Falkenberg, Eising & Peters, 2018).

YOU JUST FEEL BETTER.

I know I do. I call it “yoga brain” when I walk out of a class with a dazed look in my eyes and a big smile on my face.

“yoga is just another way to protect yourself by conditioning your lungs with controlled breathing and stimulating the lymphatic system with certain poses and movements.”



Dear Florence,

I continuously fall asleep listening to ATI modules. I get plenty of sleep at night, and sit at a desk but it's a constant problem. Any advice or tips on how to get through ATI modules awake?!

-Sincerely, Snorlax

Dear Snorlax,

Those ATIs are tough. I like to split each lesson into two sections, so it can be done in short bursts over a longer length of time. That way, it doesn't feel as tedious! It also helps me to tackle ATI after exercising or doing something active in general, so I can sit down while energized and ready to go.

- Sincerely, Florence

A SELFLESS ACT OF KINDNESS: DONATING MY KIDNEY TO A STRANGER

By Taylor Chaffin, Planetree and Alumni Relations Director
Interviewed by Rizza Angadol, Communications Director



1. Hello, Taylor. Please tell us about yourself.

My name is Taylor Chaffin of Cohort 53. I live in Temecula with my husband, our three dogs, cat, and soon-to-be baby boy! I donated my kidney four years ago (May 5, 2014) in New York; however, the testing process before the surgery took about a year before the surgery took place.

2. It is always easier said than done when people say that they want to save lives. We commend you for your courage and most especially, your kind heart for donating your kidney. What compelled you to do such a selfless act?

The short answer for what compelled me is that I became aware of how many people lose their lives without a donor. On average, 20 people each day die waiting for an organ transplant. I thought about what it must be like to be one of those people or their loved ones who need a transplant to survive. I could only imagine if I were in their shoes and what I would do for someone to come forward and save me or someone I deeply loved... I think a lot of people assume that if someone needs a transplant, his/her family or friends would or should just donate for him/her. So, why donate to someone you don't even know?! But a lot of the time, friends and family members that would be willing to donate for them are not a compatible match for various different reasons, so, they're just stuck hoping to find someone that is. Knowing that I was able to be that person for someone out there was what inspired me to do further research on donation and eventually go through with it.

3. What were your thoughts the moment you decided you wanted to donate your kidney? How did you prepare for this journey and what was the scariest part of it? How did you find your recipient?



"Knowing that I was able to be that person for someone out there was what inspired me to do further research on donation and eventually go through with it."

Mostly, I just felt inspired and excited to donate and help someone. To prepare and before I decided on donating, I had done a lot of research to make sure it was the right choice and that I knew what I was getting myself into. Surprisingly, I was never really scared, but there were definitely parts of the preparation that were tough emotionally. I used matchingdonors.com to find my recipient. On the site, you can read through tons of recipients' bios and find people that are of the same blood type to test for. Once you determine your blood types are a match and that you would like to test for compatibility with someone, they send you a kit in the mail to have blood work done at a lab. Choosing who to donate to was difficult, and I had actually initially tested for a different recipient (a 13 year old boy) that I ended up not being a match for. Our blood types were the same, but we had a positive cross match – meaning the recipient's body would attack the new kidney and we could not go forward with the surgery. I remember his mother being so beyond grateful and thought I was an angel from heaven for even trying. That was absolutely heartbreaking-because even just barely getting to know this mother and her son's story, I wanted so badly to have helped them.

"This journey changed my life in many ways, but I think it mostly opened my eyes to how fortunate so many of us are for our health, and what a beautiful thing donation really is."

But as difficult as that was, the reality of it set in even more for me. I realized that there are still tons of people out there just like this wonderful family that need help and that I can help.

4. How and when did you meet your recipient? Do you have any form of communication with your kidney recipient after the transplant?

If yes, has your relationship grown since then?
I found my recipient (Rosalind) a few months later and decided to test for her after reading her bio. Her husband was not a match for her, and they had lost their son in a tragic accident a few years prior. All of the testing to confirm that we would be a match took almost a year, and our surgeries finally took place. We still communicate regularly, mostly through email since she lives in New York.

5. How did your body respond to the change after the transplant and how did you cope with it (mentally and emotionally)? Did or do you have any lifestyle limitations because of it?

The first week of recovery was painful, but it was amazing how quick the healing process was. Within a few weeks time, I actually felt exactly the same again.



I visited my nephrologist for the first few years about every six months to check on my remaining kidney's progress. By the third year, my kidney grew in size and increased in function. This progress was actually greater than any of my doctors ever expected, as I was told that I'd never quite have the same function as two kidneys – but I do! As far as limitations, they just recommend I don't take any medication with NSAIDS, but that's about it.

6. How did this journey change your life? What does it feel like knowing that you have given a piece of you to someone?

This journey changed my life in many ways, but I think it mostly opened my eyes to how fortunate so many of us are for our health, and what a beautiful thing donation really is. Knowing that I've given a piece of me to someone feels rewarding, and I'm glad I was able to give Rosalind the gift of life. I'll never forget her husband crying his heart out at my bedside thanking me for saving his wife. At times, I actually feel like I don't even deserve the overwhelming amount of gratitude. It's well worth the sacrifice.

7. What should people know about the process of organ transplant?

I think as far as myths and facts go, the most common myth or misconception I hear is that people think that with one kidney, you can't drink alcohol or live your life the the same as someone with two – this is not true. I live a completely normal life :).

8. With your experience, what thoughts would you share with someone who is considering being a living organ donor?

Do your research on not only the organ donation but also on your family health history and make sure it's a good choice for you. If you decide to choose your recipient like I did, I know it can be extremely overwhelming. Once you decide you want to donate, you'll read people's stories and probably want to help them all. Just remember that even though you can only pick one, your donation and story might inspire other people to donate, too, and by doing that you are saving more than just your recipient. Donation really is a beautiful thing and I hope that my story can inspire others, as well.

March 14

&

April 11

Showers of Blessings



A MISSION IN MEXICO: VOLUNTEERING WITH THOUSAND SMILES FOUNDATION



**By Allison Calderon, C48
Outgoing President**

Before I set my sights on going to NU for nursing school, I went on a medical mission trip to Armenia. I was "bitten by the bug," so to speak, and I developed a passion for providing medical care in underserved and underrepresented communities. Unfortunately, these organizations run entirely on donations, and the fee to attend the two week mission was so high! Once I started nursing school, I knew I wanted to find a way to participate in medical missions that fit in the busy schedule associated with NU's accelerated program as well as my wallet! During my search, I came across the Thousand Smiles Foundation, which is run and supported by the Rotary Clubs of San Diego County.

The Thousand Smiles Foundation holds dental and cleft palate clinics in Ensenada, Mexico four times a year. Their clinics span only two days and call at least 50 volunteers to action. The clinic has two parts: the dental clinic and the cleft palate clinic. Saturday is their busiest day in which they see at least 90 patients seeking dental or orthodontic care. They do anything from cleanings, cavity fillings, extractions, and orthodontia. The first day for the hospital team is spent preparing all of the pre-op, post-op, surgical, anesthesia, and PACU carts for the surgery day. The doctors and anesthesiologists screen patients in the other building for their need for surgery and decide if they can be accommodated for surgery the following day. The hospital team consists of nurses, plastic surgeons, craniofacial surgeons, ENT surgeons, and anesthesiologists from the United States and Mexico alike. The Rotary even runs their own central supply where all necessary dental and medical supplies can be "checked out."

The Thousand Smiles Foundation is actively constructing a new building that currently houses a floor with several dental chairs and a procedure room. They also have an instrument sterilization room where they have pre-dental students cleaning and sterilizing used instruments. Downstairs, which isn't finished yet, will house at least two operating rooms which they hope will be used for major and minor surgeries, such as cleft repairs, palate repairs, and ear tube placements. I think it is incredible that the entire building in Ensenada is supported by donations and funding solicited by the Rotary Clubs of San Diego County.

"By doing primary repairs on these children... [t]hey are giving these kids a chance to survive and thrive in a way that was not previously possible."

For the time being, the Thousand Smiles Foundation is utilizing the Ensenada General Hospital and Mexican Naval Hospital. This last clinic was held in the Naval Hospital, which unfortunately only has one full OR for use by the clinic. The surgery teams performed major surgeries in the main OR, and the ENT team performed ear tube placements (called myringotomies, who knew!) and ankyloglossia repair (fixing tongue tie!) in a "mini" OR (which is actually a delivery room for moms). The clinic I attended mostly served children, but we also had a 49-year-old who had never had her cleft palate repaired, only her cleft lip. The hospital is run like an OR, where the patients go from pre-op to the OR, from the OR to the PACU, from the PACU to post-op, and then they go home, which can be hours away. As a nursing student, I was not allowed in the clinical areas (OR and PACU), but I was allowed to assist in pre-op and post-op. We kept the patients comfortable, played with the kids, and offered them small drinks of apple juice to make sure they would be okay to go home.



Cleft lips and cleft palates are potentially debilitating defects for babies when they are born. The seal they are meant to form to nurse is broken, and they are unable to feed effectively. This can lead to failure to thrive and other developmental problems. By doing primary repairs on these children, the Thousand Smiles Foundation is literally introducing a function that they have never known before. They are giving these kids a chance to survive and thrive in a way that was not previously possible. To be a part of this mission was a true honor, and I am excited to return to the future clinics as a new grad RN.



In addition to getting amazing clinical experience, Ensenada was so much fun, and we stayed right by the downtown region. We ate tacos, churros, and everything in between. This happened to be the weekend of Cinco de Mayo, so Ensenada came alive as soon as the sun went down. The fun and beauty of Ensenada paired with the inspirational experience at the Thousand Smiles Clinic made this trip one that I won't soon forget. It brought all of the concepts I've learned in nursing school full circle, and it allowed me to envision myself as a nurse in the near future. I made connections with people I never would have met otherwise, I learned some new clinical skills, and I traveled to a completely new place! These are all things you can do on a medical mission, in the convenience of a weekend getaway. Students in accelerated programs don't always have the luxury of being able to leave the country for weeks at a time, so we have to get creative! I strongly encourage all nursing students to seek opportunities like these that you wouldn't find elsewhere, and take advantage of them while you can. It adds a little bit of stress and costs a little bit of money, but in the end it's all worth it and it's an experience you won't forget.

"The fun and beauty of Ensenada paired with the inspirational experience at the Thousand Smiles Clinic made this trip one that I won't soon forget. It brought all of the concepts I've learned in nursing school full circle, and it allowed me to envision myself as a nurse in the near future."



March 19

Blood Drive



Ronald McDonald House





M 21
A
R
C
H 25
H

San Diego Student/Alumni Mixer



Save-A-Life EKG Screening Event



White Coat/Pinning Ceremony

June 1st, 2018
The Westin Gaslamp San Diego

AWARDS

ACADEMIC EXCELLENCE

Shannon Cobb, C47

Sara Garduno, C48

Kaili Dole, LVN9

CLINICAL EXCELLENCE

Sarah Blakeman, C47

Zobeida Palomares, C48

Jessica Davis, LVN9

HIPPENSTEEL AWARD

Tristan Peck, C47

Gil Daplas, C48

Theresa Cline, LVN9

NUSNA DIRECTOR'S AWARD

Allison Calderon, C48, President

Nicole Davis, C47, Secretary

Sarah Barrett, C48, Treasurer

Holly Kreczkowski, C48, Fundraising Director

Christopher Walinski, C47, Alumni-Relations Director

Megan Armstrong, C47, Communications Director

Johannah Buenafe, C47, Legislative Director

Charles Whitney, C47, Mentorship Director

Mia Hansana, C47, Scholarship Chair

SCHOOL OF HEALTH AND HUMAN SERVICES OUTSTANDING LEADERSHIP AWARD

Holly Kreczkowski, C47, Planetree Fundraising Officer

DISTINGUISHED ALUMNI AWARD

Eric Matsch

Renee Jefferson

Rhett Henrich



White Coat/Pinning Ceremony

BOARD MEMBERS



GRADUATES



Nursing Honor Society

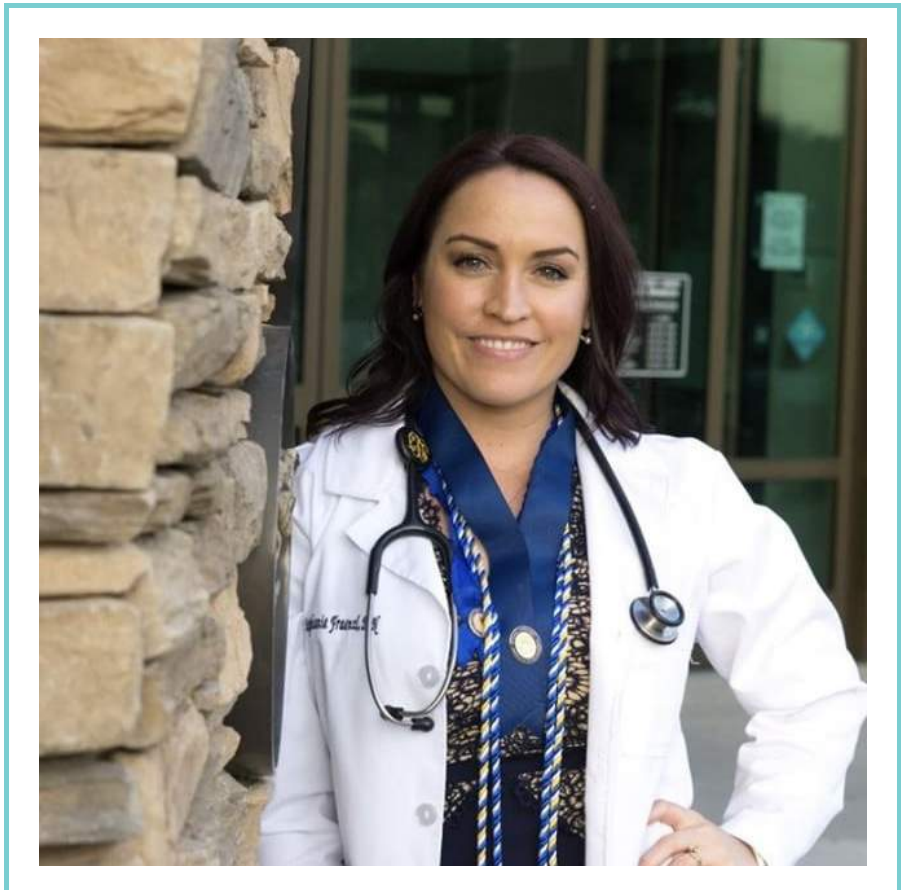
On June 2, 2018, National University Nursing Honor Society recognized students who had earned the top 35% cumulative GPA within their cohort. Induction into the honor society is a commendation that acknowledges students' academic success and commitment to serving the school and the community.



NURSES' WEEK

Appreciation

In honor of Nurses' Week this May, NUSNA featured some of our alumni who are now working as Registered Nurses. We would like to recognize your service for the community and we wish you all the best in pursuing your passion for nursing.



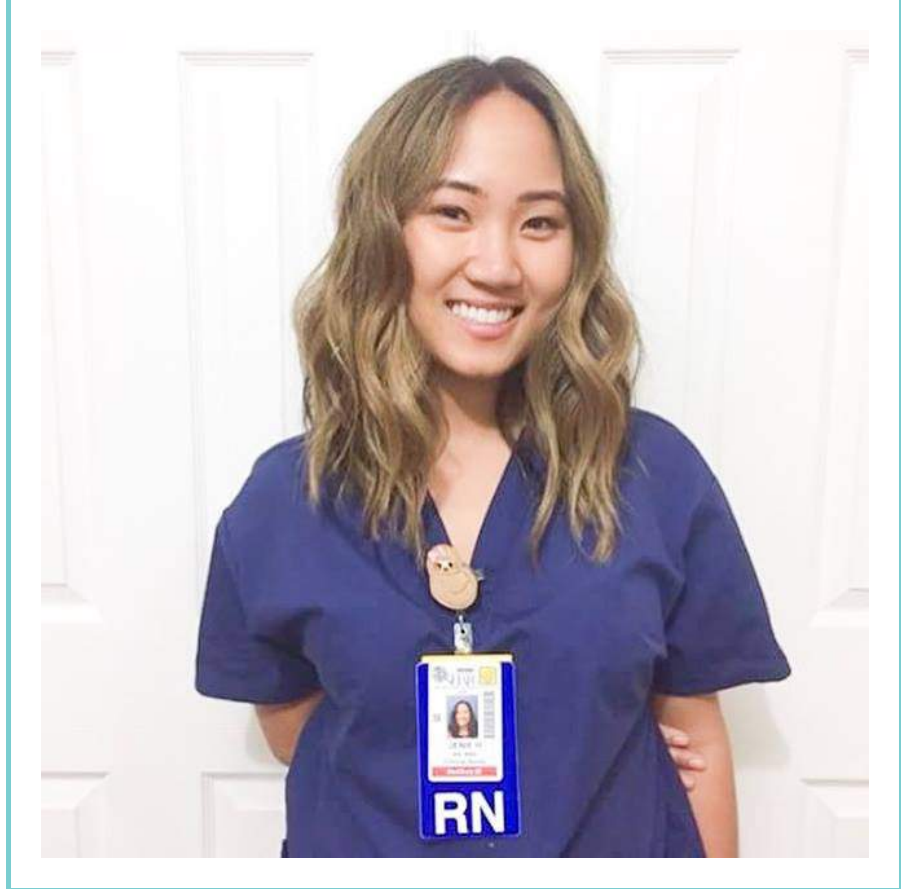
**Stephanie Fraenzl, RN, BSN
C45**



**Kat Johnston-Woo, RN, BSN
C45**



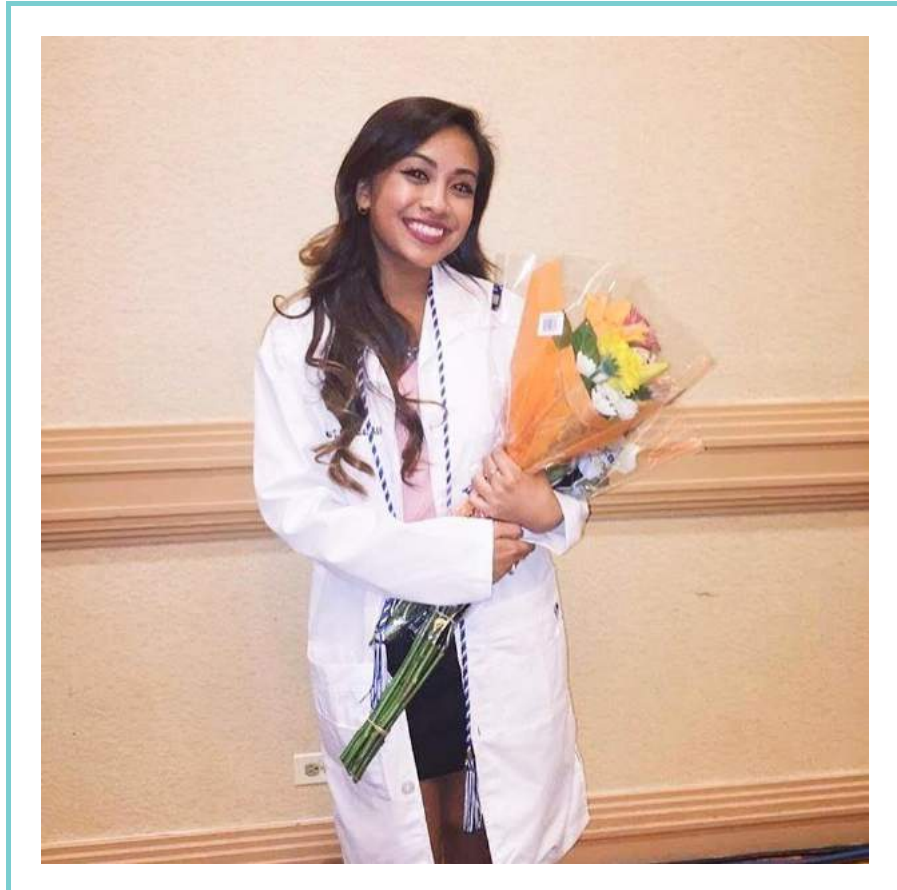
**Kimberly Almazan, RN, BSN
C41**



**Jen Harder, RN, BSN
C44**



**Karla Maniquis, RN, BSN
Jesus Herrera, RN, BSN
Sarah McCarthy, RN, BSN
C45**



**Bianca Surdilla, RN, BSN
C38**



**Maribel Llerena-Koke, RN, BSN
C45**

"Nursing is not for everyone.
It takes a very strong,
intelligent, and compassionate
person to take on the ills of the
world with passion and purpose
and work to maintain the health
and well-being of the planet."

-Donna Wilk Cardillo

COMMITTEE MEMBER OF THE MONTH



February

FUNDRAISING COMMITTEE

Angela Bobst, C52

Tracy Rains, C48

"These two ladies went above and beyond this month helping to get the collection bins decorated and in place at RB. These collection bins are in support of our statewide LUX on her side community health initiative and our local partnership with St. Marks for shower of blessings."

-Holly Kreczkowski, Fundraising Director



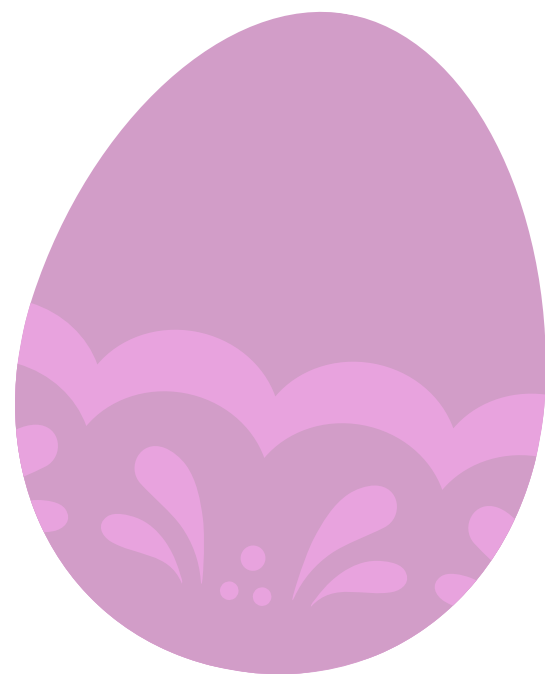
March

ORIENTATION COMMITTEE

Jennifer Theis, C52

"Jen is always more than willing to help me with new cohort orientations and she shows up with a great attitude! She has attended all of the new cohort orientations with me since she became a member of NUSNA and shows a strong dedication and passion for NUSNA."

- Kylie Clower, Membership Director



April

FUNDRAISING COMMITTEE

Katie Nicoletti, C48

"Katie has consistently been a presence with the Fundraising Committee and it was with her help NUSNA was able to send 8 Delegates to Nashville, TN for the Annual Convention!"

- NUSNASD Board Members

HONORABLE MENTIONS

February

Geena Demonteverde (C50)

Communications
Committee

Kyndl Spencely (C52)

Student Activities
Committee

March

Katie Nicoletti (C48)

Fundraising Committee

June

Alex Gaskins (C51)

Communications
Committee

**Thank you for
your
contributions and
for being active
committee
members!**

COMMITTEE MEMBER OF THE MONTH



May

STUDENT ACTIVITIES COMMITTEE

Andrew Hendrix, C50

"Andrew was an integral part in the planning and development of Military Day 2018. With his help, NUSNA partnered with the Student Veteran Organization (SVO) and carried out the largest Military Day yet! We were able to successfully pair students with different branches to explore potential careers in the armed forces. Thank you Andrew!"

-Kaila Pascua, Student Activities Director



June

COMMUNICATIONS COMMITTEE

Kristin Destajo, C50

Juliana Lundberg, C50

"Being the first people to hold the position as assistant editors of Communications committee, Kristin and Juliana have been a tremendous help! They especially helped me edit and proof read this newsletter. They are very knowledgeable and understanding, and I am grateful to have very qualified people in my committee!"

- Rizza Angadol, Communications Director

APRIL

19

**Ronald
McDonald
House**



20

**Scripps
Disaster Drill**



ALUMNI INTERVIEW



Angel Elliot, Cohort 33

Interviewed by Taylor Chaffin,
Planetree and Alumni Relations Director

What cohort did you graduate from?

When did you graduate?

I was in Cohort 33 and I graduated in 2014.

What background/experience did you have coming into the nursing program?

Prior to nursing school, I was a floral designer for 13 years. BIG change right?!?! I'm a true non-medical background example of success and that you can achieve anything you put your mind to.

What advice would you give to current nursing students in the program?

Hmmmmmm..... you're asking Mrs. Mentor here. Let's see if I can say this short and sweet. Haha.

A. You can do this.

B. Don't be competitive whatsoever - the goal is to get through this together. You're going to need to save the life of someone beside one another someday. Nursing is a small, small world. You'll be surprised who is on the left and right of you doing CPR in a few short years, I promise. Perfect teamwork now, it'll make the difference of life or death someday.

C. Don't change your studying or learning style now! Do exactly what you've done to get this far. If you are a group study type - great! Find a group. If you study best alone - don't change that.

D. Last but not least...know where you are. Humble yourselves. There are nurses of all ages and levels ahead of you that had made a choice to turn around and teach you and help you become a nurse, too (continue next page).

Were you involved with NUSNA?

Yes! I was heavily involved in peer mentorship and created a peer workshops program to help students support one another through school. I attended CNSA in San Jose and ran from the floor for office. Although I did not win, it helped open up eyes, heart, and opportunity for National University to go on to attend and hold state offices. I distinctly remember that National University showed up in large numbers, gained a spot on the ballot, and held voting power that CNSA did not expect. It was powerful. We brought it all back to the school and kept the momentum going. When I started at NU, NUSNA meetings were small in numbers, but by the end we filled the classroom. I am still very close with the incredible nurses I served within NUSNA, and am a strong nurse with leadership characteristics because of our time and accomplishments together at NU.

Where do you currently work and what RN specialty are you?

I work at Sharp Memorial Hospital Emergency & Trauma Dept. I landed my dream job as a new grad and love it more and more everyday.

"HUMBLE YOURSELVES. THERE ARE NURSES OF ALL AGES AND LEVELS AHEAD OF YOU THAT HAD MADE A CHOICE TO TURN AROUND AND TEACH YOU AND HELP YOU BECOME A NURSE, TOO."

ALUMNI INTERVIEW (continued)

It may not always be easy and they may not always be nice, but they have knowledge, skills, and attitude you must learn to become a successful nurse. Be humble and do that now. Pat yourself on the back as you gain knowledge and confidence but please always remember where you are and humbly learn. It will ensure successful and safe nursing on the unit for the entirety of your career.

If you could go back and change anything about your experience in nursing school, what would it be and why?

This one is easy to say in hindsight, but in the moment feels impossible to do. If I could go back and change anything, I would have balanced personal life and school better. I would have done less overachieving to compensate for being a flower lady in a medical world needing to catch up to people I thought were ahead of me because of experience (I was worried about getting a job!). Instead, I would have given more time to my family. I would have accepted a C and had more dinners with my husband and attended more of my son's baseball games. Sure, everything I did saw to my success professionally but I fell short personally. I thought that was normal because we were told to kiss our families goodbye at orientation. However, I see now that there is a more realistic balance to ensure success in your academic and personal life. The relationships that survived nursing school didn't necessarily hold an office, lead a group, or win an award. Their success is two fold over those that excelled in one but not the other. Nursing friendships and success are important - but make time for you and your immediate family, too.

May

Military Career Day



6

Save-A-Life EKG



9

Showers of Blessings



21

Ronald McDonald House



24

Del Norte HS Fair

NSNA 66th CONVENTION



Six NUSNA-SD delegates attended the 66th NSNA Convention in April at Gaylord Opryland Hotel, Nashville, Tennessee. This year, NUSNA-SD received the "Most Outstanding Social Media Award" for our Facebook page. Let us hear from our delegates about their experiences at the convention!



"I had a great time at convention! Attending as a delegate representing the state of California, I was able to see a completely different aspect of nursing and the career as a whole. By witnessing how legislation and resolutions are confronted, I was able to gain perspective on professional behavior when presenting controversial issues and really see how evidence-based practice can influence major decisions. I was also able to benefit at the convention by talking to master's program representatives across the country and attend focus sessions that shed light on different career paths that I was curious about but did not have enough knowledge to entertain. The focus session that stood out the most to me was held by the Board of



Certification for Emergency Nursing. They had four representatives including a flight nurse who had invaluable advice about pursuing a career in emergency and trauma nursing. Before this focus session, I only knew about basic level certifications, but I was glad that I was able to gather information on their advanced certifications so I can set myself apart in this very competitive department. My favorite time with my fellow delegates was going out to a local restaurant, eating southern comfort food, and singing along to live music! We were having so much fun, the singer even called out to us and said, 'Those people in the back are having way too much fun!' I strongly encourage students to be a part of future conventions. You'll get to see the big picture and how important nurses are to implementing change even at the student level. Nursing school can be very draining and I'll admit, I was straining to see the light at the end of the tunnel. This convention was exactly what I needed to re-energize my drive and remind me of why I got into nursing in the first place - to change the world one life at a time. "



Bottom photo, from right to left: Megan Armstrong, Jennifer Cherry, Allison Calderon, Kaila Pascua, Camay Lim, and Kyle Roloff

"The session that spoke on marketing yourself to potential employers was helpful in that it solidified my understanding of how to create my resumé and best present the most important information in the quickest snapshot possible. I feel that National University has a great Career Services program, and I have been able to utilize their guidance in building my resumé. This session just confirmed that I was on the right track. It was interesting to hear one subject that was talked about that I had never heard prior to this breakout session; it was how almost any previous work experience can be worded to enhance your resumé as it pertains to the nursing job you might be applying to. For example, they talked about how many nursing students have serving positions as past work experience and although serving doesn't have any direct relationship to nursing, it does have a strong correlation with interpersonal relationships and customer service. Since our patients can essentially be seen as customers needing our services, the speaker advised us to retain that serving position on our resumé and in the description to say something along the lines of, 'developed and perfected our ability to provide excellent customer service as our job duty.' I felt like this was such a valuable piece of advice that only a hiring manager like herself would be able to share with all of us. In addition to her hour-long session, she was also offering one-on-one resumé advice at the convention hall that was going to take place the following day. "



Featuring

NU SCHOLAR:

Jordana Williams-Lark, C50



"I DECIDED IT'S GOING TO HAVE TO BE NOW OR NEVER BECAUSE I WAS NOT READY TO GIVE UP ON MY DREAM OF BEING A NURSE."

I am currently enrolled in the BSN program at National University. The road to this point in my education has been a very bumpy one. My initial attempt at college was over 20 years ago. I ended up having to leave school for various reasons, and I thought I would return the following semester. Well, during that break, life happened: children, several careers, and some attempts at returning to school. Married to a sailor in the U.S. Navy and having to move every three years made it almost impossible to get into a nursing program, as the wait-lists for entry are sometimes as long as a year. When we moved here to San Diego, I decided it's going to have to be now or never because I was not ready to give up on my dream of being a nurse.

Walking into the admissions office at National University, I was certain that I'd be told I'd have to start my education all over again. At my age, that would have been devastating news to hear. I had actually already prepared myself emotionally for it. I spoke with the advisor for a short time, and she requested that I have my official transcripts sent in. About a week later, I received a call from her to set up an appointment to meet. I was excited and relieved, to learn that not only would NU accept most of the prerequisite courses I'd already taken but I would also only have to take a few more to be eligible to apply to the nursing program! As a Navy wife and mother of five, what I love most about NU is that the courses are only a month long. In most cases, I can choose to take them online or in-person.

For those of us who don't really have a lot of time because of multiple obligations we may have, including family and careers, one-month courses make obtaining a degree very attainable. The best part – I don't feel like I have to choose between my education and my family.

I am a very strong believer in the idea that everything happens for a reason. And I would not trade the long, twisted road that I've traveled to get to this point for anything. It is what has prepared me for what's to come.

NU SCHOLAR PROGRAM:

I am the recipient of the National University Scholars Program Award and a proud member of the January 2018 cohort. The scholarship covers tuition and also provides a book stipend. Now, I can focus 100% on my education and not worry about the financial obligation that comes with pursuing a degree. The Program brings together and recognizes students of diverse backgrounds and provides them an opportunity for personal and professional growth. It has several components that each student must successfully navigate over the course of their education.



The Program has provided me with unique opportunities for ambassador training, community-based leadership, study abroad, and research. It was the community service component that initially drew me to the Scholars Program. Whether it be through my church or through the nursing associations I am affiliated with, I have continued to enjoy various volunteering opportunities, such as Toys 4 Joy, Showers of Blessings, The Ronald McDonald House, and The Eric Paredes Save a Life Foundation, just to name a few. Most recently, I got to participate alongside other scholars and my family in the March of Dimes walk here in San Diego. Through our March of Dimes fundraiser, we were able to raise a donation of over \$200.

We've recently completed our study abroad component, which took us to Tijuana, Mexico where we explored the rich history of a beautiful culture just south of our border. I look forward to seeing where our future study abroad opportunities will take us.

As an ambassador, I have the privilege of participating in University events and speaking with alumni, current and prospective students about the University. I am a representative of the University at these various events and have the opportunity to speak about my unique experience here at National University.



STUDY ABROAD
AT
TIJUANA, MEXICO

June

13 Showers of Blessings
New Grad BBQ

3 Rock N' Roll
Marathon

27 Red Shoe Day



HUMAN TRAFFICKING AND THE SEXUAL EXPLOITATION OF ADOLESCENTS IN THE UNITED STATES



**By Jade Evans,
CNSA and NUSNA
Vice President**

As a representative for the State of California and NUSNA at the recent NSNA Annual Convention in Nashville, TN, I attended a presentation on the significance of Human Trafficking in the United States pertaining to nursing students and the medical field as a whole. This hour introduction into Human Trafficking opened my eyes to a problem that has proved to be pervasive throughout the United States and piqued my continued interest. I returned back to California with a new purpose: find out how I can learn more and help these vulnerable victims. I attended the 3rd Annual Symposium on the Status of Domestic Violence, Homelessness and Human Trafficking, and the 2018 Human Trafficking Research Conference here in San Diego. I learned that over the last decade, the United States has seen a drastic increase in the percentage of adolescents being recruited, coerced, and/or forcibly trafficked through “Romeo” and “guerilla” style means. **The national average age for an individual to begin being trafficked is age 12.** With the intersections of domestic abuse, homelessness, and human trafficking showing no discernable connections to race

religion, cultural, educational, social or economic status, every population is at risk. In addition, with sex trafficking bringing in roughly \$810 million in San Diego alone, it is a billion-dollar enterprise nationally that poses a growing concern for all.

An astonishing 46% of trafficked individuals know their abusers, and “stranger danger” is no longer enough to protect the adolescent population.

The era of the smartphone has enhanced communication and with it, provides easy access to a vulnerable population. Through Romeo style pimping, we have seen a drastic increase in traffickers targeting middle school aged adolescents through apps and social media sites. “Romeo” style pimping is charac-

terized by the recruiter initiating a romantic relationship with the adolescent, offering emotional support that the individual may feel they are lacking in their lives. Physical gifts may be offered as well to entice the child into a romantic relationship. Once the adolescent has formed a bond with the recruiter, the recruiter changes the relationship through manipulation and guilt, guiding the adolescent into performing sexual acts for money. If emotional manipulation proves to be ineffective, we may see a “Romeo” style recruiter turn toward a “guerilla” style of recruiting where physical force is utilized. This is shown in many cases including the infamous “dog crate”

case where a 13 year old girl was brought to a “pimp” by a girlfriend and classmate after reaching out for comfort



following a fight with her mother. Programs such as **kNow MORE!** seek to educate adolescents on healthy relationships, how to recognize the red flags of a potentially dangerous relationship, and equip them with the knowledge to prevent trafficking for themselves and their peers. Primary prevention is key to stopping human

trafficking and we must learn how to educate parents, adolescents, and those who have frequent contact with our youth, such as teachers, coaches, and yes, nurses!

As future nurses, it is important for us to learn the risks that place adolescents in danger to be trafficked as well as the signs and symptoms of those currently being abused.

Victims face lifelong physical and psychological repercussions from repeated traumas and early identification and prevention is vital to positive outcomes. Possible signs that can be observed in the medical setting include:

- **INABILITY TO SPEAK FOR THEMSELVES (MAY HAVE SOMEONE WATCHING AND/OR RESPONDING FOR THEM)**
 - **INABILITY TO RETURN FOR MEDICATION (MAY STATE THEY DON'T HAVE THE TIME)**
 - **MULTIPLE PHONES**
 - **LACK OF FUNDS THOUGH STATES “WORKS LONG HOURS”**
 - **VISIBLE:**
 - BRUISING IN VARIOUS STAGES OF HEALING.**
 - TATTOOS INCLUDING CROWN, MONEY, NAMES**
 - STRANGULATION (CT CONFIRMATION)**
 - X-RAYS INDICATING REPEATED FRACTURES WITHIN THE HANDS AND FEET**
 - NO EYE CONTACT WITH OPPOSITE SEX**
- Refer to bsccoalition.org for more signs and symptoms*

You've identified signs and symptoms and suspect your patient is a victim of human trafficking...What can you do? First and foremost, it is imperative for nurses and health care providers to understand they should not approach a trafficker or suspected trafficker alone. These individuals may become violent if they feel threatened or exposed in an attempt to escape law enforcement. Instead:

- *Know your hospital's protocol for how to address a situation when trafficking or domestic violence is suspected. Does your hospital have a Sexual Assault Nurse Examiner (SANE) or Sexual Assault Response Team (SART)?*
- *Identify resources to provide to your patients who may need assistance with getting away from a trafficker such as the local women's domestic violence shelter.*
- *Resources exist to help safely remove individuals from human trafficking situations and cover a wide variety of basic human needs including mental health and long-term trafficking.*
- *619.666.2757 is a 24-hour hotline for Human Trafficking victim resources in San Diego.*
- *Call 1.888.373.7888 if you suspect someone is being trafficked or if you need resources to get out of a trafficking situation.*

Human trafficking and the sexual exploitation of adolescents is preventable! Know the signs and learn the risks to help protect your family and community. If you are interested in learning more or attending a future conference on human trafficking you can reach me at NUSNA.vp@gmail.com!

Get to Know our Faculty!

Dr. Regina Izu

Interviewed by Geena Demonteverde,
Communications Committee

Where are you from? Born and raised in California. I moved from Whittier to San Diego after marriage.

Where did you go to school? St. Paul's HS in Santa Fe Springs, Mt. St. Mary's College (MSMC), four year BSN program in LA (BSN, PHN, double minors in Psychology and Biology), USD for MSN in Family Health Nursing with a Minor in Administration, Clinical Nurse Specialist, and PhD in Nursing from USD. I am also a Healing Touch Practitioner and a Fellow of the American Heart Association.

What's your family like? My nuclear family is Italian. My Father was born in Calabria, Italy. My Mother was born in Pittsburgh, PA. Her family is from Bari, Italy. I am 100% Italian! I have two brothers and two sisters.



I married Russ Izu who was born in Hawaii. He is Okinawan. He was completing his master's at USC in Physical Therapy, I met him as a Physical Therapist when I was a nursing student at MSMC at St. John's Hospital in Santa Monica. We have three sons: one is a Healthcare Lawyer in CA, one is a CPA and Real Estate Broker living in Hawaii, and the youngest is into Quality Computer Programming with various organizations in CA. Honey is our miniature doxie who broke her back and couldn't walk at age two. We rehabilitated her together and she goes on daily walks without assistive devices.

**What fields have you worked in and which is your favorite?
Do you currently work in a hospital? If so, which one and
what unit? Have you worked in other hospitals?**

- I have worked in Acute Care as: Staff, Charge, CNS, and Unit Manager, House Supervisor, and Director of Education.
- Different acute care experiences included: Acute Physical Rehabilitation, Utilization Review, Medical-Surgical Nursing, Oncology, Telemetry, ICU, and Hospital Code Team Leader.
- Correctional Nursing: Chief Nurse Executive of Richard J. Donovan Correctional Facility
- Home Health: Staff, Supervisor, CNS, and Director roles with the VNA, San Diego Veteran Affairs [case management], private companies
- School Health: Asst. Director of Health for MSMC
- Clinic: UCSD Alzheimer Disease Research Center
- Research Areas: Roy Adaptation in Critical Care Areas, Exelon for Alzheimer's Disease (Co-Investigator with UCSD ADRC), Clinical Use of Essential Oils in Fibromyalgia
- Academia: Faculty, Lead Faculty, M/S Expert, and Associate Director positions for: Maric College, San Diego City College, USD (CNS – Lead Faculty, DNP, MEPN programs), NU. I hold a lifelong credential as a Community College Instructor. Former BLS, ACLS, and HIV Instructor.
- Consultant: Legal Consultant, BRN Consultant. I have also been a journal editor.



I am currently working only at NU since it consumes more than 40 hours/week in current roles of Medical-Surgical Nursing Content Expert (NSG 211T/211A, NSG 200/200A, NSG 205/205A, NSG 320/320A). I have also started to help with Leadership and Research Curricula. I am involved in many committees including, but not limited to: Co-Chair of the Curricula Committee, serve on the School Assessment Committee, Planetree Executive Committee, and the Leadership Committee.

I have worked at Alvarado Hospital, Sharp Memorial and Grossmont Hospitals, Scripps La Jolla and Mercy, UCSD Hillcrest, and SDVAMC

Why did you want to become a nurse, and did you always know that you wanted to be one?

I was called to be a Nurse from age five years. In college, I thought about becoming a Microbiologist, but test tube organisms were not enough to keep me interested. They were too predictable. I cared about people and wanted to ease suffering. They were unpredictable and different each time! I had to apply clinical reasoning to help them in the current situation. I loved science and had an unquenchable thirst for knowledge. I figured if I was paying for tuition, I would learn everything I possibly could! In Nursing, I could use every ounce of knowledge in any subject and apply it to help a person. All of the money in the world cannot replace the feeling you get when you have helped others through difficult times in their lives! I have never regretted one moment in my nursing career!

What made you get into teaching?

My Father was a teacher and my Mother was a teacher's assistant. My sister is a Math teacher in HS. Therefore, teaching came quite instinctively. I tutored courses in college, taught in the hospital organizations as a Clinical Nurse Specialist and designed major conferences, workshops, unit education, New Grad Orientation Programs (at UCSD and Scripps), and nursing competencies. I can cross academic settings where I have designed curricula, home settings, and hospital settings and feel comfortable in program and learning designs. I am passionate about learning; sharing information and knowledge with others to empower them to make a difference in the world.

Can you name a favorite moment that you had as a nurse, as a teacher, or both?

My favorite memories were while I was working as a CNS for SDVAMC hospital-based home care. I created a program to care for HIV/AIDS patients. In this expanded role, I could write orders, order lab diagnostics, equipment, x-rays, consults, etc. These were patients everyone was afraid of. No one wanted to care for them. I brought them hope and restored their humanity.

After the death of a patient, the caregiver became ill with the disease. He refused all treatments. I explained how this

would expedite his death. I felt frustrated that I could not reach him, convince him, or help him. Instead, I had to witness his suffering and isolated death. After finding he was hospitalized for his final moments, I visited him after my shift. My heart was broken and I could barely contain my emotions. He was alone, isolated in a room with end stages of the disease, motionless. He opened his eyes as he heard my voice. I apologized for not being able to do more to help him against this terrible disease. I thanked him for all of his support given to the patient he had cared for that died before him. My voice cracked, and when I could speak no longer, I put my hand over his to transfer energy. To my surprise, he took my hand, brought it up to his lips and kissed me goodbye. Patients will remain in your life forever!

In teaching, my favorite memories are when students apply what has been taught to make a difference to a person, family, organization, etc. I am very proud of the students and the Nurses they become!


What are your thoughts of the saying that nursing is both a science and an art?

I concur! You can be the best scientist, yet not a good nurse. Knowledge (grades) without clinical reasoning and application does not make you a good nurse. Nursing is the art and science of humanity, communications, and interactions. It is the most trusted profession in the nation. Nursing interacts with humanity at its most vulnerable interface and in times of crisis. It requires more knowledge than any other field of science. It is always changing with 24-hour responsibility. Technology helps improve nursing science but will never replace the art of nursing. You can learn every ICU machine, but the machine will never surpass the nurse’s human touch and presence.


Do you have a favorite inspirational quote? Explain what this means to you.

My favorite comes from Disney’s Princess Diaries. Can’t remember the exact wording. It reminded me that courage is not the absence of fear. Rather it is the knowledge that something is more important than the fear. Nursing involves courageous adventures. Look at nursing throughout history, nursing leaders took risks, wrestled with fear, and ultimately made a difference to humanity. Nurse are first to help in a crisis, infectious outbreak, etc. The positions I have had during my career required courage to lead. Full engagement will define my nursing career. There is always risk of failure, but to make a difference, you first have to accept the risk and allow yourself to become a nurse.

National University is offering Continuing Education Courses!



NATIONAL
UNIVERSITY



American
Heart
Association

AUTHORIZED
TRAINING
CENTER

Affiliated with the Center for Healthcare Education

THE DIVISION of EXTENDED LEARNING

AHA/NAEMT Approved Continuing Education Courses

BLS for Healthcare Provider - CPR

Initial

Cost: \$50

Renewal *

Cost: \$30

**Must provide current card at start of class*

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

Renewal

Cost: \$145 (incl book)

*5 CEUs awarded

**Must provide current card at start of class*

Pediatric Advanced Life Support

Initial

Cost: \$180 (incl book)

*10 CEUs awarded

Renewal

Cost: \$145 (incl book)

*5 CEUs awarded

**Must provide current card at start of class*

Pre-Hospital Trauma Life Support

Initial
(2 day course)

Cost: \$245 (incl book)

*16 CEUs awarded

Renewal

Cost: \$155 (incl book)

*8 CEUs awarded

**Must provide current card at start of class*

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*

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

To check for dates of classes and to register, go to <http://www.nusnasd.org/certifications.html>

**Questions?
Email
nusna.studentactivities@gmail.com**

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COHORT UPDATE:

Where are they now?

Cohort 48: *Leadership*

Cohort Representative:: Katie Nicolette
nusna.cohort48@gmail.com



Cohort 49: *Community*



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



Cohort 50: *Psychosocial*

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



Cohort 51: *Maternal/Newborn*



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



Cohort 52: Med-Surg II

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



Cohort 53: Fundamentals

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



LVN 10: *Research*

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



Cohort 54: *Pharmacology*

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



Welcome, Cohort 55



NEXT MEMBERSHIP MEETINGS:

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

- **JULY 23rd**
- **AUGUST 27th**
- **SEPTEMBER 24th**
- **OCTOBER 22nd**

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

Cohort 52, You are now eligible to be mentors!

Requirements:

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



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.

Coming
Up

July Elections!

- **Vice President**
- **Membership Director**
- **Student Activities Director**
- **Student-Faculty Liaison Director**
- **Workshops Director**
- **Scholarship Committee Chair**

Upcoming Events



NURSING CAREER FAIR
Monday, July 9, 2018
10am-2pm

Meet representatives from local hospitals!
Including Scripps, Sharp, Kaiser, the VA, and even nurse recruiters from the SD County Sheriff's Dept!

Events/Services:

- Panel Luncheon: 12:30-1:15pm
- Mock Interviews
- Rapid Resume Review
- Professional Headshots
- Livescan Services

Opportunity to win a free BLS renewal courtesy of NU Continued Education or a free leather portfolio courtesy of NU Career Services!

Register Now to reserve your appointments!

<https://www.eventbrite.com/e/nusnas-nursing-career-day-tickets-46728754964>

Location: NU Spectrum Campus Lobby
9388 Lightwave Ave, San Diego, CA 92123

Free for NUSNA Members!
\$5 for Non-NUSNA students



Check out our website and social media to know more information about the upcoming NUSNA events and workshops!

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.

Photo credits: students, Phil Oels, and Patricia Lucia Photography



RIGHT NOW

2018 CNSA Convention
October 5-7, 2018

CNSA
California Nursing Students' Association

**INNOVATE
ENGAGE
LEAD**

Visalia Convention Center
Visalia Marriott Hotel

LET'S GET SOCIAL

CONNECT WITH US!



NUSNA San Diego



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SHARE YOUR

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