



The Pulse

The Newsletter of NUSNA San Diego

December 2014

NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

Volume 1, Issue 12

In This Issue:

2	Editor's Message
2	Election Announcement
3	White Coat Ceremony
4	Incoming & Outgoing Board Members
5	Faculty Interview: Dr. Cynthia Parkman
6	Career Day
7-8	CNSA Convention Highlights
9-11	Student Discussion: Delegate Conversation on Convention
12	NSNA Mid-Year Convention Highlights
13	Build Your Portfolio
14-15	NUSNA in the Community
16-17	Cohort Updates
17	Alumni & Chapter Updates
18-19	Upcoming Events & Announcements

Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal.

-Pamela Vaull Starr

Breaking through...

Perseverance

Knowledge



Excellence

Integrity

Leadership



Professionalism

Lifelong Learning

NURSING

Editor's Message: Break Through into the New Year!

By Jimil-Anne Linton, NUSNA Communications Director, Cohort 35

Greetings! My name is Jimil-Anne Linton and I am the Communications Director for NUSNA. I have had the great honor of constructing the past two NUSNA newsletters since my time taking on this position with NUSNA in May. The vision I had starting out included publishing newsletters that portrayed the professional image of NUSNA while capturing the interest of our readers- understanding that our readers not only include current nursing students, but also faculty and prospective nursing students. Over the past seven months, our newsletters have received much acclaim from various audiences, including the California Nursing Students' Association (CNSA) and the National Student Nurses' Association (NSNA). I am also pleased to announce that our NUSNA website received the 2014 "Outstanding Website Award" from the CNSA at the 2014 annual convention in Pomona.



My goals for the next couple of newsletters are to continue at the same trajectory, but also to include a thematic component. Over the past few months, NUSNA was fortunate enough to send a number of delegates to both state and national conventions! Each delegate brought back some amazing information and insight to improve our association; I wanted to include that in this newsletter, as coverage like this has never been done at our school before. Also, as we approach the end of this year, I want to allow our students to reflect on the accomplishments of the year, yet continue to visualize the next year with a passionate and forward drive toward their goals. For this reason, I chose to encompass leadership and career-building into our overall theme of "Breaking through..." As baccalaureate-prepared nursing students, we tread the way towards the future of nursing. The Institute of Medicine (IOM) report on the future of nursing recommends that 80% of registered nurses have a minimum of a baccalaureate education by the year 2020. We, as students in this nursing program, may not feel like our actions have an impact beyond the halls of our campus- but I would like our students to understand that their actions can affect the future of the profession. Being a BSN student is just the beginning phase of molding into leadership. It is my hope for those of you who are already active members of NUSNA that you will continue to be active, but also aspire for higher feats. For those of you who are not as active, I encourage you to start soon because active involvement is the first step. I started the NU nursing program as a mildly active member and it wasn't until I became very active at both the school and state levels that I learned so much about the issues that face nursing students and nursing professionals today. I hope to take what I've learned from these experiences and advocate for the nursing profession someday. I think that each and every student at this school has the potential to do the same thing; it just starts with taking that first step and breaking through any perceived barriers you may have. Remember that NUSNA is a student-led organization that has students supporting each other no matter where they are in the program. Let NUSNA help you break through.

With all that being said, I hope that this issue of *The Pulse* will bring you a wealth of information and inspiration to jumpstart your New Year!

Wishing you all the best this holiday season!



Upcoming Elections

The following NUSNA board positions are coming up for election.

- **President**
- **Vice President**
- **Legislative Director**
- **Communications Director**

If interested, please submit your intent to run along with your biography to nusna.vp@gmail.com between January 1 - 20, 2015. Ensure that all email correspondence regarding election is made with the Vice President. Submissions sent to any other correspondence will not be accepted. Voting will take place January 26 - February 1, 2015. Results will be announced February 2, 2015.

White Coat Ceremony: Cohort 33, RN

The Department of Nursing at National University Rancho Bernardo recognized Cohort 33 during a white coat ceremony held Friday November 7, 2014. The Dean of Nursing, Dr. Gloria McNeal, spoke of the symbolic white coat ceremony as a tradition pioneered by the Robert Wood Johnson Foundation used not only to symbolize the transition from academic to clinical nursing practice, but as an outward symbol of a movement towards unity of inter-professional healthcare teams for best patient outcomes. The students of Cohort 33 were welcomed into professional nursing practice first by their elected most influential instructor, Professor Jenna Scarafone, and then were coated by their individually selected Registered Nurses including friends, family, and National University Faculty. Recognized during the ceremony were students Angel Lee Elliott (NUSNA Cohort Representative and NUSNA Workshops leader) for Clinical Excellence, Kassidy Cervantes (NUSNA Peer Workshops outreach coordinator) for the Hippensteel Award, Alex Vilchis ((NUSNA Cohort Representative and Mentorship Liaison) for Academic Excellence, Jamie Gadomski for recognition as NUSNA Peer Workshop Planning Coordinator, and Marie Zamora for recognition as NUSNA Mentorship Liaison and committee member.

Congratulations and best wishes to "The Mighty 33" in their nursing careers!



Incoming Board Members

NUSNA would like to announce and congratulate their newly elected board members and appointed chairpersons. We look forward to working with you during your term!

Samantha Combs, Cohort 37, Treasurer
Michael Snodgrass, Cohort 37, Student-Faculty Liaison
Maricica Koltun, Cohort 36, Student Activities Director
Diana Vazquez, Cohort 39, Membership Director
Lynden Gulemi, Cohort 36, Mentorship Director
Breanne Kelroy, Cohort 38, Fundraising Director
Jessica Cofrancesco, Cohort 38, Alumni Club Chairperson
Nelly Cisneros, Cohort 39, Scholarships Chairperson
Heather Jamesson, Cohort 39, Breakthrough to Nursing Chairperson



Samantha Combs
Treasurer



Michael Snodgrass
Student-Faculty Liaison



Maricica Koltun
Student Activities Director



Diana Vazquez
Membership Director



Lynden Gulemi
Mentorship Director



Breanne Kelroy
Fundraising Director



Jessica Cofrancesco
Alumni Club Chairperson



Nelly Cisneros
Scholarships Chairperson



Heather Jamesson
Breakthrough to Nursing
Chairperson

Outgoing Board Members

NUSNA would like to thank the following board members and cohort representatives for their services to the association.

Mylene Reyes, Cohort 34, Treasurer
Jana Helgeson, Cohort 34, Student-Faculty Liaison
Jackie Douglas, Cohort 34, Student Activities Director
Vicky Flor, Cohort 34, Membership Director
Shanell Bagley, Cohort 34, Mentorship Director
Zach Miller, Cohort 34, Fundraising Director
Hedieh Sabet, Cohort 34 Representative
Molly Buckland, Cohort 34 Representative

We wish you all success in your future endeavors!



Outgoing board members, Vicky Flor and Zach Miller, welcoming Cohort 41 at their program orientation.

Faculty Interview: Dr. Cynthia Parkman



Dr. Cynthia Parkman is the lead faculty professor for Nursing Leadership, a course that is taught closer to the end of the nursing program. It is thought that by the time a student reaches this point in the program they are ready to be introduced to the roles of nursing leadership. Dr. Parkman, who has been teaching this course since 2013, describes in her interview how leadership can be started early on in a student's everyday clinical practice.

Please tell us about yourself.

First off, my peers have said I have been a flexible, humorous, and calm fellow worker for many years. I love working and being part of a positive team.

I began my nursing career more than 25 years ago after I graduated with my BSN. My career began at Sharp Memorial Hospital and after three years of fulltime bed-side work, I became a Charge RN on a 40-bed unit and also began my MSN degree at USD. Completing my MSN assisted on wonderful work options with Sharp Healthcare, and then when I started my teaching at CSU, Sacramento quite a few years back. In mid-2013, I completed my PhD in nursing education and research at the University of Nevada, Las Vegas and began teaching fulltime at National University in Rancho Bernardo. While all of this was going on, I have been a nurse manager, a hospital educator, and case manager in several acute care hospitals in both California and Nevada. I have worked with Sutter Healthcare, Mercy/Dignity Health Healthcare, Kaiser Permanente, and Renown Healthcare. At both Sac State and NU, I have taught nursing leadership for many years.

I think it is important for nurses to have balance so they enjoy rest and fun times too. I learned how to ski (on snow) when I was an adult and also love cycling, going to the gym, hiking, reading, and baking around the holidays.

What made you want to become a nurse?

In high school, I volunteered as a tutor for elementary school children who needed help with math or English assignments. I thought after college I would become a teacher working with educational disability persons. At college, I had friends in the nursing program and decided to apply to the nursing program. When I was accepted right away, and started clinical, I realized this was the best career for me. Of course, I became a teacher anyway.

What made you decide to teach at National University?

We lived in San Diego for many years before we moved north, and our 3 children are San Diego natives. When my spouse got a fulltime position at NU in 2012, I realized I might need to be there too! NU offered an academic position that fit my background in 2013.

When and how did you start getting into nurse leadership?

As mentioned previously, I began my first charge nurse position three years after I graduated. Leadership became a passion of mine right away.

You teach the Nurse Leadership course here at NU. Are there any misconceptions about nurse leadership that students have at the beginning of your class?

Many who have not seen "great" leaders before they come into this course may believe that bedside nurses and managers are not able to be leaders. It may be a bit difficult to realize that any nurse can be both a leader and manager or both a leader and follower.

If there is one most valuable lesson a student could take from your class, what would it be?

Use your communication skills and assure you have a good relationship with your patients and with your team. Lack of communication is behind every type of problem, confusion, patient safety issues, or rumors.

As students, we perceive ourselves as novices and followers. Some teachers have told us to start building our leadership skills now, but how do we go about doing that?

Leadership begins with clear communication skills and understanding your own values before you try to understand your peers or patients' values and beliefs. Try to have a positive relationship with your patients. Tell them who you are, what you plan to do, and ask what they expect and would like each day. Practicing your skills now, and knowing that BSN nurses at the bedside are leaders, you will begin to understand how to both follow and lead.

Do you have any advice for NU's future nurses?

Be patient: with yourself, your friends and family, your career, and your patients. Demonstrate your clear communication skills and leadership skills as you start your first nursing position and show that you are ready for this career.

Thank you for taking the time to let us interview you. Is there anything else you would like to add before we conclude the interview?

It is an honor to be a teacher for those who want to become a nurse. I believe as an instructor, my role is to facilitate learning and to offer my learnings from past experiences, and guidance as students pursue and explore this career.

**Leadership begins
with clear
communication
skills and
understanding your
own values before
you try to
understand your
peers or patients'
values and beliefs.**

NUSNA Career Day 2014

By Jackie Douglas, Student Activities Director, Cohort 34

On September 19, 2014 the NUSNA held their 2nd biannual Career Day. Thirty-nine students were in attendance and gathered in the morning to enjoy some refreshments, coffee and juice. An inspiring talk was given by Dr. Alice Noquez who spoke about how to market yourself as a new grad. Anna Tanguma followed, giving a presentation of résumé writing and interview tips. Next, a Q & A discussion with NU alumni Terry Smiley, Dave McClure, Josh Higgins and Maryanne Mesina was held; it included portfolio examples, alumni experiences with obtaining a job, information on compact nursing states, and personal advice about what they learned through the process to help smooth the road ahead for our future nurses. There was also an afternoon session workshop that allowed the students to rotate through 2 stations. One station was a résumé review station where the student brought a hard copy résumé to be critiqued and improved upon. The other station had mock interviews where the students were asked possible interview questions and received feedback on how to improve their answers. We received and appreciated the positive and energetic feedback from the students discussing how to improve the next Career Day. A special "thank you" to all the faculty who participated in making it such a spectacular event: Professor Anne Kelly, Professor Jenna Scarafone, Dr. Hope Farquharson, Professor Maureen Evans, Professor Dale Parent and Professor Debra Casey. The day closed with the raffling of 2 gift baskets worth \$75 and a \$50 Amazon gift card. This was such a popular and successful NUSNA event that we will be partnering with Palomar College's Student Nurses' Association to help them coordinate their own Career Day! Student Activities Director, Jackie Douglas thanks and credits the faculty and her team of volunteers for such a successful event: Michelle Fosdick, Nicole Rumpf, Breanne Kelroy and Tanya Davis.

Be on the lookout for our upcoming guest speakers, events, and classes! Visit www.nusnasd.org under the Student Activities tab.



Résumé review panel with Professors Maureen Evans and Debra Casey.



Thank you to Student Activities Director, Jackie Douglas for making this career day possible!



Résumé review with Professor Dale Parent and Dr. Hope Farquharson. The other station held mock interviews.



Q & A Session with NU Alumni Terry Smiley, Dave McClure, Josh Higgins, Maryanne Mesina

Highlights from the 2014 CNSA Annual Convention



The delegates from NUSNA San Diego



Voting at the House of Delegates



"You're Hired!" workshop by Brenda Brozek, author of *You're Hired! A Nurse's Guide to Success in Today's Job Market*.



Teaming up with delegates from NUSNA Los Angeles



NUSNA having fun at the "Out of this World" costume party!



Highlights from the 2014 CNSA Annual Convention (continued)

Resolution # 2- Prevention of Delirium Rumpf	
1	TOPIC: IN SUPPORT OF INCREASING AWARENESS AND ADVOCACY FOR
2	PREVENTION OF DELIRIUM IN HOSPITALIZED OLDER ADULTS
3	
4	SUBMITTED BY: NATIONAL UNIVERSITY, SAN DIEGO
5	
6	AUTHORS: NICOLE RUMPF
7	
8	WHEREAS, delirium is defined as "a disturbance of consciousness characterized by an acute
9	onset, disorganized thinking and a fluctuating course of inattention" (Holly,
10	Cartwell, & Jadava, 2012, p. 132); and
11	WHEREAS, Rice et al. characterized delirium as "the most common complication of older
12	adult hospitalization, affecting approximately 2.3 million patients each year" (as
13	cited in Phillips, 2013, p. 9); and
14	delirium is associated with negative patient outcomes, such as "long-term
15	cognitive and functional impairment" and "contributes to falls, fractures, long-
16	term institutionalization, and death" (Conley, 2011, p. 340); and
17	delirium "may lead to mortality if not detected early ... and causes death in as
18	many as 22-76 percent of patients who are hospitalized with delirium" (Ali et al.,
19	2011, p. 25); and
20	WHEREAS, according to Rice et al., "The financial impact of delirium is staggering, with
21	annual estimated costs of \$38-\$152 billion" (as cited in Phillips, 2013, p. 9); and
22	as stated by Rubin et al., "total costs attributable to delirium average from \$3,000
23	to \$6,000 per patient per hospitalization" (as cited in Conley, 2011, p. 340); and
24	"delirium is underrecognized and underdiagnosed, about one third of all delirium
25	episodes could be prevented, and delirium prevention would be a cost-effective
26	strategy" (O'Mahony, Murthy, Akune, & Young, 2011, p. 751); and
27	"evidence suggests that most multicomponent interventions are effective in
28	preventing onset of delirium in at-risk patients in a hospital setting" (Dionne &
29	Schoelles, 2013, p. 378); and
30	WHEREAS, as part of a multicomponent intervention package, recommended delirium
31	prevention strategies include "stimulating communication, therapeutic activities,
32	early mobilization and walking, nonpharmacologic approaches to sleep,
33	maintaining nutrition and hydration, adaptive equipment for vision and hearing
34	impairment, medication review, infection control, preventing hypoxia, and pain
35	management" (O'Mahony, Murthy, Akune, & Young, 2011, p. 751); therefore be
36	it.
37	
38	RESOLVED, that the California Nursing Students' Association (CNSA) encourage its
39	constituents to work with hospitals and nurses to promote awareness of the
40	negative impacts of delirium on hospitalized older adults and the effectiveness
41	and benefits of multicomponent interventions in preventing delirium; and be it
42	further

CNSA 2014 Resolution 2: Increasing Awareness and Advocacy for Prevention of Delirium in Hospitalized Elderly Patients. Presented by Nicole Rumpf



**Some of our NUSNA delegates ran for state office
(Pictured above: Walker King)**



**NUSNA San Diego wins the
CNSA 2014 Outstanding Website Award**



**Congratulations to NUSNA Communications Director
Jimil-Anne Linton for being elected as the 2014-2015 CNSA
Communications Director**



Student Discussion: Delegate Conversation on 2014 CNSA Annual & NSNA Mid-Year Conferences

This year 12 delegates were selected to represent National University and NUSNA San Diego at the annual California Nursing Students' Association (CNSA) Convention held in Pomona, California. Additionally, 4 delegates were selected to represent at the National Student Nurses' Association (NSNA) Mid-Year Conference held in Portland, Oregon. One of these delegates was also a CNSA state delegate, representing the state of California as a nursing student entity. In lieu of the usual featured student interview seen in our NUSNA quarterly newsletters, we thought that it would be exciting to interview some of the students who were selected as delegates in a discussion as they share their perspectives of the convention experience.

What made each of you want to go to conference?

N. Rumpf: I had heard amazing things about conference from other attendees, and I wanted to see what these conferences were like at the state and national levels.

H. Kitchell: I attended the NSNA Mid-Year Conference. I thought it would be a great opportunity to explore career options, get resume feedback, hear more about what employers are looking for in new grads, and connect with other student nurses nationwide.

S. Combs: I love new experiences. I love that at these conferences we are given the opportunity to network with other student nurses. I like that we get to network with graduate colleges too. There were many amazing speakers at the convention and willing to share their experiences with us. It was an amazing "once in a lifetime opportunity" that I just couldn't pass up.

B. Walker: Honestly, the opportunity to get credit for the clinical hours in Nursing Leadership is what convinced me to attend the NSNA Mid-Year Conference- that and a little pushing from the President.

J. Linton: I couldn't pass up this opportunity. I had Dr. Rebecca Dahlen as my professor when I had started this program. She said that nursing leadership starts early on; she encouraged me to get involved with NUSNA and told me to take up any opportunities to attend one of these conferences- and I was fortunate to go to two of them this year!

M. Fosdick: As president, it is my duty to represent NUSNA at the state and national level. On a personal level, I always want to try to get more involved and experience different opportunities. At the very least, I knew that I would meet some awesome people!

What were your expectations for the conferences you attended?

N. Rumpf: I was hoping that I would get to do some networking; I understood that there were delegate duties (resolutions, bylaws, elections) at the CNSA conference, but I didn't really understand how things went. At the NSNA Mid-Year conference, I didn't realize that it would be all career based, and that there would be no delegate duties, so that surprised me.

S. Combs: I had expectations to learn and meet some amazing new people. I always know that I am going to come away from a convention feeling rejuvenated, motivated, and overall inspired.

B. Walker: I had no expectations as I had never been to a conference like this before.

J. Linton: I was expecting to learn a lot about the nursing profession, how it affects us as students, how we as students affect the nursing profession, career building, networking- I could go on and on. I guess I was looking for a whole package of goodies really! It turns out I got all that and more!

M. Fosdick: I was expecting to learn more about the healthcare industry and opportunities in the field. I was surprised, but happy, to find that "hot topics" in nursing were also discussed and brought to our attention via resolutions. It made me feel that even though we are only student nurses, we have a voice, and that connects us to the profession that we will eventually join.

What kind of activities did you do at conference?

N. Rumpf: At CNSA, I presented a resolution, served as a delegate, went to the space costume party, attended the breakout sessions on CNSA leaders transitioning into nursing, and the one on "Getting Hired". I signed up for the full "Getting Hired" workshop; however I couldn't attend due to resolution duties. At NSNAMid-Year, I went to a resume review (which was AMAZING!), checked out the exhibition hall (this was also great), attended a Red Cross certification course, attended several informational sessions for Legislative Director and President (I found several of these really lacking when they were run by an NSNA director - it seemed like they didn't prepare at all!), attended panel discussions for various specialties (loved this session, super inspiring) went to the Crazy T-shirt party, and I even explored Portland.

H. Kitchell: I participated in the NCLEX Mini-Review, attended the keynote address by Brenda Brozek, heard 2 panels of speakers discuss the unique aspects of their specialties, had my resume reviewed at the career development center, explored graduate programs in the exhibit hall, and attended special sessions on the topic of job hunting.

S. Combs: I attended all activities that I possibly could. I went to all of the main speakers as well as many different breakout sessions. One of the fun things that is always fun to go to is the exhibit where you can meet so many different resources and graduate schools.

B. Walker: I attended the main events mostly. I found so much useful information from the different schools and recruiters for future education and possible job opportunities.

J. Linton: At CNSA, I attended the "You're Hired" pre-conference workshop. I also did my delegate duties, which entailed voting- and I even spoke in favor of a resolution. I also ran for state office from the floor and got elected- and I too went to the space costume party and met new people! At NSNA Mid-Year, I went as a delegate for both NUSNA and CNSA. Since there wasn't much in the way of NUSNA delegate duties, I spent a lot of time acting as the representative for CNSA. I had the unique opportunity to sit in the Council of State Presidents (COSP) meeting as the primary representative for the state of California during that conference because our CNSA President was unable to make it. I learned so much about how well our state's organization works and I learned about how various state organizations operate. I was able to take back a lot of information to the state board of directors at our very first official meeting as the new board. Also, I had a couple of state board members attend parts of the COSP meeting with me and I got to spend some time getting to know them; it made me that much more excited about this term!

Delegate Discussion (Continued)

M. Fosdick: I was very sick at the CNSA conference! Never the less, I attended the House of Delegates, acted as campaign manager for Samantha Combs, rocked out at the "Out of this World" dance party, and bonded with my peers. At the NSNA conference, I attended the presidents' forum, Disaster Preparedness Certification course, Pharmacology made insanely easy, specialty nursing seminar #2, and others. I loved the location of the conference, as there were many places to go out on the town to eat or hang out.

If you could only pick one thing you took from the conference you attended, what would it be?

N. Rumpf: I thought the resume review was a wonderful opportunity, but I would really say networking is the best part – with students, with advisors, with recruiters for schools and hospitals. I have made friends and contacts with student leaders from all over the state and the country, and it really feels amazing to be part of something bigger. I also signed up for the Resolutions Committee (CNSA) and I am really excited to get involved at the state level.

H. Kitchell: I was encouraged to fight for a new grad position in my specialty! Living in San Diego where the new grad job market is competitive, we are often advised to "just do a year or two in Med Surg to get the experience." This option does not appeal to me because Med Surg is not where my passion lies, but I also have to face the realities of the job market in my city. After bringing this up to a few of the experienced nurses at the conference, they encouraged me to fight for a position in my specialty, if that is where my heart lies. I really needed and appreciated this advice, and I am going to do everything I can to secure a job in my chosen specialty!

S. Combs: The inspiration to never stop growing and learning.

B. Walker: The wealth of information I received from all the events, schools, and job booths.

J. Linton: To be honest, I had been feeling like I was "just going through the motions" the weeks prior to the CNSA convention with class and clinical twice a week- I was feeling a little drained and uninspired. However, after the weekend of convention, I felt the fire come back! There were so many inspirational nurses there and I felt like I was really part of something meaningful. I guess, in short, I took with me a rekindled passion for the nursing profession and everything that it stands for.

M. Fosdick: The more you put in, the more you get out. This can be said for anything in life, but it especially rings true for the conferences. The student nurses that are the most involved tend to come out changed people. I was definitely one of them. I would recommend attending at least one convention in your student nurse career, especially if you are close to graduation, since there are many hiring managers there.



NUSNA delegates waiting for the keynote speaker at NSNA Mid-Year Conference.



NUSNA Delegates unwind at the "Crazy T-Shirt" party after a busy day at the NSNA Mid-Year Conference.

What was your overall impression of the conference(s) you attended?

H. Kitchell: The NSNA Mid-Year was an excellent conference- very well-organized and had a wealth of information for student nurses.

S. Combs: Both conferences were fun, entertaining, educational, and priceless.

B. Walker: It was an engaging experience.

J. Linton: I thought both conferences were excellent, informative, and motivational- couldn't have asked for a more life-changing experience!

M. Fosdick: I was impressed! I think National University SNs are strong and adaptable people. The students that attended truly made an impact at the state and national level. Not to mention, we won the majority of the prizes at NSNA Mid-Year. We represented NU well and we came home with tons of free stuff and information!



Some of the NUSNA delegates ran for state office at the CNSA Annual Convention. Candidates were required to wear certain tags on their namebadaes to indicate their intention of running.

On the subject of running for state office- for those of you who ran, how was that experience like?

S. Combs: I ran for CNSA Vice President. It was a lot of fun and a great learning experience running for state office. It forced me to step out of my comfort zone and really talk to a lot of different people and try to market myself to them. It was a unique experience and I would do it all over again if I could.

J. Linton: I ran for CNSA Communications Director. I ran from the floor and I have to admit that it was a little bit of a nerve-racking experience for me because I had to step out of my comfort zone, prepare a speech the night before, and campaign myself. I mean, I know it comes naturally to many people, but it was hard for me. I had an excellent campaign manager, Vicky Flor, who helped me break out of my shell!

Delegate Discussion (continued)

Do you have any advice for those running for state or national office next year?

J. Linton: Like I mentioned previously, I ran from the floor and it was a little overwhelming for me. I recommend anyone thinking about running for office to run as a pre-slated candidate. For those of you who are not familiar with the process, being a pre-slated candidate means that you submitted a package and your intent for candidacy before the convention. Running from the floor means that you have made your intent for candidacy at the convention. I believe that pre-slated candidacy was about two or three months prior to the convention this year. The convention was three days and speeches were made on the second day, with voting occurring on the last day; in reality, I only had a day and a half to be ready- so the difference between running from the floor and being pre-slated is the matter of time. Being pre-slated gives you more time and preparation for campaigning and research. I think it's a good idea to research your position's roles and responsibilities to make sure it is something you want to do and have time for- keep in mind, the commitment is for a full year, regardless of whether you have graduated or not.

Regarding resolutions- Nicole, you wrote and presented a resolution at the state convention, please describe the process and your experience.

N. Rumpf: I really felt like I didn't know what to expect going in and I would honestly say that it was much more intimidating than I had imagined. The nice thing was that I felt like everyone who wrote resolutions banded together and supported each other, and that was nice to know that we were all in this new experience together.

The Process: (N. Rumpf)

- Writing the resolution took 2-3 months of research and writing on my topic, which was difficult, but I had a lot of support from the previous NUSNA Legislative Director, which helped a great deal. My resolution was on advocating for increased awareness and prevention of delirium in hospitalized older adults, which was a topic I was passionate about from a volunteer program I had been involved with doing just that at a hospital in San Francisco.

- 1-2 months prior to the CNSA conference we had to go through the process of submitting our topic for approval, submitting our first draft materials, and submitting our final drafts through the approval process.

- First we met with the CNSA Legislative Director to understand next steps. We had to be available at roundtable sessions with our resolutions and supporting documents to answer questions for delegates. There was a pre-house of delegates meeting, where we all learned the process and had the first presentation of our resolutions- which involved me giving a 2 minute prepared speech and other delegates approaching the microphone, asking questions or giving statements for or against my resolution. This lasted 20 minutes in total. This process was repeated again at the House of Delegates meeting the following day, after which, the delegates voted on whether or not to pass (carry) my resolution at the state level. My resolution was passed. The following day, after all 4 resolutions were presented, the group had a debate and a vote on which resolution to send to NSNA. The selected resolution was from Sacramento State, which was on promoting acupuncture for pain management.



All candidates who ran for CNSA state office at the annual convention. NUSNA delegates who ran for office were Samantha Combs, Walker King, and Jimil-Anne Linton

My Feelings: (N. Rumpf)

- This was truly one of the most difficult and intimidating things I have ever done in my life. I had not really done research papers before, so researching a topic, taking a position, and writing a resolution to promote that position (which is a very unique format) was all new to me, and it is always a bit hard to do things for the first time.
- Secondly, defending your research against 120+ delegates who are questioning you and speaking for or against your topic can be really intimidating, and all you can do is prepare for potential arguments against your topic.
- I thought this was a completely amazing experience; it really pushed me to grow as a person. It enabled me to become published on the CNSA website, and I am so happy that I did it. I would recommend it to anyone- it is a lot of work, but completely worth it.
- One of the best parts of this experience was bringing awareness to an issue I care about at a state level. Seeing fellow classmates from both my school and others stand up and speak in support of my resolution was amazing, and it really brought me closer to some of the other delegates that I hadn't known as well before we left.

Thank you to these delegates for taking the time to share their convention experiences with us!

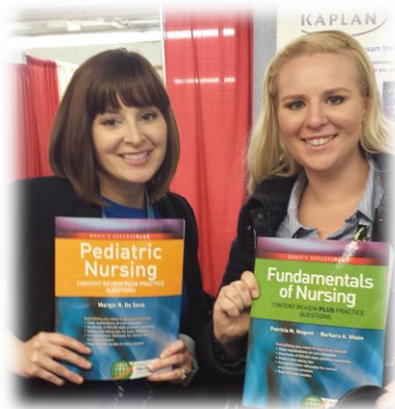


NUSNA delegate Nicole Rumpf presents her resolution on increasing awareness and advocacy for prevention of delirium in hospitalized older adults.

Highlights from the 2014 NSNA Mid-Year Conference



The exhibition hall had exhibits from various schools, hospitals, and vendors. There was also a resume review panel available for students.



Free test prep and study books were given by the publishers of the Davis Q&A Success series at the exhibition hall.



NUSNA delegate Jimil-Anne Linton represented the state of California and CNSA at the Council of State Presidents (COSP).



Three members from the newly elected CNSA Board of Directors attended the NSNA Mid-Year Conference- which included one of our own NUSNA members.



"Pharmacology Made Insanely Easy" breakout session



Discussion panel with nurses from various specialties



NUSNA delegate Samantha Combs won the "Crazy T-Shirt" contest with her Mad Cow T-shirt!

Building Your Portfolio: A Snapshot into your Career

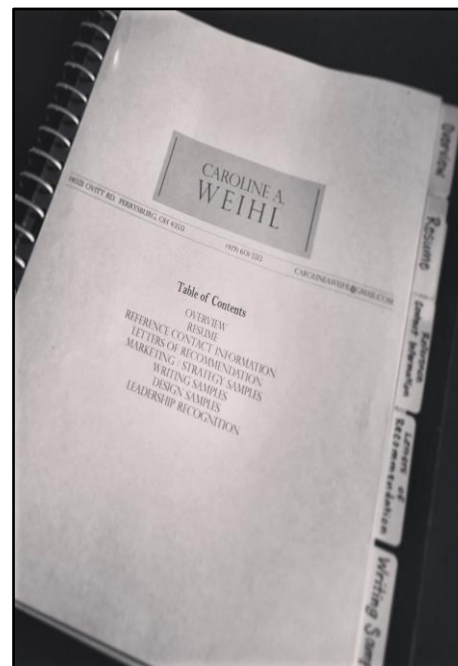
By Michelle Fosdick, NUSNA President, LVN 6

The thought of putting together a nursing portfolio can be overwhelming to say the least. Let's face it, all of us are students right now who really want to transition into the nursing profession successfully, but we're not very sure how to make a professional portfolio to market ourselves! For this reason, I sought to find some answers and would like to share some tips to help get you started- from one National University student to another.

The first thing you should know is that you will be putting together your portfolio in NSG 340: Nursing Leadership, which is the second to last class in the nursing program- so no need to stress about the small details, such as page order and layout, just yet. You will be thinking about that much later in your program! For now, just keeping record of activities you have participated in, community service, and certifications you hold will suffice.

Before we go on, I want to point out that there is a special benefit to your NUSNA membership that can help you out with your portfolio, especially if you are a tech savvy type of person. The National Student Nurses Association (NSNA), that you are a member of as an NUSNA member, has teamed up with Health Stream Professional Portfolio to offer online portfolio building that will help you plan, organize, and even remind you when your certifications are going to expire. This helpful tool is a way for you to stay up-to-date as your nursing career progresses. Check it out! Here's the link:

<http://www.nсна.org/Membership/AlliancePartners/HealthStream.aspx>



NUSNA members are able to build a HealthStream electronic portfolio through the NSNA website.

Did you know?

The California Nursing Students' Association (CNSA) website recently opened up a Career Center page where students and new grads are able to post resumes and search for jobs. NUSNA members also receive this benefit for being members of CNSA. Visit the CNSA website and check it out!

http://careers.cnsa.org/home/index.cfm?site_id=19439

Regardless of whether you use the online portfolio builder or not, I would recommend starting with a 3-ring binder that has ample page protectors. This will be a good place for you to store important documents (originals) as you continue through the program. It is rather efficient as you can quickly add to the binder and go about your business. This is the equivalent to the "set it and forget it" concept that makes crock pots so appealing! This method is fast and easy and will prepare you for success down the road. Here are some items to include in your binder:

- Certifications
- Competency Records, Transcripts, Clinical Evaluations
- Professional Development (List of relevant books you have read that are not required material for your profession)
- Presentations, Consultations, and Publications
- Professional Activities (professional organizations, committees)
- Community Activities/Volunteer Hours
- Honors and Awards
- Letters (Reference, Thank You, etc.)

Here are some other things that you will add when building your actual portfolio:

- Biographical Information
- Educational Background
- Employment History
- Resume
- Personal and Professional Goals

Overall, be mindful of the things you do while in nursing school and determine if that is something you would want to see if you were going to hire a nurse. Also, adding awards, letter of reference, and publications that you accrued prior to nursing school are fair game for your professional nursing portfolio- that being said, be sure to keep it as concise and relevant to nursing as possible (leadership awards, attendance awards, and academic awards are definitely relevant). Lastly, remember that you are unique, and your portfolio should represent that!

Good luck to you all and I hope this helps!

NUSNA in the Community

Super Frog Triathlon

The Super Frog Triathlon was held on September 28th, 2014 at the Silver Strand Training Center in Coronado. It was exciting to watch some amazing athletes qualify for the Iron Man Triathlon! NUSNA volunteer responsibilities included treating minor scrapes, cuts, blisters, providing ice to injuries, and providing hydration.

-Tanya Davis, Volunteer, Cohort 38



Silver Strand Half Marathon

On November 16th, 2014, NUSNA volunteers assisted with the Silver Strand Half Marathon held in Imperial Beach. Volunteers provided basic first aid needs, including application of ice packs, encouragement of hydration, and showing moral support for runners as they raced to the finish line.

-Jessica Cofrancesco, Volunteer, Cohort 38

Weekly Volunteering at Casa de Amparo

"In the month of November I had the pleasure of volunteering at Casa de Amparo each Tuesday for two hours at a time. During this time I helped organize the storage room. The storage room was filled with many donations and was in need of some re-arrangement. It has been a rewarding experience to volunteer at Casa de Amparo, and I encourage all who have the time to help such an awesome organization. It's a great feeling knowing that my time there will help both the staff and residents of the organization."

-Obdulia Sierra, Cohort 35



Disney's Avengers Half Marathon

NUSNA San Diego was fortunate enough to team up with NUSNA Los Angeles as volunteers served for the Disney Avengers Half Marathon, which took place at the Disneyland theme park in Anaheim. Volunteers were able to assist in various medical tent areas including critical care, self-treatment, and chute rover. As an additional surprise to this rewarding experience, volunteers were given Disneyland passes for their services.



2nd Annual Holiday Cheer Event

This year, the National University School of Health and Human Services and NUSNA had the opportunity to work with the Asociacion de Liderazgo Comunitario (Community Leadership Association) for the National University's 2nd Annual Holiday Cheer Event. Six needing families were selected by the ALC to be interviewed by six NU nursing student leaders from Cohorts 35 and LVN 6 to assess for household and family needs. The student leaders then compiled a wish list for each family and visited each nursing cohort, presenting their assigned families and wish lists. Students in Cohorts 34 - 40 and faculty contributed various donation items for every family over the span of 3 weeks- items included small items, such as toys and clothes, to larger items like twin and full size mattresses. On December 5th, all families were seated together for a special luncheon provided by the university and transported to the NU Spectrum Campus for the presentation of gifts. Dean of NUSHHS Dr. Gloria McNeal, NU Nursing Department Chair Dr. Diane Breckenridge, and Community course clinical lead Professor Darling Paul-Richiez, along with the student leaders, were present at this event. Student leaders spent some quality time with these families and learned that though these families have unfortunate living circumstances, these families serve as active members and advocates in their community. The event was a success as all families went home with many gifts (including a computer for each family!), all the children were smiling, and the students and faculty felt they were part of making a meaningful holiday experience for these families!



VOLUNTEER EVENTS & OPPORTUNITIES

CASA DE AMPARO (WEEKLY)

Dates in January: TBD

Time: 11am - 1pm

Positions: Varies

DISNEY'S STAR WARS HALF MARATHON

Date: January 18, 2015

Time: TBD

Positions: Medical tent

MERMAID RUN

Date: February 7, 2015

Time: TBD

Positions: Water station, finish line

CALIFORNIA 10/20

Date: February 15, 2015

Time: TBD

Positions: Medical tent

SAN DIEGO HALF MARATHON

Date: March 8, 2015

Time: TBD

Positions: Medical tent

SAN DIEGO GRANFONDO

Date: April 12, 2015

Time: TBD

Positions: Medical tent

For more information,
e-mail NUSNA Community
Service:

[nusna.communityservice@
gmail.com](mailto:nusna.communityservice@gmail.com)

OR

Visit NUSNA on the web!

www.nusnasd.org

*The best way to find
yourself is to lose yourself
in the service of others.*

-Gandhi

Cohort Updates

Cohort 34 is finishing Nursing Leadership with Dr. Cynthia Parkman and Professor Beverly Wilson. They will be starting their capstone in January.

Cohort 35 is currently in NSG 411 Nursing in the Community: Frameworks for Practice with Dr. Hope Farquharson and Dr. Alice Noquez. They have been gathering data from the Linda Vista community over the last couple of month in preparation for implementing meaningful interventions in their census tracts.

Cohort 36 just started Psychosocial Nursing with Dr. Richard Guertin and Dr. Catherine Prato. Cohort 36 is practicing their therapeutic communication skills at Scripps Mercy San Diego, Sharp Grossmont, and VA Hospitals.



Cohort 36 showing some holiday cheer in their Psych class!

Cohort 37 is finishing Maternity Nursing with Professors Michelle Goldbach and Kayla Crobarger. They are learning all about prenatal development, labor and delivery, and postpartum assessment at their clinical sites: Kaiser, Scripps Mercy, Scripps Memorial, and Palomar Medical Center.



Cohort 37 having fun as they reach the end of their OB clinicals

Cohort 38 is finishing Med-Surg II with Dr. Tina Ho and Professor Nicole Sevilla-Zeigen; their clinical sites include Kaiser, Scripps Mercy San Diego, Sharp Grossmont, and Palomar Medical Center.



Cohort 38 nearing the completion of Med-Surg II

Cohort Updates (continued)

Cohort 39 recently completed Fundamentals and is now starting Med-Surg I with Professor Melodie Daniels.



Cohort 39 Fundamentals clinical group at White Sands, La Jolla

Cohort 40 has started Pathophysiology/Pharmacology I with Dr. Chun Chow. They are the first cohort to take this course with the new nursing program implementations in place. Also, cohort representatives were recently elected- congratulations to Ashley Reese and Emily Sharlton!

LVN 6 is currently in NSG 411 Nursing in the Community with Professor Jamie Estrada. They, with Cohort 35, have been gathering data from the Linda Vista community for the past two months in preparation for interventions in their census tracts.

Cohort 41 just had their program orientation this month. Congratulations to Cohort 41 and their acceptance into the NU nursing program! Welcome!

Alumni Updates

Angel Lee Elliott (Cohort 33):

Only several weeks following graduation from the NU nursing program, Angel was accepted into the ED New Grad Program at Sharp Memorial Hospital. Congratulations!

Kristee Moseli (Cohort 24):

On October 28, 2014, Kristee Moseli lost her life in a motor vehicle accident in Turlock, CA. Memorial services were held on November 8, 2014. Kristee was a nursing supervisor at the Turlock Nursing and Rehabilitation Center. She is survived by her husband and son. NUSNA San Diego has donated \$20 to her GoFundMe memorial account in her honor.

Chapter Updates

Fresno Chapter

Congratulations to Cohort 9 on their recent graduation from the NU nursing program in October. NUSNA Fresno is also pleased to welcome Cohorts 13 into the nursing program!



Los Angeles Chapter

NUSNA Los Angeles had a donation drive event for the Totally Kids (TK) Facility. TK is dedicated to enriching the health and quality of life of children with medical and/or developmental needs, who benefit from habilitation/rehabilitation services and the supportive use of technology. The TK donation drive was a success as many items were donated that catered to the various abilities of these children; donation items included mobiles, DVDs, and other items.

NUSNA LA also continues to make an outreach to the community by performing blood pressure screenings twice a month at the Inglewood Senior Citizen Center.

UPCOMING NUSNA EVENTS!

Guest Speaker: Donna Andrews, RN Mercy Flight Nurse, ER Nurse, and EMS Director

January 15, 2015 at 1630-1800
RB Campus
NUSNA Members \$10.00; Non-NUSNA Members \$15.00

BLS Certification

February 13, 2015 at 0900-1400
RB Campus
\$30.00

The Life Support Academy ACLS/PALS Combo Certification

February 20-21, 2015 at 0900-1700 (both days)
RB Campus
NUSNA Members: \$180.00; Non-NUSNA Members: \$200.00
Course requires successful completion of Med-Surg I & II

"You're Hired!" Workshop

Featuring guest speaker, Brenda Brozek,
Author of *You're Hired! A Nurse's Guide to Success in Today's Job Market*
February 27, 2015 at 1000-1300
RB Campus
NUSNA Members: \$28.00; Non-NUSNA Members: \$33.00

ECG Class

March 13, 2014 at 0900-1300
NUSNA Members: \$45.00; Non-NUSNA Members \$50.00
Course requires successful completion of Med-Surg I

NSNA Annual Convention

April 8-12, 2015
Phoenix, AZ

Register at www.nusnasd.org under the Student Activities tab.
Any questions, please contact nusna.studentactivities@gmail.com

Join the Breakthrough to Nursing Committee!

Breakthrough to Nursing (BTN) is a program that has been recently started with NUSNA San Diego. BTN is all about creating a path for future nurses. We are looking to develop a committee of those who are interested in teaching younger generations- specifically high school and middle school students, about the nursing profession. Our main focus will be about what nurses really do, how to become a nurse, why we are nurses, etc. We'll start out with events, such as presentations in health classes at local schools, and we hope to move up from there. Our focus group will be the minority groups that may not be represented evenly (men, African-American, Asian-American, Mexican-American, low income, etc.).

If this sounds like something you are interested in becoming a part of, contact NUSNA BTN Chair, Heather Jamesson, via email: nusna.btn@gmail.com.

Be a delegate at the NSNA Convention!

The NSNA Annual Convention is on April 8-12, 2015 in Phoenix, AZ. If interested, submit a biography and paragraph explaining your reason for interest to nusna.vp@gmail.com by January 31, 2015.



January Calendar Coming Soon!

Visit the NUSNA website for information on requesting tutors, workshops, and becoming a workshop leader.

www.nusnasd.org

Click on the Peer Workshops tab

You can also email
nusna.workshops@gmail.com for any questions.

NUSNA Meeting Schedule

January 26, 2015

1400-1530

Room 119

February 23, 2015

1400-1530

Room 119

March 23, 2015

1400-1530

Room 119

April 27, 2015

1400-1530

Room 119

Meetings are usually scheduled on the 4th Monday of each month. However, the meeting schedule and location are subject to change by the President.

NUSNA Board Members & Cohort Representatives

Board of Directors:

President- Michelle Fosdick

nusna.president@gmail.com

Vice President- Brian Walker

nusna.vp@gmail.com

Secretary- Walker King

nusna.secretary@gmail.com

Treasurer- Samantha Combs

nusna.treasurer@gmail.com

Community Service Director- Tanya Davis

nusna.communityservice@gmail.com

Membership & Recruitment- Diana Vazquez

nusna.membership@gmail.com

Student Activities Director- Maricica Koltun

nusna.studentactivities@gmail.com

Student-Faculty Liaison- Michael Snodgrass

nusna.liaison@gmail.com

Legislative Director- Nicole Rumpf

nusna.legislative@gmail.com

Communications Director- Jimil-Anne Linton

nusna.communications@gmail.com

Fundraising Director- Breanne Kelroy

nusna.fundraising@gmail.com

Mentorship Director- Lynden Gulemi

nusna.mentorship@gmail.com

Peer Workshops Director- Elizabeth Gomez

nusna.workshops@gmail.com

Alumni Club Chair- Jessica Cofrancesco

nusna.alumni@gmail.com

Scholarships Chair- Nelly Cisneros

Scholarships.nusna@gmail.com

Breakthrough to Nursing Chair- Heather Jamesson

nusna.btn@gmail.com

Cohort Representatives:

Cohort 34- Molly Buckland & Hedieh Sabet

nusna.cohort34@gmail.com

Cohort 35- Amanda Henson & Jimil-Anne Linton

nusna.cohort35@gmail.com

Cohort 36- Kyle Kalkbrenner & Paulina Riedler

nusna.cohort36@gmail.com

Cohort 37- Samantha Combs & Anneliese Nanquil

nusna.cohort37@gmail.com

Cohort 38- Melanie Johnson & Kailyn Anderson

nusna.cohort38@gmail.com

Cohort 39- Nelly Cisneros & Diana Vazquez

nusna.cohort39@gmail.com

Cohort 40- Ashley Reese & Emily Sharlton

nusna.cohort40@gmail.com

LVN Cohort 6- Steven Henry & Tiffany Lamont

nusna.lvncohort6@gmail.com

Thank you to the members of the NUSNA Communications committee, Jessica Cofrancesco & Melanie Johnson, for all of your hard work! Also, thank you to those who contributed their time and pictures to make this newsletter possible.