



NUSNA Newsletter June 2012

CONGRATULATIONS COHORT 24!!!

The Tassel's worth the Hassel!! Good luck!



Our long-awaited NUSNA website is up and running! Check it out at: <http://nusnasd.org> to find information about

NUSNA Membership

Are you a NUSNA member? Please feel free to attend any of the NUNSA meetings to learn more about what we have to offer. At each meeting, you will learn about various events and volunteer opportunities that NUSNA has to offer. Also, the meetings are a great chance to meet faculty, students from various cohorts, find out what to expect for future courses, and make connections.

Please contact your cohort reps for further information as well as dates and times of future meetings. We look forward to meeting many more of our NUNSA members!

Remember, you can join NUSNA anytime!

- 1) Go to NSNAMembership.org
- 2) Click on "Sign Up for New Membership"
- 3) Be sure to select **National University San Diego** as your school

Membership cost is \$35/year

Email any questions to NUSNA.info@gmail.com

*benefits include resume building, discounts on Health and Professional Liability Insurance, Nursing Journal Subscription, nursing apparel, publication, and more!



Study Tip of the Month

Stick to the plan. Track all projects, deadlines, exams and other activities relating to work and/or school in a personal planner or a pocketbook calendar.

Brain Tumor Foundation Golf Tournament

The 10th Anniversary of the San Diego Brain Tumor Foundation's Annual Dennis Campbell Memorial Golf Tournament was held on Monday, April 23, 2012. National University students were there to lend a helping hand.

More information to come as we look forward to continued collaboration with this amazing foundation.



From left: Jennifer Prouty, Lindsey Cahill, Ryan Hoang, and Kimberly Quillan from Cohort 23

Walk for Wishes 2012

THE BEST YEAR YET!!!

Side by side, 863 friends, wish families, volunteers and supporters walked at Walk for Wishes on April 28th and raised \$140,000 for Make-A-Wish San Diego.

Words cannot express our gratitude for all who supported Walk for Wishes, which will fund wishes for 20 San Diego children with life-threatening medical conditions. Each will experience the hope, strength and joy that a wish brings, thanks to you.

Thank you for your decision to our mission, we look forward to seeing you there next year!!



VOLUNTEER OPPORTUNITIES

Bayside Community Center

Blood Pressure Screening

Take vital signs and provide health information after Bayside's Senior STEPS programs every Tuesday and Thursday. This is an on-going program started by NUSNA during December 2011.

Bayside is a neighborhood-based organization that has supported the Linda Vista community for 80 years. Its Senior STEPS program was developed to provide a variety of preventative health and education services for the area's senior community.

While taking vital signs, students provide education on healthy lifestyles and distribute and complete vital signs logs that seniors can use to monitor their blood pressure. We volunteer every **Tuesday and Thursday from 11:00 to 12:00** and optimally we'd like to pair up a more senior student nurse with one that is newer to the program (NSG211 or beyond).

The sign-up sheet has been updated to provide volunteer spots through July and can be accessed through the following link:

<https://docs.google.com/document/d/1YPYmjdxbpOEF9piWCfXtGouRmaaqsWv2XFCDrsFf7hc/edit>

Notice: You need to fill out volunteer forms for Bayside Community Center!!!

If you haven't done so please go here to get the form: <https://docs.google.com/open?id=0BwuD6ADlg4CYNzYzMjc5YTItM2FIMi00YzZiLWJiMGYtNTg5MzYxYzlmYTU3>

Once completed, please email the form to baysideinfo@baysidecc.org

Bayside Community Center is located at: 2202 Comstock Street, San Diego 92111. Dress is business attire with student ID tag.

Christ Lutheran Church

Blood Pressure Screening and Health Assessment

Assist Professor Sue Mason with blood pressure screening and providing information about health promotion and health resources! This is a monthly opportunity, sponsored by the church's Health Ministry and is open to the public.

NUSNA would like to have 5-8 volunteers. Volunteers need to have successfully completed NSG211, Health Assessment.

Screening and assessment generally takes place on the first Sunday of the month, but may be rescheduled to the second Sunday due to holidays or significant community activities. Volunteers need to arrive at the church lobby at 9:30 a.m.; screening lasts no later than Noon.

Location: Christ Lutheran Church, Pacific Beach, 4761 Cass Street, San Diego, 92109. Dress is business attire with student ID tag.

A sign-up sheet has spots through the August screening and can be accessed through the following link:

<https://docs.google.com/document/d/1-oYWhJp-bwkN5LUT0loC8ae9DIFZnj7qqwmZwOtwo2o/edit>

Scripps Green Hospital

Student Volunteer Positions

Applications are being taken on an ongoing basis for volunteer positions at Scripps Green Hospital in La Jolla. Positions are available in a variety of areas including information desks, nursing units, and gift shops.

Students should plan to commit a minimum of 100 hours per year and make at least a 1-year commitment. Volunteer assignments are weekly, but some flexibility may be possible as one coordinates with volunteer supervisors.

A flyer and volunteer application are attached for this opportunity.

Please email Dave McClure, Community Service Coordinator, with questions about these volunteer opportunities or suggestions for additional opportunities at nusna.communityservice@gmail.com

What does volunteering do for you?

- 1) Learn or develop skills
- 2) Be part of your community
- 3) Motivation & a sense of achievement
- 4) **Boost you career options**
- 5) New experiences
- 6) Meeting a diverse range of people

COHORT UPDATES

COHORT 24 is currently in leadership and loving that they are almost finished! Walking in graduation was awesome and allowed them to see the light at the end of the tunnel. They are currently in the process of planning their pinning ceremony for August, which is exciting. Leadership is an interesting class but they're mostly just excited to be official RN's very soon!!!

COHORT 25 Greetings from Community Healthcare Delivery! Their class is currently split in half and from there they have been working in groups of four. They are almost done with the first month of the Community Health series. The groups enjoy assessing the surrounding communities for their health statuses and needs. They will begin Community Health Frameworks this month, and will use the data gathered to begin interventions to meet the health needs of the community.

COHORT 26 is finishing up Pediatric Nursing. This is a two month course taught by Maureen Evans. This class has one lecture day and two clinical days per week. They had two days of onsite clinical training in pediatric care, including a medication examination. There are four clinical groups located at Rady Children's Hospital and Kaiser Permanente.

COHORT 27 is currently in Maternity Care and Childbirth. Their theory instructor is Michelle Goldbach, who has an extensive NICU background. Their clinical placements vary from Scripps Mercy San Diego, to Kaiser, to PMC where they are placed in L&D, PP, AT, NICU, and have opportunities to float with lactation consultants. This is a very special class with a lot of work, but with a wonderful population of patients: newborn babies and their families!!!

COHORT 28 is currently in Med-Surg II with Samantha Sangsanoi. Lecture is focused on life threatening scenarios of diseases and disorders. They have been kept on their toes through lecture and face-paced clinical days and have already learned so much about the importance of critical thinking! Mario Sales II has recently been nominated as a new Cohort Representative. They are looking forward to future classes and the challenges that lie ahead!

COHORT 29 is taking on Med-Surg I. This is their first experience as student nurses in the hospital setting and look forward to each 12-hour shift that will be full of excitement and learning opportunities. Good study habits are essential as they progress through their journey to Med-Surg II. They would also like to personally welcome the members of Cohort 30! Thanks to you all, they are no longer the new kids on the blocks!

COHORT 30 is currently in Pharmacology, led by Dale Parent. They are definitely feeling the intensity of the course! This class is refreshing their math skills, for sure! They are familiarizing themselves with the SIM Lab, and had their first experience last week. They look forward to using it as a future learning tool. At the conclusion of this class, we will participate in our first ATI testing format, so they are all a little apprehensive, but are interested for the experience.

COHORT 31 is just getting through orientations with overwhelming but exciting information about their future as NU student nurses. They are scheduled to begin Theory in July. Take a deep breath and prepare yourself for the challenge!!! **WELCOME!!!!!!**