

SNA Chapter Meeting

January 28th, 2019

Call to Order:

I call this meeting to order at 5pm on
January 28th, 2019.



President: Vyanna

SNA Meeting Dates (5pm @ Park Blvd):

- 2/11
- 2/25
- 3/11
- 3/25
- 4/08
- 4/22

CHHS Student Council Meeting:

- 2/4 2:00-3:00pm (3rd Floor Union)


Welcome
back!

President: Vyanna

State Level Updates: California Nursing Students' Association

- **MARCH 2: CNSA Membership Meeting South**
 - It's at SDSU!

National Level Updates: National Student Nurses' Association

- **APRIL 3-7: NSNA Convention** in Salt Lake City, Utah
 - Funding is available!
 - It's during Spring Break!
 - There is a scholarship opportunity!
- 

President: Vyanna

National Opportunities: WRITE ON!

- Get Published by writing an article for *Imprint*, an NSNA magazine written by student nurses for student nurses!
<https://www.nсна.org/get-published-in-imprint.html>
 - April/May 2019 (Published online only): Theme: Singing Praises Nursing's Unsung Heroes
 - **Deadline: February 4, 2019**
- Essay Contest: Grand prize winner gets \$500 AND complimentary registration to NSNA Convention! <https://nsnaawards.weebly.com/essay-contest.html>
 - **Deadline: February 22, 2019**

Communications Director: Nicole

Check out our new logo!



san diego state university
STUDENT NURSES ASSOCIATION



Communications Director: Nicole

Meeting Sign-In:

welcome



Breakthrough to Nursing Directors: Blaise & Jenna

- **BTN Committee Meeting: Tuesday, January 29th @ 5pm, outside Student Union Starbucks**
 - We'll be focusing on planning our annual Nursing Revealed event
- Currently in the process of organizing more Girl Scout First Aid Badge events!
- Update on CNSA ION: #CNSAaroundtheglobe
 - Please send in pictures and/or short paragraph about your study abroad experience to image@cnsa.org
 - Get spotlighted on CNSA's Instagram [@CNSAofficial](https://www.instagram.com/CNSAofficial/), Facebook, or website!



Community Health Directors: Kiana & Tabitha

LOVE  YOUR HEART

February 14th is Love Your Heart Day! Practice giving manual blood pressure by providing free screenings to the public. Locations vary.

Sign up on the email blast!

Training: February 12th at 4:30 PM. Location TBD

Bring your BP cuff and stethoscope!



Community Health Committee Meetings

Put your community health ideas into action! Join us at our meetings on Tuesdays at 4:30PM starting on February 5th

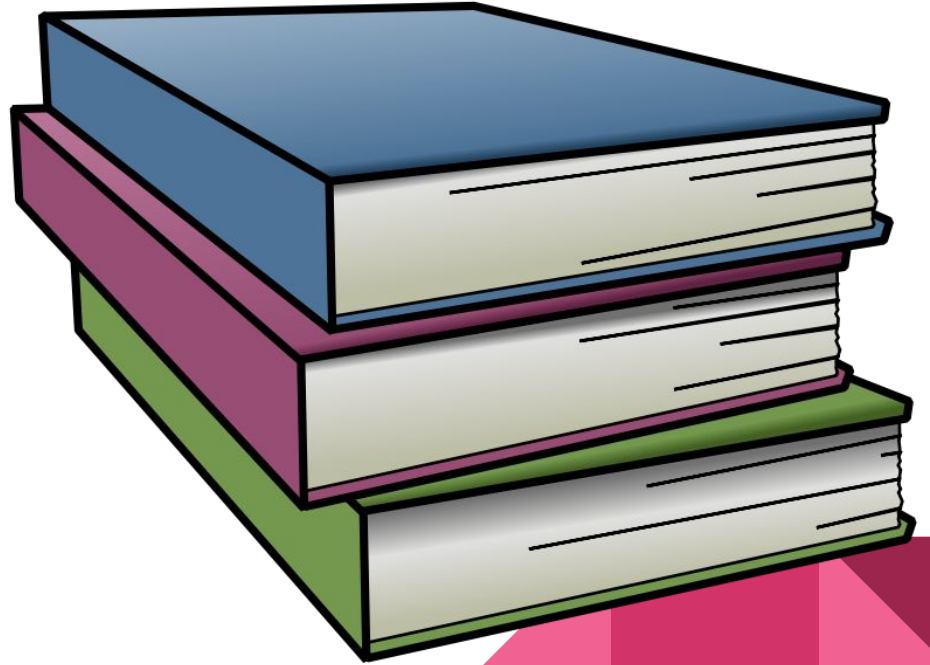
Location: Behind Habit/Chipotle



© Can Stock Photo - csp15447033

Vice President: Chloe

Have a great start
to your semester!



Secretary: Sarah



*Have a great
semester!*

Treasurer:
Leizl

WELCOME BACK EVERYONE!

YOU'RE GOING TO DO

AWESOME THIS SEMESTER! 



Legislative Director: Cristal

Welcome back!

**Board of Director elections
will be happening this
semester!**

If interested, start thinking about what position
you want to learn more about!



Membership & Mentorship Directors: Kristina & Taylor

Renew your membership!

Online at <https://nsnamembership.org>

Email nsna@nsna.org if you need to get your Member ID #


New Members

\$50 for 1 year

\$95 for 2 years



SNA Membership Benefits

- ❖ *Access to the many programs, services, product discounts, and leadership opportunities that NSNA offers!*
 - ❖ *Get volunteer experience at health-related events in the community, connect with your professors, and go to state and national level nursing conventions.*
 - ❖ *Earn cord points by going to our events in order to get a cord to wear at graduation!*
 - ❖ *Form relationships with other nursing students from all different levels!*
- 

Mentorship

Members can get cord points & a certificate this semester by:

- *Meeting with your mentee once a semester*
- *Providing proof of mentorship/advising once a month (February through April)*

Pick up your certificate from last semester today!



Global Initiative Directors: Amairani & Pauline

**MEDICAL SPANISH CLASS
TEACHERS**



**Email:
sdsusnaglobal@gmail.com**

**MEDICAL SPANISH CLASS
SIGN-UP**



Website: sdsusna.com

Global Initiatives Committee



**Also on Website and Email
Blast!**

EMAIL US FOR STUDY ABROAD HIGHLIGHTS!

Global Initiative Directors: Amairani & Pauline

NURSING IN INDIA



- ❖ Currently India has only 0.7 doctors (Global average is 1/1000) and 1.7 nurses (Global is 2.5/1000) available per thousand population.
- ❖ The ratio of hospital beds to population is 0.98/1000 against the global average of 3.5 beds/1000 population (WHO).
- ❖ Nurses can perform health assessment, actively support patients and families in all settings, create innovative models of care, and enhance work processes to raise quality, lower cost and improve access for our society.
- ❖ Nurses can contribute towards strengthening systems to work efficiently in interdisciplinary teams.
- ❖ They can effectively participate and influence policies related to nursing at local, state and national levels.
- ❖ There is a rising demand in terms of manpower for tertiary and quaternary care, which requires specialized and highly skilled resources including doctors, nurses and other paramedical staff.

Global Initiative Directors: Amairani & Pauline

By 2030, about how many nurses will India need?

- A) 3 million
- B) 4 million
- C) 5 million
- D) 6 million

Fundraising Directors: Carissa & Payal

Please pick up
your t-shirts,
fleeces, and
hoodies after
the meeting



Crewnecks should
get here by
tomorrow at the
end of the day.
Thank you so much
for your patience!

Image of Nursing: Ayda



@sdsusna



@SNA SDSU
Chapter

**“Why Nursing Wednesday”-
3 cord points**

**Event, clinical, study
abroad pics- 1 cord point**

Image of Nursing: Ayda

MY FIRST SKILLS CHECK-OFF



Faculty Advisors

Dr. Cullum & Prof. Concilio

- Swiss students coming June 15 - July 5
 - 3 Reps who will be going to Switzerland summer 2020
 - Padres Game Monday, July 1, 7:10 PM
- Spring Events with Prof Concilio- Dates TBD
 - Assessment Night
 - Med Night
 - Why We Should Hire You workshops
- SDSU Leadership Summit
 - February 16





Open Forum



@aztecunion
#AztecStudentUnion

aztecstudentunion.com

GET THE *Scoop*

JAN
29

FEB
06

2PM @
Student Lounge,
Aztec Student Union

**LEARN HOW TO GET
INVOLVED IN ASUB**



spring 2019 workshops

INFORMATIONAL SESSIONS

These workshops are designed to introduce students to leadership & service opportunities offered through Student Life & Leadership

Leadership Certificate Informational Session

- Thursday, February 7th from 12-12:30pm
- Monday, March 11th from 12-12:30pm

Community Service Informational Session

- Monday, February 4th from 12-12:30pm
- Friday, March 1st from 12-12:30pm

Pursuing the SDSU Leadership Certificate?

REQUIRED WORKSHOPS

These workshops are required for students pursuing the SDSU Leadership Certificate

True Colors

- Thursday, February 21st from 6-7pm
- Wednesday, March 13th from 1pm-2pm
- Monday, April 8th from 12-1pm

Conflict Styles

- Monday, February 18th from 1-2pm
- Friday, March 22nd from 1-2pm
- Thursday, April 11th from 5-6pm

Introduction to Leadership Theory

- Wednesday, February 6th from 12-1pm
- Thursday, March 14th from 4pm-5pm
- Tuesday, March 26th from 2-3pm

Leadership Values

- Thursday, February 28th from 12-1pm
- Friday, March 22nd from 12-1pm
- Wednesday, April 10th from 2-3pm

SELF-SELECTED WORKSHOPS

SDSU Leadership Certificate participants must complete two (2) self-selected workshops

Relational Leadership

- Tuesday, February 12th from 3-4pm
- Friday, March 8th from 1-2pm

Leadership Etiquette

- Monday, February 4th from 10-11am
- Wednesday, March 20th from 1-2pm

Brown Bag Leadership Lunch Series

- Self-Care as a Student Leader
Thursday, March 14th from 12-1pm
Presenter: Anwar Cruter, Residential Education Office
- The Power of "No"
Friday, March 29th from 12-1pm
Presenter: Mariel McKinney, Student Life & Leadership

RSVP

- Students **MUST** RSVP for each workshop. To reserve your spot, please see the SDSU Events Calendar ([link below](#)) and RSVP for each workshop you will attend. Link: <http://events.sdsu.edu>
- All workshops are located in the Jeffrey W. Glazer Center for Leadership & Service in Student Life & Leadership (2nd floor of the Conrad Prebys Aztec Student Union, enter through room 210), unless otherwise noted.
- All workshops will start on time. If you are late, your seat may be given to someone on the waitlist.

Got questions? Call Student Life & Leadership at (619) 594-5221 or visit us at http://go.sdsu.edu/student_affairs/sl/leadership-workshops.aspx

Understanding the Transgender Patient Population and Community Presented by Trans Family Support Services

Thursday, March 7, 2019

San Diego State University

AH 2108

6:00pm – 8:00pm

*Registration begins at 5:30pm

CEU's & Food Provided

Training Objectives:

- Build Stronger, Sensitive Work Environment
- Understand Issues Faced by Transgender Individuals
- Understand the Importance of Using Inclusive Language
- Ensure Equal Treatment for All, Free From Harassment and Discrimination
- Provide Your Team with Best Practices for Inclusive Climate
- Change Negative Behaviors, Not Values or Beliefs
- Utilize EMR to Reflect Preferred Name and Gender Identification



Registration: \$10.00 students and \$20.00 non-students

Register online at: Gammagamma.nursingsociety.org

or

Pre-register by sending a check payable to: "Gamma Gamma"

Mail to: Dawn Harrell

884 Alveda Avenue

El Cajon, CA 92019

Yogurt for a Cause!

Another reason to treat yourself!

Von's Complex: 6165 El Cajon Blvd, San Diego, CA 92115

All day, February 5th

Just mention

Moral Distress Conference Fundraiser



SAVE THE DATE

April 13, 2019

**REKINDLING FROM BURNOUT:
ADDRESSING MORAL DISTRESS AND COPING MECHANISMS**

Saturday, April 13, 2019: 10AM - 4PM

Check-in begins: 9AM

Location: TBA

**FREE TO ALL HEALTHCARE
STUDENTS AND PROFESSIONALS**

Recap

Local Level

1/29, 5PM @ Outside Student Union Starbucks | BTN Committee Meeting

2/4, 4:30PM @ Behind Chipotle/Habit | Community Health Committee Meeting

2/5, 11AM-12AM @ 6165 El Cajon Blvd | Yogurtland Fundraiser

2/14 @ San Diego County | Love Your Heart

2/18 @ Park Blvd | Medical Spanish Class Begins!

4/13, 9AM-3PM | Rekindling From Burnout Conference

State Level

3/2, 8AM-3PM @ SDSU | CNSA Membership Meeting South

National Level

4/3-7 @ Salt Lake City Utah | NSNA Convention