

VITAL SIGNS

FALL 2016 ISSUE

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PERSEVERANCE

NICARAGUA TRIP

LAB NIGHT CROSSWORD

WHY DO YOU WANT TO BE A NURSE?

MEDICAL SPANISH

STRESS-RELIEVING COLORING

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WORDS OF WISDOM

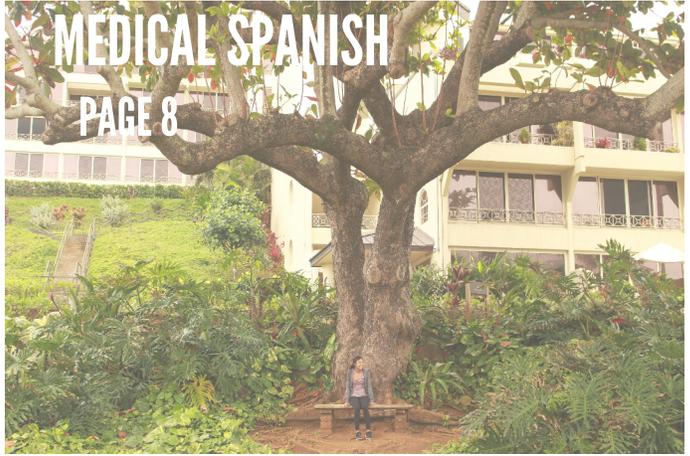
SDSU CNSA EVENTS



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PERSEVERANCE

WRITTEN BY:
DR. PHILIP GREINER

Some of you are aware that Lydia (my wife) and I lead a study abroad trip to Nicaragua each year. In this issue you can read a first-hand account of one of these trips. The development and evolution of these trips is a story of perseverance; a story that is emblematic of the challenges we all face as nurses.

I was asked to visit Universidad Centroamericana (UCA) in Managua, Nicaragua as part of a faculty exploration of possible partnerships. On that initial trip, I was challenged by UCA faculty to conform to their view of what a study abroad experience should be. Unfortunately, the university I worked for at that time could not meet those expectations, especially considering the public health nursing experience we envisioned. While I was meeting with the UCA faculty, I picked up on cues that they were concerned about something else. This ability to attend to cues in the exchange is a key communication skill I developed as a nurse. As our discussion was nearing its end, I asked, "What happened here that is motivating this very structured approach to a partnership?" They then shared that another university had come for a nursing study abroad and used many of their services without any regard for the local people, community, or university. It had been an awful experience for those at UCA. I was able to talk with a few faculty about how I saw a partnership, but the time was not right for them to pursue it.

Two years later, I received notice that UCA was ready for another discussion. Lydia was now teaching the public health nursing course, so together we visited UCA to explore possibilities. On this visit, we found that their School of Social Work was interested in partnering with us and that they had an existing relationship with a preschool teacher in Barrio Ayapal on the outskirts of Managua. We visited that teacher, Marisol, who was willing to see if we could all work together. Each time we came to Nicaragua, we worked with Social Work and Marisol to improve our relationship. We added UCA English students who wanted to practice their language skills to our approach by creating teams of U.S. students, UCA Social Work and English students, and community workers to collect data in Ayapal. We also developed a community-based participatory model that valued each participant in the research process.

We have now worked in this Nicaraguan community for nine years. Our partnerships with UCA and Marisol continue to evolve as opportunities arise. Lydia's psychiatric/mental health NP and our shared public health backgrounds shape much of what we do. But it is our perseverance that allowed this multifaceted partnership to flourish. With each trip, we work hard to ensure that students understand the value of these partnerships. We apply our nursing skills and knowledge on every trip. A student once asked, "When did you stop being a nurse to become an administrator?" The answer is that you never stop being a nurse. You just keep adding new skills to the ever-growing base of knowledge that allows you to be a better nurse in a new role. And like most things in life, it takes perseverance.

May your 2016-2017 academic year go well!

-Philip A. Greiner, DNSc, RN

International Travel Shows Nursing Students How Health Education Can Save Lives

During the summer of 2016, I was given the opportunity to travel to the beautiful country of Nicaragua to develop solutions for current health issues that burdened local communities. Led by School of Nursing Director Dr. Phillip Greiner and his inspirational wife, Lydia, we teamed with social work students at Universidad Centroamericana and dedicated our focus on Women's Health, specifically the awareness of Human Papilloma Virus (HPV). This experience exposed me to several social determinants of health that affect HPV and cervical cancer, most significantly being the lack of education and false understanding regarding HPV. In the United States, breast cancer is the leading cancer for women. However, among Nicaraguan women, cervical cancer is most common. Our mission of this expedition was to understand why cervical cancer is so prominent in Nicaragua and what we can implement to lower this high rate of exposure. Through interviews of men and women in the community of Ayapal, we discovered the reason behind women not regularly seeing a gynecologist was because of their culture and disapproval from their husband. Men believed if their wife was loyal and committed to the marriage, the wives did not have a necessity to visit a gynecologist. In addition, husbands strongly disapproved if the gynecologist was a male. According to the men interviewed, women should be more devoted to their family and maintaining the household instead of focusing on women's health. Along with Nicaraguan culture and the gap in education regarding the importance of women's health, we were exposed to Nicaragua's economic

disadvantage as well. Due to the exclusion of HPV vaccinations in medical insurance, women who desire to become vaccinated are expected to pay \$150 US dollars out of pocket for the required three doses. This amount is equivalent to an average Nicaraguan family's monthly income, which provides rationale for the lack of HPV vaccinated women and children in Nicaragua. Traveling to Nicaragua exposed me to the education deficit both men and women have regarding HPV and the need for advocacy among Nicaraguan women. Likewise, many individuals could not answer what HPV is and what the safe practices are to prevent transmission. In addition to the lack of education, there are many other determinants affecting HPV such as money for vaccinations and resources available at clinics. This international experience confirmed the significance of health literacy and allowed me to contribute to the education of HPV and implement for prevention. As future nurses, it is our responsibility to educate our patients and advocate for them and their healthcare. Studying abroad exposed me to international health issues of Nicaragua and was an experience that made me grow as a student nurse. I am humbled to say that I have joined this impactful profession.

-Hannah Osuna
BSN Student



LAB NIGHT CROSSWORD

Down:

1. O₂, reflects the oxygen carrying capacity of blood

2. Amount of force produced by volume on a vessel wall (2 words, no space) 3. Most abundant extracellular anion, sodium's "friend"

4. Percentage of RBCs in whole blood, ratio of RBCs to blood volume 6. Best indicator of renal function

7. Second most common WBC type, becomes either B-cells or T-cells

8. Aids in coagulation, helps with thrombus formation

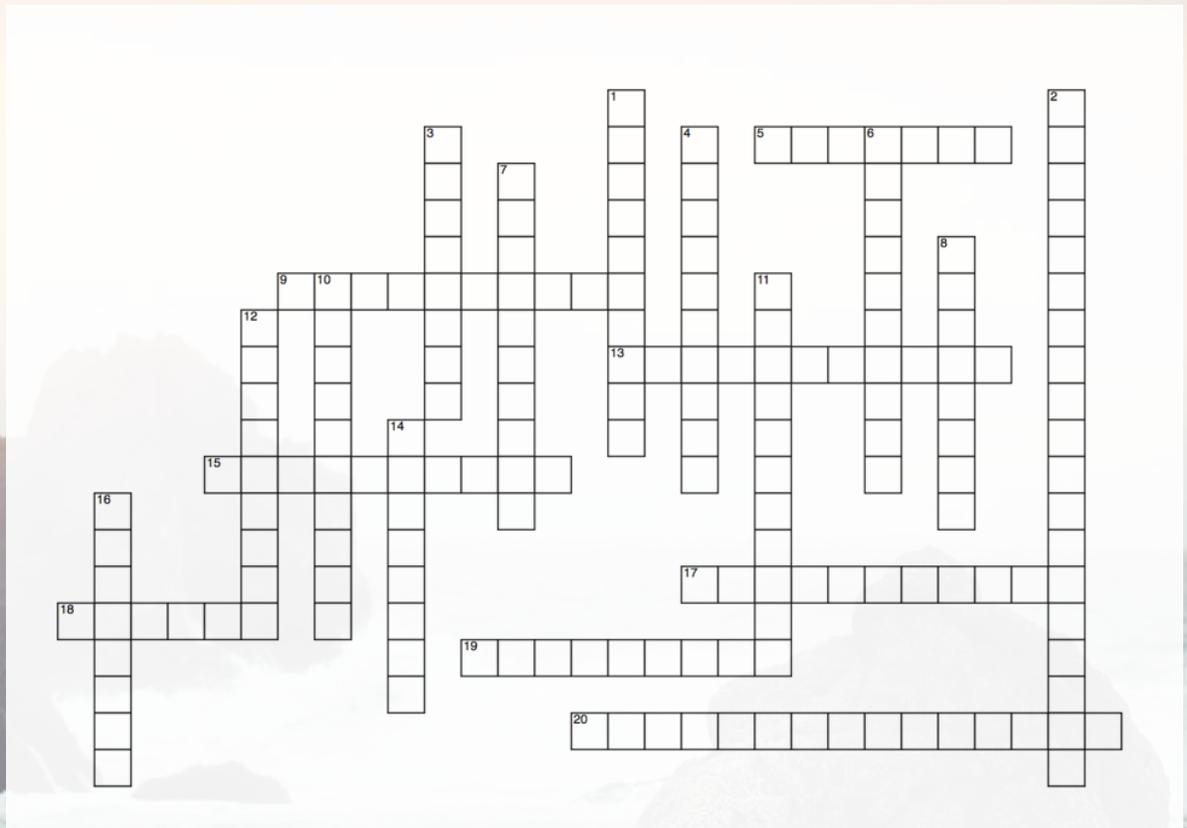
10. Responsible for phagocytosis of the antigen-antibody complexes, seen in the inflammatory process

11. Another term for a platelet

12. Most abundant intracellular cation, most supplemented electrolyte in the hospital

14. WBC type that contains heparin, histamine, and serotonin

16. WBC type that becomes a macrophage and performs phagocytosis



Across:

5. Provides most of the body's energy as it is metabolized

9. Most common WBC type, function as the body's first line of defense

13. Primary component of the Carbon Dioxide level

15. The concentration of a solution expressed as the total number of solute particles per liter

17. Another term for a red blood cell

18. Most abundant extracellular cation

19. Another term for a white blood cell

20. Pressure exerted by colloids in a solution (2 words, no space)

WHY DO YOU WANT TO BE A NURSE?

"I wanted to be nurse to make a difference in a patient's life. It might be as simple as getting them water or keeping them company, but it feels good being there for someone in need."

-May Ann Olaco

"3 years ago, my dad's greater omentum ripped and he was bleeding internally. He was hospitalized for almost 2 weeks before getting surgery and another 2 weeks following immediate surgery because surgeons hadn't seen this before. It was a difficult time for my family but what made it a little easier was the nurses. They were kind, helpful, reassuring and answered all my mother's questions at all hours of the day. They helped calm my whole family down and gave us all the support they needed. After that day, I realized i wanted to be that nurse for a family. I wanted to be there during their most vulnerable state and help them overcome the tragic thing they were going through."

-Anonymous

"Most of my aunts and cousins are nurses. But it wasn't the fact that they were studying to be nurses that made me want to be a nurse; it was their stories. The caring stories of helping a patient and actually making a lifelong difference. The inspiring stories where they as nurses supported their patient the entire time they were being treated. I just want to be able to have a positive, life changing effect on someone's life as well as on the lives of the people they care for."

-Danielle Edra

"I wanted to become a nurse to make a difference in at least one life. 'If you changed one life, you changed the world' :)"

-Cathee Vu

"I was a business major my first semester of communiy college with no interest in nursing. However, I needed an EMT liscense to promote at work and part of the class required a 12 hour clinical observation at UCI Trauma Center, the Level 1 TC for north Orange County and parts of south LA County. At about 2am medics brought in an older man who was in full arrest for about twenty minutes, recieved six shocks, was intubated and still in PEA on arrival. In the twenty minutes the doctors, nurses, trauma techs and I worked the paitent before he was pronounced I got to perform numerous rounds of compressions, bag him, help establish IO access and push drugs on the IO line. It was both during and shortly after that experience that I realized a desk job wasn't for me and spoke with my counselor a week later to change my major." -Trevor Powley

WHY LILIANA WANTED TO BE A NURSE!

"I stood in the hallway of Kaiser Permanente in San Francisco, wearing my washed out teal scrubs, in deep conversation with Dena, a Nurse Practitioner I shadowed during my internship. Engrossed in her anecdote, I listened as she elaborated on the emotional challenges of being a nurse. Dena told me about how the night before, a newborn had died in the Labor and Delivery Department. She shared with me that after the medical staff was unable to resuscitate the newborn, the nurses and doctors wept together that night in a room, grieving in solidarity with the bereaved parents.

I was profoundly moved by this story because even though things of this nature are not rare occurrences in a hospital, the medical staff still had not become desensitized by the passing of a baby, and also because everything I had experienced up to this point in my internship had been joyous and exhilarating. It was fortuitous that I was at the right place at the right time for my few hours of interning per day to have witnessed five births (three cesarean sections and two natural deliveries). I even waited in the delivery room with one loving family for eleven hours until baby Huey was born, which is still a memory I cherish. I thoroughly enjoyed my time in the Well-Baby Nursery, practicing check ups on the newborns and rounding with the team of RN's, MD's and NP's. I woke up in the mornings thrilled to go to the hospital and encounter something new as I worked in Labor and Delivery, the Intensive Care Nursery, and the Well-Baby Nursery with professionals who bore qualities of altruism, compassion, and sympathy. After these experiences, I knew with certainty that nursing was meant for me, and I am ecstatic to begin my journey here at San Diego State!"

-Liliana Steeg, Freshman Track 2





In California, where 1/5th of the population speaks Spanish, it is important for nurses to be able to communicate and interact with patients in their own language. Medical Spanish allows future nurses to gain a beginning-level competency in Spanish that allows them to

better communicate with patients and families. Along with learning medical terms and assessment skills, students will learn about the various Spanish speaking countries and the cultures that are unique to each. This allows students to break down language barriers and have a better understanding of each patient's specific cultural practices allowing the patients to feel more comfortable.

-Ann Marie Correa, Global Initiatives Director

Introductions

What's your name	¿Como se llama?
What is your complete name?	¿Cuál es su nombre completo?
My name is _____	Mi nombre es _____
I'm the nurse	Soy la enfermera / el enfermero
I'm the nursing student	Soy estudiante de enfermería
I'm the doctor	Soy el/la doctor(a)
Nice to meet you	Mucho gusto
Please sit down	Siéntese por favor
How are you?	¿Cómo está?
Very well, thank you	Muy bien, gracias
Fine, and you?	Bien, ¿y usted?

MEDICAL SPANISH

Medical Spanish: Examples of helpful questions in the hospital

What is the problem?	¿Cuál es el problema?
Are you sick?	¿Está enfermo?
Are you hurt?	¿Está herido?
Where does it hurt?	¿Dónde le duele?
Do you have ___?	¿Tiene ___?
- Allergies	Alergias
- Back pain	Dolor de espalda
- Chest pain	Dolor de pecho
- Pain	Dolor
- Seizures	Ataques
- Stomach pain	Dolor de estómago
- Trouble breathing	Dificultad respirando

FEELING STRESSED?



**COLOR IN THIS PICTURE TO HELP RELIEVE SOME STRESS DURING FINALS!
IMAGE SUBMITTED BY THE TALENTED REMINGTON MOONEY!**

CNSA CONVENTION

We all chose nursing for a reason. A reason that empowers us to study long hours, forsake social engagements, and keep on going even when we realize we've spent more time in the library than our own beds. In the midst of these rights of passage, I know I had lost touch with my purpose. I walked into 2016 CNSA Convention without expectations and I left with renewed purpose.

Opening session we were inspired to remember why we had chosen nursing by nurse leader Kathy Harren. During the House of Delegates real change was made by our own hands. Amending and passing resolutions written by members to be enacted by the California constituency and presented for consideration nationally; San Diego State University held twelve voting seats. At closing session, former state president Shawn Palmer reminded us that we are the master of our own destiny, there is power in our passion, and to never give up fighting for what you believe in. There wasn't a dry eye in that entire room. To be surrounded by so many spirited, compassionate, and motivated students is an experience I can't say enough about.

By lunch on our second day I had applied to run for state office and was giving a speech by afternoon tea. The encouragement and support by the advisors and leaders present gave me the strength. The vision and ardor of our peers revived my passion and today I am very honored to be able to serve CNSA as Membership Director – South for 2016-17.

-Shivani Kaneria,
SDSU CNSA Community Health Co-Director

I went into CNSA State Convention without really knowing what to expect. I assumed it would be an event that I could network at, pick up a few pamphlets about graduate programs or NCLEX prep courses, and listen to seminars about resume building and interview skills. Although all of that mentioned was present, Convention was so much more than that for me. Listening to the multiple nurse leaders speak about the importance of nursing really emphasized that as students, we cannot lose sight of the reasons that brought us to this profession in the first place because we will be the next in line to positively impact those in need. Nursing students are stressed probably more days out of the year than not, and listening to these motivational speeches reminded me that it'll be worth all of the tears and sleepless nights in the end, because our compassion, patience, and dedication will be put towards helping others improve their quality of life. On top of the workshops and speakers, just meeting other nursing students from all around California was so enlightening. At SDSU, I feel like our nursing school is in its own little bubble and now I feel like I am more connected not only with the SDSU students I attended convention with, but also with the students at our sister nursing schools around San Diego (National, San Marcos, Grossmont, etc) whom I shared stories about clinicals, exams/study sessions, and club events. Convention was not only a place to go to seek out guidance for post-graduation, but it was also an opportunity to learn about how to take the next steps as a leader in your nursing education right now—and for that I totally recommend any nursing student regardless of what semester they are in to attend next year! Hope to see you there!

-Shantae McDowell,
SDSU CNSA Fundraising Co-Director

FALL 2016

One of our most important roles as nurses is to be advocates for our patients, ourselves, and our profession. As student nurses, it can be hard to find the confidence to speak up when we see something we don't agree with. As delegates at this year's CNSA State Convention, we had the opportunity to participate in the legislative process. It was an incredible opportunity to practice offering constructive criticism and using our position as students and future RN's to advocate for the things we believe in. I highly recommend taking advantage of the opportunity to attend next year's convention so you can be a part of advancing and advocating for the greatest profession on earth.

-Chloe Roach,

SDSU CNSA Legislative Co-Director

This year's CNSA State Convention in Visalia was the first professional nursing convention that I have ever attended. Prior to this year, I thought I was too young to even attend convention. I could not have been more wrong! Some of the students in attendance were pre-nursing students, proving that it is never too early to attend convention. What I enjoyed most was mingling with nursing students and leaders from across California, whether that was at break-out sessions, breakfast, or just in the elevator! I like to view nursing as a team sport. The goal is to win, and in our case winning means achieving the best outcome for your patient. To "win" you must not only play your best, but also work together with many teammates (physicians, physical therapists, social workers, respiratory therapists, dieticians, etc). Convention was like gaining a bunch of new teammates from whom I can learn, rely on, and grow. I can't wait to share all that I learned at convention with you all in the upcoming year, and travel with more of you to NSNA and CNSA conventions in 2017!

-Sheryl Warfield,

SDSU CNSA Chapter President
2016-17



“WORDS OF WISDOM”

FELLOW NURSING STUDENTS

As we all venture on our journey through nursing school, we are eagerly awaiting the day we become Registered Nurses. The transition from student nurse to professional nurse is a great change that we must embrace. As many of you nursing students are approaching graduation, these are some words of wisdom from our fellow SDSU Faculty & SDSU Nursing Alumnae that may help you as you embark on your journey to professional nurses!

SDSU NURSING FACULTY, PROFESSOR CONCILIO AND DR. GATES, HAVE SHARED THESE WONDERFUL WORDS OF WISDOM

“Words of Wisdom” from Professor Concilio

What advice would you give to nursing students as they near the end of their last semester and begin the transition from student nurse to professional nurse?

“It sounds unrealistic but try to choose where you’d like to work because you align with their mission and values. This is a better way to look for a job rather than say, ‘I’ll take anything!’ You don’t get to pick your preceptor so pick a mentor away from your unit and someone that is a nurse. Choose someone you can say anything to without fear of judgement but also someone that is honest with you regarding how to grow and change. You need support but you also need to realize graduation does not mean the work to be done is over. As lifelong learners, it will become habit but is hard to cultivate that attitude or mindset without a mentor in your first year of hire.”

Would you recommend anything to nursing students, long-term, that would help them later on in their profession?

“Have a plan. Create a five year plan now. It will make it easier to plan the future. Encourage yourself and it will remind you of who you were when you started this new chapter. By ‘checking in’ with previously decided goals trains your emotions to not be reactive yet open to change and recognition opportunities.”

What do you encourage your nursing students now to do, whether they are in their last semester or just beginning their first semester?

“Cultivate your spirit. Be your own best friend. Be the best daughter or son you can be. Be the best learner of your life’s experiences and then your job’s experiences. Do all that and then become a good nurse. The ‘becoming’ of a nurse happens over years in practice. Honor yourself in that order and your growth and development will bring you joy and much happiness as you grow.”

Do you have a motto or phrase or quote that you go by or that resonates with you?

“Take a seat, not a side.”

“Words of Wisdom” from Dr. Gates

Do you have any advice for nursing students as they approach graduation and begin to prepare for their role as a Registered Nurse?

- ❖ *“Make sure to take time to de-stress (take care of yourself and listen to yourself).”*
- ❖ *“Expect failure, so you are neither surprised nor undone by it.”*
- ❖ *“Associate with the optimistic, rather than the pessimistic, because you are shaped by those around you.”*
- ❖ *“Social support is important, so stay close to friends.”*
- ❖ *“Monitor how you think, particularly your explanation patters (e.g., overgeneralizing failure; taking the positive for granted; internalizing failure and externalizing success).”*
- ❖ *“Be yourself, genuinely and proudly.”*

What would you recommend to students who plan to pursue higher education in nursing in the future?

“Don’t limit yourself to the graduate programs in your immediate area. Most of all do not settle on a graduate program simply because that particular program is ‘convenient’. Do your research on all the programs in your area of interest and strive for the best. Never short change yourself on your education because your education is the one thing no one can ever take away from.”

Are there any professional organizations that you would recommend that nursing students get involved in after they transition to the professional nursing role?

“My advice is to definitely get involved in the professional organization in the area in which you are practicing. This will help you keep up with the most cutting edge knowledge in your chosen practice area. It will also help you expand your professional network. I would also recommend that you also get involved with at least one other professional organization. Organizations at the top of my list are Sigma Theta Tau or if you are a part of an underrepresented group in the nursing (i.e., men, Hispanics, African American, etc.) I would seriously consider joining one of those organizations. The most important thing is get involved in these organizations. If you do you will grow personally and professionally.”

Do you have a motto or phrase or quote that you go by or that resonates with you?

“Value the lessons your mistakes teach you.”

I SPOKE WITH SEVERAL SDSU NURSING ALUMNAE WHO ARE NOW REGISTERED NURSES. HERE IS WHAT THEY SHARED!

“WORDS OF WISDOM” FROM SERENA M.

As a new nurse, what was the most helpful piece of advice you learned from a mentor, another nurse, or colleague?

“Honesty in my practice’ is the most helpful piece of advice I have learned from another nurse. It is certain that everyone will make a mistake during his or her nursing practice. To error is human. But it is what you do with that mistake that proves whether you are a great nurse. You can either hide your mistake and pretend that it never happened or you can own up to it and be honest so you can learn and the specific health provider can be notified to assure well-being of the patient. Being honest allows you to grow and become a strong, respectable provider.”

What have you experienced as new grad that is different from nursing school?

“The responsibilities as a new grad is different than from nursing school. Nursing school, we always had a nurse that instructed and guided us in our interventions and patient care. As a new grad, we are that nurse that guided nursing students in their interventions and patient care. The patient’s well-being and health are dependent on us, nurses. The height and amount of responsibility that is placed upon a nurse’s shoulders is unbelievable, but with a great interdisciplinary health team, personal coping skills and wonderful co-workers, nursing is an incredible, full-filling occupation.”

What would you recommend to nursing students that benefitted you during your transition from student nurse to Registered Nurse?

“Give yourself sometime to adapt to the Registered Nurse role and time to adapt to the unit that you are working on. Don’t expect it to be an overnight transition. It’ll take time and hard-work but at the end of your shift, you know you have made a difference in your patients’ lives and in their loved ones’ lives. Be kind to yourself.”

Do you have a motto or phrase or quote that you go by or that resonates with you?

“I sincerely do believe that ‘honesty in my practice’ is one of the most important phrases to me and it resonates with me during each work shift. If I maintain honesty in my practice, then no one can ask more of me and I know that I can end my shift knowing that I have done right by my patients’ side.”

THANK YOU TO SERENA M. FOR SHARING WITH ALL OF US!

“I attribute my success to this- I never gave or took any excuse.” *-Florence Nightingale*

“WORDS OF WISDOM” FROM JULIE G.

As an SDSU Nursing Alumnae, what would you recommend to current SDSU nursing students that helped you throughout nursing school?

“I recommend that you have a good group of nursing classmates that you can study with. You are able to have discussions and see different perspectives of what the best answer is. Another thing I recommend is getting a recorder so you can record lectures. I would listen to it while driving or working out. It really helped me during my exams, especially listening to the critical care lectures (all her test questions were from her lectures).”

What did you find the most valuable as you transitioned from student nurse to professional nurse?

“I found that my preceptorship was most valuable, so try to make sure you do a preceptorship while in nursing school. In clinicals, you are only on the floor for a couple hours and the rest of the time discussing your care plans. In your preceptorship, you are able to follow one preceptor for a full shift so you can see what it is really like as a nurse. Also your primary preceptor is able to see your progress and see what you need to work on.”

What steps did you take that you found to be successful that helped you achieve where are at in your nursing career?

“As I said before, make sure you do a preceptorship. It not only looks good on your resume, but also gives you a head start on what it really is like being a nurse. The new grads that I oriented that transitioned most smoothly were the ones that had a preceptorship and/ or were CNAs for the hospitals while in nursing school.”

Do you have a motto or phrase or quote that you go by or that resonates with you?

“I say that your first year as a new graduate is going to be nerve-racking and you are going to feel like you are never going to become a great nurse, but trust me it gets better. You will make some mistakes, but those mistakes are what helps you learn.”

THANK YOU TO JULIE G. FOR SHARING WITH ALL OF US!

THANK YOU TO EVERYONE AND THE INSPIRING WORDS YOU ALL HAVE SHARED WITH US.

-Nichole Schwartz, Student Nurse SDSU

THANK YOU TO ALL TO THE SDSU NURSING FACULTY AND ALUMNAE FOR SHARING YOUR WORDS OF WISDOM

SDSU CNSA

STUDENT STAND OUT: JENNIFER HIGUEROS

Jennifer Higueros is the student leader of the Medical Spanish course for both fall and spring semesters. She is a senior and the current resident advisor of the nursing residential learning community. We greatly appreciate all the work she has done to teach the Medical Spanish course in a fun and interactive way!



UCSD Health Screening



Thank you to all of our amazing volunteers and members for making these events happen this semester!

- New Student Orientation
- White Coat Ceremony
- Freshman Welcome
- CNSA State Convention in Visalia
- First Aid Training with Girl Scouts
- ACS Making Strides Against Breast Cancer
- Lab Night with Professor Concilio
- Assessment Night with Professor Concilio
- Bonfire at Mission Beach
- Medical Spanish Crash Course
- Speaking of Nursing: Malpractice
- Fro-Yo & Movie Night
- Holiday Party
- Pinning
- UCSD Health Screenings
- Men in Nursing Event
- Nursing Presentations at Local High Schools



EVENTS

First CNSA meeting of the semester!



Students learning body parts in Medical Spanish!



ACS Making Strides Against Breast Cancer



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