

Vital Signs

SAN DIEGO STATE UNIVERSITY STUDENT NURSES' ASSOCIATION

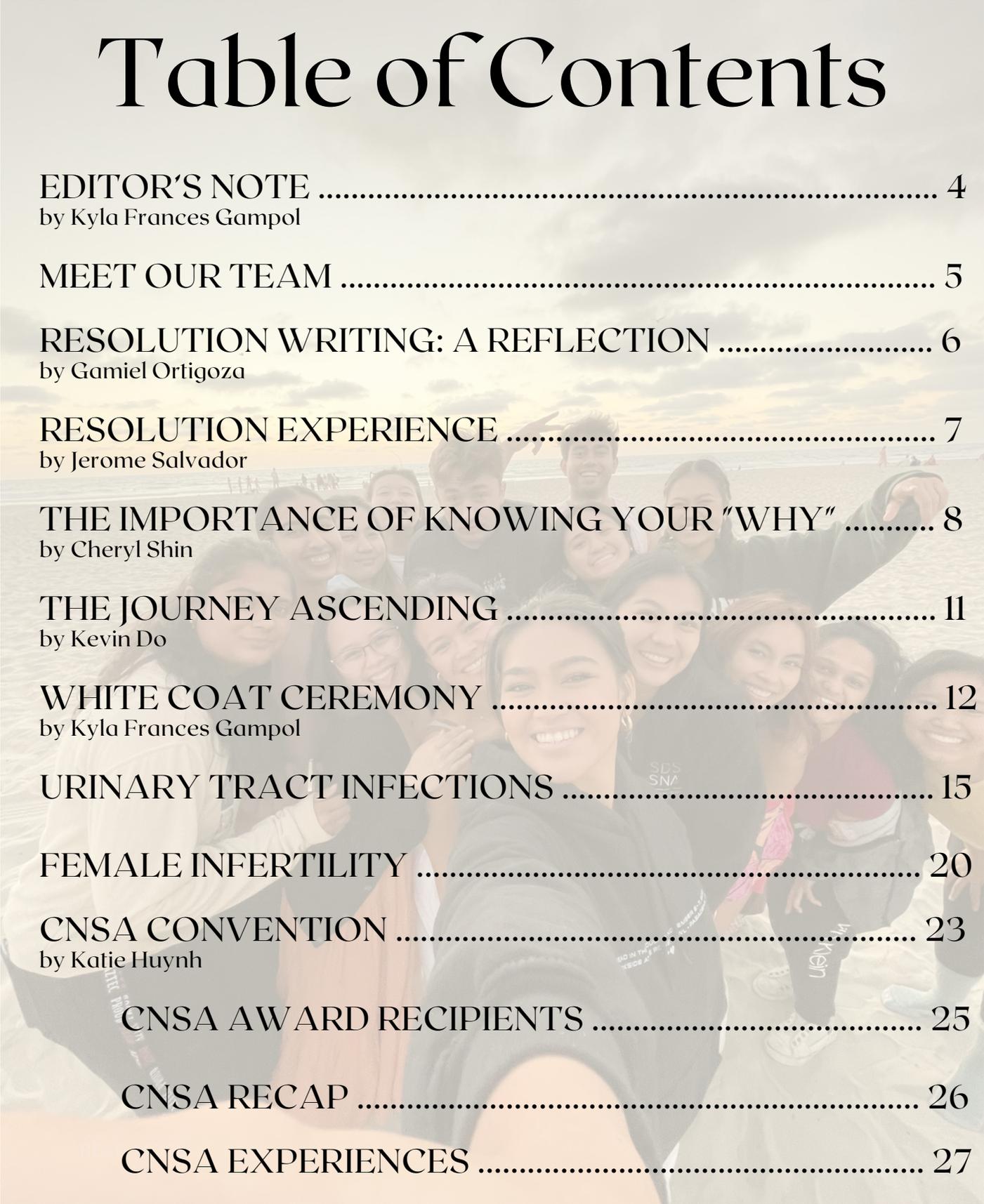


Take a Look Into Our Semester...

WHITE COAT CEREMONY
CNSA CONVENTION
MEMBER EVENTS
AND MORE!

AUG 2022 - DEC 2022

Table of Contents



EDITOR'S NOTE	4
by Kyla Frances Gampol	
MEET OUR TEAM	5
RESOLUTION WRITING: A REFLECTION	6
by Gamiel Ortigoza	
RESOLUTION EXPERIENCE	7
by Jerome Salvador	
THE IMPORTANCE OF KNOWING YOUR "WHY"	8
by Cheryl Shin	
THE JOURNEY ASCENDING	11
by Kevin Do	
WHITE COAT CEREMONY	12
by Kyla Frances Gampol	
URINARY TRACT INFECTIONS	15
FEMALE INFERTILITY	20
CNSA CONVENTION	23
by Katie Huynh	
CNSA AWARD RECIPIENTS	25
CNSA RECAP	26
CNSA EXPERIENCES	27

Table of Contents

NURSE BRAIN 30
by Katie Huynh

EXTERNSHIPS! 32
by Tathya Patel

CULTURAL MENUS 36
by Gabriel Velasco and Celine Fung

FILIPINO MENU 37

HONG KONG MENU 41

WHAT ARE YOU THANKFUL FOR 46
by Kevin Do

EXPANDING THE FUTURE OF NURSING 47
by Isabella Rodriguez and Janelle Singson

SOCAL ODYSSEY CONFERENCE DO'S AND DON'TS .. 49
by Jessica Oatis

IMAGE OF NURSING IN THE MEDIA 52
by Jayen "Jai" Longno

PHARMACOLOGY EDUCATION 55
THROUGH SOCIAL MEDIA

WHY NURSING WEDNESDAY 56

DECEMBER GRADUATES 57

Editor's Note



By Kyla Frances Gampol

My role as Communications Director this year has been a great start! I am so glad and excited to work with such astounding people, even those I have yet to meet! As a senior, I feel that this is the best way to end my SDSU involvement, giving my time back to the School of Nursing!

My predecessor, Nina Izabel Go, has made a positive impact on our communication strategies last year. I have decided to take on that path and make our socials more accessible, easier to navigate, and overall catered to the students! My goal this year is to incorporate more educational and social events that will increase membership and participation within SDSU SNA. I truly believe in **"FOR THE STUDENTS, MADE BY STUDENTS"** because I know how it feels to feel lost and confused while navigating through college life.

I hope this newsletter brings light to what SDSU SNA has accomplished, but also to excite you for what else is about to come in our upcoming semesters! Our Board of Directors have amazing goals for this year, that will flourish with everyone's support on SDSU SNA. I am so grateful for each one of our directors, as I could not have done this position without their help.

It is bittersweet to talk about the first of many lasts, but I am so excited to see what more SDSU SNA can accomplish this year!

Meet Our Team



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Resolution Writing: A Reflection



By Gamiel Ortigoza

Entering my term as Legislative Director, the daunting task of writing a resolution for submission to the California Nursing Students Association (CNSA) loomed over me. I have never written a resolution before and I had the pressure of two immediate predecessors' resolutions passing both state and national convention. However, I was up to the challenge, there were problems never addressed in nursing and I was determined to unveil them.

I recruited the assistance of two of my closest friends, Nina Go and Jerome Salvador, to co-write the resolution with me. We endured hours upon hours of research over the summer just to figure out what our resolution title would be. With so many potential issues to address in healthcare and the nursing profession, we wanted to carefully select a topic that other nursing students would best relate to. Ultimately, after careful deliberation, we agreed to address the impact of effective preceptorships on nursing students and their success. Preceptorships has not been introduced as a topic of a resolution in the past five years (merely only appearing once in the National Student Nurses



Association (NSNA) archives) and we knew we wanted to press the issue at the CNSA Annual Convention.

While meticulous and sleep-depriving, our research in finding the literature about our topic alongside formulating the resolution following CNSA rules resulted in our final draft submitted to the CNSA for debate at state convention. It came to our delight that after months-long work of researching, writing, and editing, our resolution won the vote of the House of Delegates to be sponsored by the CNSA at the NSNA National Convention the following spring.

Writing resolutions is by no means an easy feat someone should take lightly. While it may seem simple since much of it really is just finding the right research to support your topic, the hardest part of the entire process would be selecting a topic that you are passionate enough about to address it to the world. I loved every single moment of writing our resolution with my co-writers, and I'm even more excited to fight for our resolution at NSNA National Convention. To see our hard work become successful has got to be one of the most fulfilling moments I've ever experienced.

[READ MORE](#)



Jerome Salvador's Experience

"My experience co-writing and presenting SNA's resolution for the CNSA Convention with Gamiel and Nina were some of the most memorable so far in my college journey. The multiple Zoom discussions, late night meetings and ultimately the presentation of the resolution to the House of Delegates in Pomona made it clear to me how important it is to have a dedicated and supportive group of people around you when creating something bigger than yourselves. I am so thankful that Gamiel asked me to be a part of this project because I learned so much from this entire experience. I am so happy that our resolution gained the support of the CNSA House of Delegates and I am so excited to go to Nashville in April with Nina and Gamiel to present our hard work on the national level at the NSNA Convention!"

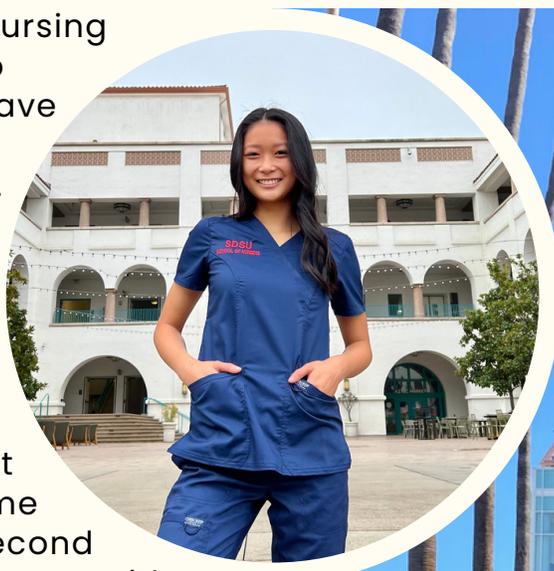


The Importance of Knowing Your "Why"

By Cheryl Shin

During my first year in nursing school, I was sheltered into thinking that I needed to have the most perfect grades and the most perfect skills. I didn't really think about my personal happiness and what effect school had on my well-being. I would be upset at every single mistake I made and would tell myself that "I just need to study more." It came to the point where in my second year, I found myself so unhappy with my life despite doing great in school. Sure, my accomplishments in my grades contributed to some positivity in my life but I still didn't feel happy about the person I was and who I was surrounding myself with.

In the Spring semester of my sophomore year, I decided to join a sorority. I've been told by many people that it was a mistake and that all my hard work was going to go downhill because of it. I was seen as the "sorority girl" in such a stereotypical way that I felt that the people I'd spent the last few years of school with were mad that I had found a different community.



I later came to know that something that was missing from my life was having connections with people that were outside of the classes I had. I feel that nursing school can be isolating sometimes. You only go to class with nursing majors and you spend the majority of your days with them. And although I love my nursing friends, I love the meaningful relationships I've made outside of the nursing community. I became extremely close with the people in my chapter and found ways to give back to our community through service and philanthropy, something that I could not find within the nursing school.

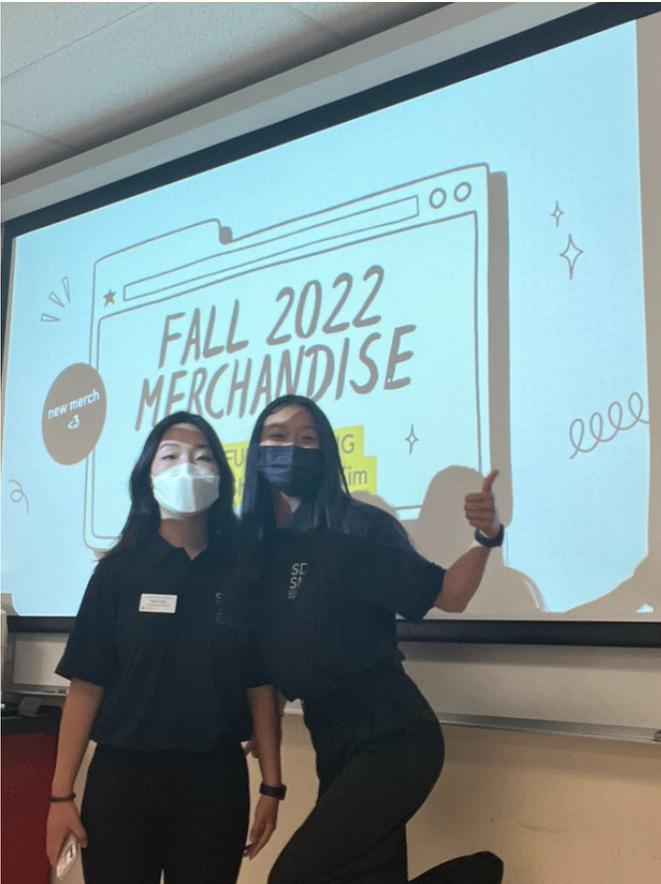
I knew from the start that I wanted to make an impact on the community and help others. By committing as a nursing major, it was a given that we would do good for others. However, by joining other organizations and improving the organizations within our school, I found that I was more satisfied with my accomplishments than I was with just good grades. I knew I had made an impact when Student Nurses Association did its first-ever philanthropy this Fall for Susan G. Komen. We raised \$592 for others rather than ourselves in the organization. In my participation in Dance Marathon, I've raised over \$2000 and counting for the children at Rady Children's Hospital. And now, with my sorority, I helped raise over \$20,000 for Court Appointed Special Advocates which focuses on finding permanent homes for children in foster care. I found my happiness by giving back to the community and staying involved with the people who may be my patients one day. It didn't involve me having perfect grades or only studying the entire time. I knew that my actions mattered more than just a number or letter on my transcript. To top it off, I enjoyed every second of it. My mental health now beats where I was a year ago. Getting involved, doing things because I am passionate about them, and having fun with them has built me the ability to tackle so many tasks. I don't do things for the resume; I continue to be this busy and stay busy because I know





that my happiness derives from playing a vital role in the organizations I'm in.

I know nursing school can be straining, and I know that our work is important. But it is so essential to know your "why?" when it comes to the decisions you make. I didn't join my organizations for parties or a resume booster. I joined because I knew that I would be helping others and making an impact far before I get my first RN job. I knew I would find happiness in the darkest of times and that I would make connections that were meaningful. If you were to ask me why I decided to get so involved, it is because I wanted to make an impact outside of what the nursing school had to offer me and to have fun alongside all of it. I'm a firm believer in doing things because it makes you happy and because you are passionate about them. I feel like I've wasted so much of my own time and taken away my happiness because I was so stuck on my grades determining my future and pleasing others. Sure, top-of-the-class grades can make you happy, but by the time you graduate, these numbers won't matter. Don't wait until you finish school to realize you could've done so much more. The biggest takeaway from my spiel is: get involved, do something that makes you happy, your grades are just one part of school, and know your "why".



The Journey Ascending

By Kevin Do

Going up ain't easy,
The journey isn't straight and sound,
There may be obstacles and barriers,
or a drop straight on down,

Take heart, a wall is not the end,
A sit in a ditch,
A fall in the pits,
Could only slow this journey unknown

And backtracking may be worse, but what one will come to see,
Is that unfamiliar becomes the familiar,
A journey set to 'ceed.

Oh little tomato,
Hang on to the vines,
For at the end of the rain,
Comes radiant sunshine.

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White Coat Ceremony

2022

By Kyla Frances Gampol

Congratulations to our 2nd year nursing students who recently went through the White Coat Ceremony! The White Coat Ceremony serves as a rite of passage for student nurses who will begin their clinical training. The act of placing a white coat on a student marks their transition from pre-clinical studies into the clinical setting.



At the ceremony, the nursing students took an oath of professionalism that emphasizes the importance of compassionate care and ethical codes of conduct.



October 10, 2022



THANK YOU to our seniors who came to volunteer!



Recap!



Decision Aid Team Project: Urinary Tract Infections

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How do we treat UTIs?

Antibiotics may be prescribed to you depending on your health status, and type of UTI¹⁸



Take the pain medications (ex. Phenazopyridine) to reduce mild pain and discomfort unless your doctor says otherwise²²



Drink plenty of water to help flush out the urinary tract¹⁹



Urinate more often to get rid of bacteria from the urinary tract²¹



Use soap and water to clean your genitals after urinating to reduce bacteria²⁰



How do we prevent UTIs?

DO

- ✓ Seek professional care when you are experiencing symptoms of a UTI²³
- ✓ Take the medication that you are prescribed and follow the directions that your medical professional has given to you²¹
- ✓ The following habits may also help to prevent a UTI:
 - Eating more Vitamin C
 - Stay hydrated
 - Avoiding bubble baths
 - Wearing underwear made of cotton
 - Wearing loose-fitting pants¹⁶

DO NOT

- ✗ Wipe from back to front after using the toilet
 - Wiping from back to front allows the bacteria to get closer to the urethra (especially in women)²¹
- ✗ Rely on at-home treatments to cure your UTI
 - For example, the use of cranberries for UTIs has not been proven²¹
- ✗ Stop taking your medication even if you are feeling better
 - Not taking your medication properly can cause your UTI to become even worse!²¹



UTIs

URINARY TRACT INFECTIONS

A basic guide to prevent urinary tract infection

Group 7

What is a UTI?

A urinary tract infection (UTI) is a common type of infection that occurs in the urinary system.

There are three main types of UTIs:

- UTI that affects the urethra (tube that carries urine out of the body)
- UTI that affects the kidneys (part of the body that filters wastes)
- UTI that affects the bladder (organ that can hold urine)⁶

How common is it?

1 out of 5 women will experience one in their lifetime⁶



Annually, 8-10 million visits to doctors are for UTI⁶



How can it happen?

UTIs occur when bacteria enter the urethra and infect the urinary system.⁵ More than 90% of all cases of UTIs affecting the bladder are caused by E. Coli – a bacteria normally found in the intestines.⁶

WHO IS AT RISK?

UTIs are more common in females. Other factors may raise the chances of getting UTIs: poor hygiene, sexual activity, older age, a previous UTI, structural issues in the urinary tract, pregnancy⁵ and use of bladder catheters.⁴

SIGNS AND SYMPTOMS

- Urinating more often than usual or having a constant urge to urinate⁵
- Burning or pain during urination⁵
- Dark urine or blood in the urine⁵

Seek care right away if you experience symptoms that may indicate a kidney infection, such as:



Fever or chills⁵



Severe lower back or abdominal pain⁵



Pain during sex²



Nausea & vomiting⁵

How are UTIs diagnosed?

If you think that you have a urinary tract infection, you must go see a doctor to get a diagnosis.²⁰



Analyzing a urine sample

This is the most common way to diagnose. Doctors will collect urine and look at two characteristics (physical and chemical). The first is physical – looking at the color, smell and clarity of the urine. Next is using a dipstick to see if there is bacteria present in the urine.²⁰



Culturing bacteria

Doctors will collect a urine sample and let it grow before looking at it under a microscope. This will let them know what kind of bacteria is causing the urinary tract infection.²⁰

Scans and scopes

This is done for patients with repetitive urinary tract infections. Doctors may want to create images of the tract to look for underlying causes of the reoccurrence in UTIs.²⁴



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Decision Aid Team Project: Female Infertility

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Pathogenesis

Infertility is usually impacted by:

- Abnormal periods
 - Unusual bleeding or inconsistent cycles impacts ovulation.
- Infection
 - Bacteria invade the body and damage the reproductive system.
- Hormonal imbalances
 - The body struggles developing and releasing mature eggs
- Structural changes/abnormalities
 - Organs and tissues are damaged or displaced.
- Immune system complications
 - The body unexpectedly attacks itself or normal cells¹

Pathophysiology

- When bacteria invade the body, the immune system is activated. This will trigger an inflammatory response in the pelvic area; thus, causing harm to the reproductive system.¹
- Complications with the immune system will activate the inflammatory response and cause the body to destroy reproductive cells and organs.¹²
- In uneven hormone levels, the body will increase or decrease hormone production and secretion.¹

Signs and Symptoms

- Inability to get pregnant
- Irregular or absent periods
- Hormonal Changes
 - Loss/Thinning of hair
 - Changes in skin (acne)
- Pain during sex/ very painful periods
- Dark menstrual blood
- Obesity

These are some symptoms that may be seen with female infertility, although they are not restrictive. There may be no obvious symptoms when it comes to infertility. The major sign of infertility is not getting pregnant after trying for some time.⁴



FEMALE INFERTILITY

Infertility is the inability to conceive/get pregnant after at least one year of unprotected sex. Having continuous miscarriages is also known as infertility.³

Diagnostics

- An assessment of a woman's infertility is done for women who have not become pregnant after having 12 months of regular, unprotected intercourse
- Male Partner Semen Analysis: provides info about the number, movement, and shape of the sperm. This analysis is important even if the male partner has fathered a child before
- Hysterosalpingogram (HSG): an X-ray procedure to see if the fallopian tubes are open and to see if the shape of the uterine cavity is normal.
- Transvaginal Ultrasonography: An ultrasound placed in the vagina allows them to check the uterus and ovaries for irregularity
- Ovarian Reserve Testing: trying to predict whether the female can produce an egg or eggs of good quality and how well her ovaries are responding to the hormonal signals from her brain.⁹



Treatment

- Ovulation Induction are medications to promote ovulation. These medications increase the production of hormones and stimulate release of mature eggs:
 - Letrozole (1st line treatment)
 - Clomiphene citrate
 - Pulsatile GnRH
 - Women who produce less sex hormones often use this medication
 - Exogenous gonadotropins (injectable hormones)
- Ovarian Stimulation is medication that triggers the production of multiple mature eggs:
 - Clomiphene citrate, Aromatase inhibitors, gonadotropins, or a combination of these can be used
 - In unexplained infertility, medications can be combined with intrauterine insemination.
- Timed Intercourse or Intrauterine Insemination (IUI) may attain fertilization at the time of ovulation
 - 24-36 hours after an increase of sex hormones, ovulation occurs, and sperm is placed into the uterus.
 - Patients with unexplained infertility should be administered IUI combined with ovulation stimulation.
- Ultrasound-guided needle (IVF) directly retrieves mature eggs for fertilization
 - Eggs can be fertilized by mixing with spermatozoa (IVF) or intracytoplasmic sperm injection (ICSI). Embryos are grown and then transferred into the uterus with the help of an ultrasound.³

Prevention

INCREASE
↑ EXERCISE



*Prevents diseases that block ovulation like PCOS
Improves menstrual frequency.⁵*

↑ SLEEP



*Normalizes reproductive hormone levels
Reduces stress that can cause infertility.⁷*

DECREASE

↓ HIGH FAT DIET/WEIGHT



*High fat and obesity harms reproductive hormone production and ovary cells
Obesity worsens reproductive disease.²*

↓ SMOKING



*Smoking drops the number of healthy reproductive cells in females
It takes longer for smokers to become pregnant.¹⁰*

***And take regular screenings!**

Support

The Mind/Body group program offers emotional support, reduces stress, and forms a healthy mindset about infertility. It explores various methods effective alongside fertility treatment. Self-guided: Seek positives parts of stressful situations and find relaxing exercises to relieve unexpected stressors.⁹



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CNSA Convention

2022



By Katie Huynh

The California Nursing Student Association (CNSA) is a constituent chapter of the National Student Nursing Association (NSNA) convention for nursing students develop professionally in their careers. This convention in Pomona was place where we could collaborate ideas for California's respective SNA chapters. SDSU SNA was able to send 15 students full ride to experience the convention.

There were sessions that ran from Friday to Sunday where students were able to attend focus sessions of new ideologies, evolving medical advancements, nurse mindset, and networking.

HERE ARE THE NOTABLE ACCOMPLISHMENTS THAT SDSU SNA ACHIEVED AT THE 2022 CNSA CONVENTION:



November 2022



OUR RESOLUTION PASSED AT CNSA AND HAS BEEN APPROVED TO REPRESENT AT NSNA!

"INCREASING AWARENESS OF THE IMPACT OF EFFECTIVE PRECEPTORSHIP ON NURSING STUDENTS"

WRITTEN BY:
GAMIEL ORTIGOZA, JEROME SALVADOR, NINA GO

2022 – 2023 CNSA Directors:
Arantxa Robles, Tathya Patel,
Katie Huynh & Kyla Gampol



"#WEARENPOWERED"

PANELIST SPEAKERS:
KATIE HUYNH & ERIN ABILLE



CNSA Award Recipients



BREAKTHROUGH TO NURSING AWARD

"LGBTQIA+ TRAINING & GENDER PANEL TO RAISE AWARENESS OF PRONOUNS, PATIENT RIGHTS, AND NURSING ETIQUETTE"

JANELLE SINGSON AND ISABELLA RODRIGUEZ



COMMUNITY HEALTH PROJECT AWARD

FULFILLING DESTINY PERIOD PRODUCT PACKING PARTY TO RAISE AWARENESS OF PERIOD POVERTY AND HELP THOSE IN NEED OF PERIOD PRODUCTS

JIZELLE PICONES AND CAITLYN DANG



NURSE BRAIN AWARD

KATIE HUYNH



OUTSTANDING WEBSITE AWARD

KYLA FRANCES GAMPOL



OUTSTANDING SOCIAL MEDIA AWARD

NINA IZABEL GO



Recap!



CNSA Experiences

"The CNSA convention was a wonderful opportunity for SDSU nursing students to get connected with the larger California nursing community. I was able to expand my professional and career goals with the resources and role models at the panels. CNSA allowed me as a speaker to inspire students in their journey to nursing." -Erin Abille

"It was amazing experience to represent SDSU at CNSA. To see the excitement of my colleagues as their resolution passed was gratifying even for an observer. Overall, memories were created and bonds were strengthened, and new relationships were made. I cannot ask for anything more!" -Gabe Velasco

"I had no idea what to expect at the convention-- I thought it was just going to be voting on resolutions and defending the one that we had written. Instead, I went home with valuable information on how to navigate through new grad nursing programs and difficult patient interactions. Getting words of advice and encouragement from the veteran nurses was definitely the highlight of the convention. Can't wait to return next year!" - Sally Kim

"Hi everyone, this is Tati. I had an AMAZING experience at CNSA conference, there were so many inspiring nurses that came in to speak about their passion for nursing and give us guidance and support by answering our questions. The speakers had a huge impact on me and make me even prouder to be a future nurse. Their incredible experiences and their actions towards our community inspired me to get the most out of this profession. Getting involved at the house of delegates was such a unique experience for me. Everyone was so professional and making bold statements in the process of passing the resolutions to become elected at the convention. Our resolution did really well, and we won! It was also a great time to get closer with the members of SNA that joined me at the convention! So grateful that I got this opportunity." -Tathya Patel



CNSA Experiences

"I was able to network with other nursing students and gain insightful tips on how to become a more competitive applicant for RN positions upon graduation. I also was able to attend workshops that provided tips on how to break hard news to families, something not discussed in depth in class. I grew in professional and personal ways in one weekend and got closer to my peers." - Eric Trus

This is my third time attending the CNSA Convention but it was my first time attending it in-person!! My favorite part of the convention was being able to hear from nurses in different specialities (ex. ICU, Pediatrics, Obstetrics). I was so inspired by their words of wisdom, their "why nursing" stories, and their respective nursing journeys!" - Nina Go

"The CNSA convention at Pomona was great! One of the highlights of this trip was attending the panel about women's health, neonatal, and midwifery nursing because I eventually want to pursue a career in those areas. I learned a lot from the invited speakers because they shared their backgrounds, accomplishments, battles, knowledge, and tips to succeed. The other highlight of the trip was that I unexpectedly joined the CNSA board of directors for the upcoming year! I'm excited to collaborate with my colleagues and become a resource to my peers within the community.

"Overall, I had a memorable experience attending this year's convention. I'm grateful I had the opportunity to meet wonderful, passionate, and highly educated nurses and students this past weekend, including members of the organization and SDSU students from different cohorts. Now I look forward to helping plan next year's convention!" - Arantxa Robles

"I loved CSNA because it was specific to Hospitals in California. I got to see and meet some of the nurse managers/hiring managers from UCSD and UCLA. As a delegate, I was able to be a part of addressing how non receptive nursing preceptors have a negative effect on the growth and experience of nursing students. I highly recommend CNSA and NSNA to receive more information on current events, meet other nursing students/ nurse managers, and to stay updated on the next gen nclex." - Kyn Nguyen



CNSA Experiences

"I had such a fun time at the convention! I got to learn more about ICU nursing and the different schools that talked about their graduate programs. It allowed me to start thinking ahead about what I want to do after college, and I even got to participate in the process for voting for a new board. It was such a great opportunity to expose me to different specialties, especially since I haven't done clinicals or anything like that yet." – Maria Soegiharto

"I had a lot of fun during the CNSA convention! The topics were all so interesting, engaging, and educational. I loved the keynote speakers that really embodied empowerment in nursing." – Lara Napasa



Nurse Brain



By Katie Huynh

This nurse brain won the award for California Nursing Students' Association! Katie Huynh externed on Kaiser Permanente's Oncology floor, where she developed her very own "brain" to help facilitate patient-centered nursing care.

[READ MORE](#)

Externships!



By Tathyaa Patel

As a freshmen and a sophomore, I always wondered what externships are, how they work and all the logistics of it. Externships are an important part of your clinical journey because it can open a door for jobs and be a vital clinical experience. Therefore, in this newsletter entry, I will be providing you with the logistics of externships including the application process, onboarding process, and clinical experience.

FIRST THINGS FIRST: WHAT IS AN EXTERNSHIP?

An externship is an opportunity to be able to work with an experienced registered nurse for 10 shifts each consisting of 12 hours. You will be paired with a registered nurse who will be your preceptor for the semester and you will be serving 10 shifts with them. Therefore, that will be an additional 120 hours of clinical experience. They will teach you all kinds of things that they usually do on the floor you are working on and you will be getting used to working a normal nursing shift. However, most externships are not paid. Exceptions are Kaiser select and VA VALOR externships. Since you will be working with one preceptor the whole semester (on occasion you will have a 2nd preceptor) you will need to keep your schedule open to be able to go in when your preceptor works. In addition, you will be receiving 3 credits because it is a registered class; the N498 in the course catalog with Prof Scott as the Lecturer/Course Coordinator. Therefore, if you want to do an externship over summer you will need to pay (~\$1000) for those units and register for the class. It will be included in the tuition fees during the academic year- fall and spring semesters.

WHAT ARE THE PREREQUISITES FOR BEING ABLE TO BE A CANDIDATE FOR APPLICATION PROCESS? WHEN ARE YOU ABLE TO APPLY FOR AN EXTERNSHIP?

You have to complete your medical surgical clinical successfully before you can apply for an externship. For track 1 students, that will be after spring semester of junior year. For track 2 students, it will be after fall semester of junior year. Track 2 students have more opportunities to be able to do externships because they have 4 terms instead of 3 terms available to track 1 students. Track 2: spring semester of junior year, summer of senior year, fall semester of senior year, and spring semester of senior year. Track 1: summer of senior year, fall semester of senior year and spring semester of senior year. After your N300 Med-Surg clinical you are eligible for an externship on a Med-Surg, Med-Surg/Tele, emergency department, progressive care unit, and other general floors. If you want an externship in different populations such as mother baby, and pediatrics, you will need to finish the required clinical and coursework for obstetrics and pediatrics at SDSU respectively. For ICU externships, you can be enrolled concurrently in the ICU coursework. However, priority for placements are given to the students who have already completed the coursework.

WHERE/ WHICH HOSPITAL ARE AVAILABLE FOR EXTERNSHIPS?

Med-Surg, Med-Surg/Tele, emergency departments, progressive care unit and other general floor externships are available at UCSD Medical Centers in La Jolla and Hillcrest; Sharp hospitals to include Memorial, Grossmont, and Chula Vista; Kaiser Permanente in both San Diego locations; Scripps hospitals to include La Jolla, San Diego, Encinitas, and Chula Vista; the VA is only for those who are chosen as a VALOR. Mother baby externships are also available at the Sharp and Scripps facilities. Pediatrics externships are available at Rady's Children's Hospital. ICU rotations are available at Sharp and Scripps.

WHO CAN HELP YOU ANY QUESTIONS OR CONCERNS REGARDING EXTERNSHIPS?

Professor Michele Scott is the externship coordinator at SDSU who works directly with all of the facilities to secure a placement for us. Feel free to send her an email with any questions at mScott@sdsu.edu. She is always available to help with any questions or concerns you may have.



APPLICATION PROCESS:

When the applications are open, you will receive an email or canvas announcement. Therefore, look out for them! Research about all available facilities and learn about them to select the hospital and department of choice. Please note, though Prof Scott will diligently work to place you in your facility and area of choice, please note it is not a guarantee. In free time, work on the application which may consist of a cover letter, resume, letter of recommendations, references, and interview process. Make sure to look at the mission values and vision of the hospitals and incorporate them in your cover letters and application.

General applications are available from SDSU to get placements at different departments in facilities in the greater San Diego area. In addition, UCSD, Kaiser, Scripps, and the VA have their own application process. The VA's application is in the Spring, Scripps is intermittent, Kaiser is typically just the Summer, and UCSD is three times a year.

In the selective applications, you can request the department of your choice, provide them with your availability and location of choice. Kaiser select, VA valor, UCSD select and Scripps externships applications are followed by an interview process. For general SDSU externship application, you can request the hospital and floor of your choice. there are no interviews for general SDSU externship application. Placements are mostly guaranteed in Fall and Spring semesters. However, you could be placed in a night shift.

ONBOARDING PROCESS:

Once you are matched with a facility and unit, Professor Scott you will be send you an email offering you a placement. It will have the information about the facility, department, and night shift/day shift. You will be asked if you accept the placement or not. If you accept, you will begin the SDSU compliance clearance in Complio. Once cleared in Complio, further information will be provided including your preceptor, terms and conditions, trainings for the EMR, orientation and other onboarding information. You will also have to take medication calculation quiz for the externship class and submit your personal outcomes. Other required paperwork included your preceptor information, weekly journals and evaluations from your preceptor. Maintain clear communication with your preceptor because they will be the one working with you.

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CLINICAL EXPERIENCE:

An externship is a great opportunity to strengthen your clinical, critical thinking, organizational, time management, and communication skills. It is also a great opportunity for networking and putting yourself out there. Since you will be working with a nurse, you will be able to do everything with them with the limit being your comfort level. Depending on the available opportunities you can perform med administration, start IVs, do blood draws, put in a foley catheter, check blood sugars, program the IV pumps, set up feeding tubes and program feeding pumps, insert NG tubes, blood transfusions, drain fluid from lungs/abdomen with pleurx, perform wound care, work with colostomies/ileostomies, participate in rapid responses, and code blues.

TYPES OF EXTERNSHIP OPPORTUNITIES:

OB/LABOR AND DELIVERY

PEDIATRICS

MED/SURG

ICU/ CRITICAL CARE

EMERGENCY ROOM

EXAMPLES OF HOSPITALS WE WORK AT:

UC San Diego

UC San Diego Health



VA | U.S. Department
of Veterans Affairs



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Cultural Menus

By Gabriel Velasco
and
Celine Fung

These cultural menus were designed and researched by our Global Initiatives Directors: Gabriel Velasco and Celine Fung.

Their goals with these menus are to bring awareness on how to become more culturally involved as a student.

Food is a way to promote and introduce culture to someone, which can encourage conversations on different backgrounds, places, and beliefs.

The following pages are their in-depth menus!

[FILIPINO DISHES DIGITAL VIEW](#)

[HONG KONG DISHES DIGITAL VIEW](#)



ADOBO

👩🍳

Ingredients :

2 lbs chicken cut into serving pieces
 3 pieces dried bay leaves
 8 tablespoons soy sauce
 4 tablespoons white vinegar
 5 cloves garlic crushed
 1 1/2 cups water
 3 tablespoons cooking oil
 1 teaspoon sugar
 1/4 teaspoon salt optional
 1 teaspoon whole peppercorn

History :

Adobo is a very important dish in Filipino culture. It comes from the pre-colonial Philippines when Filipinos were marinating chicken or pork in vinegar and soy sauce probably as a form of preservation. The word stems from the Spanish word "adobar" which means "to marinate". The Spanish referred to the cooking method as "adobo de los naturales" or "adobo of the natives"

Procedure :

- Combine chicken, soy sauce, and garlic in a large bowl. Mix well. Marinate the chicken for at least 1 hour. Note: the longer the time, the better
- Heat a cooking pot. Pour cooking oil.
- When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side.
- Pour-in the remaining marinade, including garlic. Add water. Bring to a boil
- Add dried bay leaves and whole peppercorn. Simmer for 30 minutes or until the chicken gets tender
- Add vinegar. Stir and cook for 10 minutes.
- Put-in the sugar, and salt. Stir and turn the heat off. Serve hot. Share and Enjoy!



[View Here!](#)





SINIGANG

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Ingredients :

- 1 lb. pork belly cubed
- 1 lb. chicken cut into serving pieces
- 44 g Knorr Sinigang sa Sampaloc Mix Original
- 1 onion wedged
- 5 tomato wedged
- 5 taro (gabi) diced
- 1 daikon radish sliced
- 12 okra
- 5 long green pepper
- 15 string beans cut into 2-inch pieces
- 3 eggplant sliced
- 2 cups kangkong leaves
- 1 ½ quarts water
- 2 tablespoons cooking oil
- Fish sauce and ground black pepper to taste

History :

Sinigang is another staple of Filipino cuisine. Sinigang is a stew with vegetables and different types of meat and seafood, and it is characterized by a sour and savory taste. This dish can be cooked in many ways, and all of them are relatively easy to cook, and the popularity of this dish has soared throughout history because of this.

Procedure :

- Heat oil in a cooking pot. Saute pork until most of the fat renders. Add chicken. Continue sautéing until the exterior of the chicken turns light brown in color.
- Add onion, taro, daikon radish, and half of the tomato. Cook for 5 minutes. Remove the chicken and set it aside.
- Pour water into the cooking pot. Let boil.
- Add Knorr Sinigang sa Sampaloc Recipe Mix. Cover the pot and continue cooking in low heat until the pork gets tender (note: around 1 hour).
- Add the chicken back into the pot. Cook for 15 minutes.
- Put the long green pepper, string beans, okra, and eggplant. Cook for 8 minutes.
- Add the remaining tomatoes. Season with fish sauce and ground black pepper.
- Add the kangkong leaves. Cover the pot. Turn the heat off and let it stay for 2 minutes.
- Transfer to a serving bowl. Serve hot with rice.
- Share and enjoy



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HONG KONG STYLE Menu



BREAKFAST

- CONGEE WITH PORK & THOUSAND YEAR OLD EGG
- DIM SUM
- SWEETENED MILK TOAST



LUNCH

- CANTONESE WONTON NOODLE SOUP
- ROAST GOOSE
- SWEET AND SOUR PORK

DINNER

- CANTONESE ROAST PORK BELLY
- LO MIEN
- BEEF BRISKET NOODLES

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BREAKFAST: CONGEE WITH PORK & THOUSAND YEAR OLD EGG



INGREDIENTS

- ¾ cup white rice
- 4 ounces pork shoulder (115g, julienned)
- ½ teaspoon cornstarch
- 1 teaspoon oyster sauce
- 1 teaspoon vegetable oil
- 7 cups water (or chicken broth; 1.65 liters)
- 2 thousand year-old eggs
- 3 slices ginger
- ¼ teaspoon ground white pepper
- Salt (to taste)
- Chopped scallion and cilantro (to garnish)



DIRECTIONS

Wash the rice, drain, and transfer to a zip-loc bag or freezer-safe container. Leave it in the freezer for at least 8 hours.

2. Marinate the pork with the cornstarch, oyster sauce, and vegetable oil for about 15 to 20 minutes.

3. Meanwhile, in a medium pot, bring 7 cups of water to a boil. Add the frozen rice (no need to defrost) and bring it to a boil again, stirring the rice to prevent sticking. Reduce the heat to a low simmer, and cover and cook for about 15 minutes. Periodically check and stir the congee. It's important to stir from the bottom to prevent sticking, as the rice texture thickens quickly.

4. While that's cooking, dice the thousand year-old egg and set it aside. Very thinly julienne the ginger. Don't prepare this ahead of time, as we want the flavor of freshly cut ginger.

5. After 15 minutes, it's time to add the julienned ginger, pork, and thousand year-old egg. Stir and simmer for another 5 minutes or so. Finally, stir in the white pepper and salt to taste. Serve piping hot with chopped scallions and cilantro.

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LUNCH:

CANTONESE WONTON NOODLE SOUP



INGREDIENTS

- 8 oz. ground pork (225g)
- 3/4 teaspoon salt (plus more to taste)
- 3/4 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1/8 teaspoon white pepper
- 1 tablespoon shaoxing wine
- 2 teaspoons oil
- 1 tablespoon water
- 1/2 teaspoon cornstarch
- 6 oz. shrimp (170g, chopped)
- 1/2 pack wonton wrappers (the square-shaped egg wonton skins)
- 12 oz. wonton egg noodles (340g, see photo above)
- 8 cups high quality, low sodium chicken broth



DIRECTIONS

1. Start by making the filling. Add the pork, 3/4 teaspoon salt, sugar, sesame oil, white pepper, wine, oil, water, and cornstarch to a bowl and whip everything together by hand for 15 minutes, or in a food processor for 5 minutes. You want the pork to look like a paste. Mix in the chopped shrimp.
2. To make the wontons, take a wrapper, and add only about a teaspoon of filling. Use your finger to coat the edges with water (this helps the two sides seal together), and fold in half so you have a triangle shape. Bring together the two outer corners, and press to seal. Continue assembling until you've used up the filling (this recipe should make about 3 dozen wontons).
3. To assemble the dish, heat up the chicken broth in a medium pot. Adjust seasoning by adding salt, to taste.
4. Bring a large pot of water to a boil and boil the noodles just until al dente. Divide among 6 bowls. Add the wontons and boil for about 4-5 minutes until they float and the filling is cooked through. Divide wontons among the bowls, and cover with hot broth. Serve!

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DINNER: CANTONESE ROAST PORK BELLY



INGREDIENTS

- 3 lb slab of pork belly
- 2 teaspoons Shaoxing wine
- 2 teaspoons salt
- 1 teaspoon sugar
- 1/2 teaspoon five spice powder
- 1/4 teaspoon white pepper
- 1 1/2 teaspoons rice wine vinegar
- 1/2 cup coarse sea salt



DIRECTIONS

1. Rinse the pork belly and pat dry. Place it skin-side down on a tray, and rub the Shaoxing wine into the meat (not the skin). Mix together the salt, sugar, five spice powder and white pepper. Thoroughly rub this spice mixture into the meat as well. Flip the meat over so it's skin-side up.
2. So, to do the next step, you'll need a sharp metal skewer. Systematically poke holes ALL over the skin, which will help the skin crisp up, rather than stay smooth and leathery. The more holes there are, the better, really. Let it dry out in the fridge uncovered, for 12-24 hours.
3. Preheat the oven to 375 degrees F. Place a large piece of aluminum foil (heavy duty foil works best) onto a baking tray, and fold up the sides around the pork snugly, so that you're creating a kind of box all around it, with a 1-inch high border going around the sides.
4. Brush the rice wine vinegar on top of the pork skin. Pack the sea salt in one even layer over the skin, so the pork is completely covered. Place in the oven and roast for 1 hour and 30 minutes. If your pork belly still has the rib attached, roast for 1 hour and 45 minutes.
5. Take the pork out of the oven, turn on the broiler to low, and position the oven rack in the lowest position. Remove the top layer of sea salt from the pork belly, and unfold the foil. Put the pork back under the broiler to crisp up. This should take 5-10 minutes. The broiler should ideally be on "low" so that this process can happen gradually. If your broiler gets pretty hot, be sure to keep the pork as far away from the heat source as possible. Keep a close eye on it to prevent burning
6. When the skin has puffed up and gotten crispy, remove from the oven. Let it rest for about 15 minutes and then slice.

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READ MORE

What are you thankful for?

By Kevin Do

I am more than thankful for the patients with their patience,
The vital sign machines that work,
Hyperspace and epic,
The sound of the bowels churning.

The beat of the heart,
That pumps the blood,
Which keeps the life running.

The sound of nurses scampering about,
The skill they have to heal yourself,
Unlikely friends a long the way.
Passive judgement throughout a day.

These are just some things to be thankful for,
Along the journey ascending

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Expanding the Future of Nursing

By Isabella Rodriguez and Janelle Singson

A goal of diversifying the field of nurses in the future...

Throughout this semester, the goal of the Breakthrough to Nursing committee was to spread awareness around the field of nursing in order to ensure the nurses of the future reflect the increasingly diverse patient population.

As young students, the prospect of deciding a definitive path for your future is extremely daunting. On top of deciding a career, students also have to decide on a specific school. Looking back at that time of our lives, having a guiding figure would have been a source of relief in the hectic nature of the time. Through our tabling and presentations we have provided students with a glimpse into a possible future path, the one we are currently pursuing: nursing school.

From High Schools within our community to those in Northern parts of California, SDSU School of Nursing has been represented as well as nursing itself. Students have been exposed to what nursing is through the eyes of both current nurses and students. Nursing to us is not just science, but an art. The art of healing and caring for those who are most vulnerable. We broke down the nursing stereotypes created by the media to show a greater picture of the nursing profession.

3 Tips for Pursuing Nursing:

1. Focus on a goal
2. Stay Confident
3. Time Manage



Guidance for the Future

"Growing up, my parents have always emphasized the importance of pursuing your dreams. For me, that dream was to be a nurse. Coming from a Hispanic background and being a first generation college graduate, my goal now is to help underserved communities, such as the Latinx community in Chula Vista, the area I love and work." - Tinamarie ICU Nurse

WHAT IS NURSING?

Nursing combines science with art in creating a healthcare profession that caters to both the emotional and physical aspects of the patient

<p>ROLES:</p> <ul style="list-style-type: none"> • HANDS-ON CARE • MAINTAINING LINES • ADMIN MEDS • OBSERVE AND MONITOR • MAINTAIN RECORDS • COMMUNICATION! 	<p>SETTINGS:</p> <ul style="list-style-type: none"> • HOSPITALS • COMMUNITY HEALTH AGENCIES • JAILS • SCHOOLS • HOMES, ETC.
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OUTLOOK OF NURSING:
 -PROJECTED 20% JOB GROWTH
 -CALIFORNIA IS ARGUABLY THE BEST STATE FOR NURSING:
 -MEAN ANNUAL WAGE: \$106,950!

PERKS OF NURSING:

- PHYSICALLY AND MENTALLY ENGAGING
- JOB SECURITY: PEOPLE WILL ALWAYS NEED NURSES
- FLEXIBLE SCHEDULING
- FULL TIME IS THREE 12-HOUR SHIFTS PER WEEK




"Develop good study habits, maintain a good work-life balance, keep your grades up, get healthcare experience before starting school/college, find a good academic counselor, establish a good support support system, remember your why (the reason why you entered nursing) if things get tough, know your worth, trust the process"

John SDSU Alumni

*Every student has a different background and community where they grew up, all deserve the opportunity to **save lives as a nurse.** We hope we showed them that it is possible ...*

SoCal Odyssey Conference Do's & Don'ts

By Jessica Oatis



DO EXPAND ON YOUR OPPORTUNITIES

Up until this year I was not very involved in SNA and never had attended any extra events that they offered up. I think this was maybe my first or second meeting of the year that I was attending when the opportunity to go to the conference was offered up. Honestly, at first I was hesitant to take it. I was fearful of taking the spot of someone else who wanted it, but then I realized it was okay because I too was someone who wanted it. I wanted to go to this conference and had an interest in nursing research, so why shouldn't I seize the chance at it. And I am so glad that I did. You will get so many opportunities to attend events and I highly recommend that you do. One day they may not be free for you, so take opportunities to expand your knowledge now while you can. This goes with volunteering too. If you have the time and are interested, go for it, there is so much out there for you to still learn.



DON'T BE AFRAID TO GO ALONE

One of my biggest concerns heading into this conference was the thought of going alone. I knew that I would be going into a place where many people already knew each other, and if they didn't then they at least had things in common. I, on the other hand, was just a nursing student with little to relate to them. I was scared of making the wrong impression and up until I arrived at the table to help set up, was overthinking everything, simply hoping that the day would go smoothly and maybe I would have someone to sit with. I'm glad the thought of going alone never stopped me from attending. Even though I was nervous, I was still able to show and didn't let it stop me from going to the conference I'd been interested in attending. Fortunately, I even got to make friends with some other nursing students who were there from different schools.

DO ALLOW YOURSELF TO MAKE NEW FRIENDS

Now I do admit, this may not be the easiest thing for some people and may actually seem quite intimidating. I was even intimidated at first and initially didn't even want to start a conversation with the other nursing students, despite the fact we were sitting directly next to each other volunteering. I am so glad I did initiate a conversation though. Throughout the rest of the day I got to hang out with this other group of students, and even though they all went to school together and knew each other, they never failed to make me feel involved. And this isn't just a tip for going to nursing conferences, but it is also very much applicable to the students in your cohort too. Do make friends with one another! You will be spending so much time in classes together and having people you can lean on and who can relate to what you are experiencing makes this whole experience doable.

DON'T SHOW UP TO THE WRONG CONFERENCE!

I know this may seem like a pretty obvious "don't" and appear very easy not to do, but hotels can be big and there can be a lot of conference rooms, so getting a little lost is totally understandable. Right?! I totally am not just referring to how I walked up to the first conference I saw and began to help set up tables only to realize it was not where I was supposed to be. Biggest tip here is to read signs and ask for help if lost. Luckily, I realized my mistake within like 2-3 minutes, but man would I have been in for a confusing day had I stayed there instead of checking with the lady that I was at the right place. Always ask for help when you need it and know that oftentimes hotels may have multiple conferences going on at once.



DO TAKE AWAY AS MUCH AS YOU CAN FROM THE EXPERIENCE

Opportunities like this do not always present themselves and when they do, take as much from it as you can. The wonderful thing about nursing is that things are never set in stone. There is constantly research and innovation being done, so take what you can away from them. For example, at this conference I got to learn how to ease the anxiety of patient's pets when they visit the hospital. I have never had to deal with a pet visitor, but if I ever have to in the future, I have tips on ways to reduce pet and owner anxiety prior to visit. Additionally, I got to hear how a NP's extra time spent with patients who showed signs of prediabetes allowed for the patient's risk to improve the next time they visited. This NP simply added an extra blood test and took time to educate her patients, yet she was able to help her patients at risk in big ways. Lastly, I got to hear of the consequences when nurses lose sight of the patients behind their actions. I saw how relevant this was today, during a time of major burnout amongst nurses. This research and innovation is being done not just for funsy, but because it is highly relevant to us, so take away as much as you from experiences you are presented with.

Jessica's Experience at SoCal Odyssey Conference

"In October I had the opportunity to attend the Sigma Theta Tau SoCal Odyssey Conference! This conference focused on innovations and research being done in the nursing profession. I'm going to be honest, going into this convention I had no idea what to expect and was quite. I have never been to a research conference and I was going completely alone. I think more than anything the going alone part terrified me the most, yet I was still excited because I truly wanted to dive more into research and was looking forward to all the conference could teach me.

Throughout the day I got to go to two big research lectures and several smaller research and innovation presentations. No presentation was like the last, which really helped me expand on what I knew and taught me so much.

There was research presented on several topics from Nurses in Nazi Germany, Pet Therapy in the hospital, Traumatic brain injuries, prediabetes interventions, etc. My biggest takeaway from everything was to never forget the patient at the center of your care. It's our jobs as nurses to work alongside the patient and advocate for them, and I think with the burnout that the profession is experiencing, it is easy to forget these aspects of nursing care!"



Image of Nursing in the Media

By Jayen "Jai" Longno

As the Image of Nursing director, a topic I heavily wanted to focus on was ways we can make use of the media to promote nursing, and nursing school. This year, I've utilized the SNA Youtube Channel by posting more content such as the nursing beach bonfire vlog, a recap from New Student Orientation, the White Coat Ceremony, the CNSA vlog, and many more videos to come. In this section, I will talk about how we can use social media professionally, the influence it has, why Youtube and Tiktok are my favorite social media platforms for nursing content, and how nursing students or nurses can get connected with their community by being involved in the media.



Nurses and nursing students can use social media professionally. When used correctly – not violating HIPAA, and not violating your hospital social media privacy policy – social media can help nurses, nursing students, promote the profession, help improve patient education, public education, and can be an advocate for change. The media has the power to share evidence, best practices, and inspirational stories that can encourage many people in the profession to keep going.

There's been many arguments about how nursing is glamorized in social media. This is prevalent in Tiktok where many nurses post videos of themselves happily enjoying their pay, traveling, and having days off. While this can be a good motivator for someone like me, a nursing student, trying to get through school, it can give a false perception of what we're truly getting ourselves into. Nursing can be a fulfilling career that can provide stability, and of course, there will be good days and bad days. However, what the media lacks to cover are those gloomy days that nurses experience.



I encourage members with social media to reveal the side of nursing that the media does not often see. Nurses are the backbone of the healthcare system, and it's important to inform the public that we're more than just wearing cute scrubs. Nurses are human beings that have lives dependent on them. This pressure can take an emotional toll to our mental health. Similarly, nursing students can understand this pressure because we learn so much information in nursing school, but it's for the sake of saving lives.

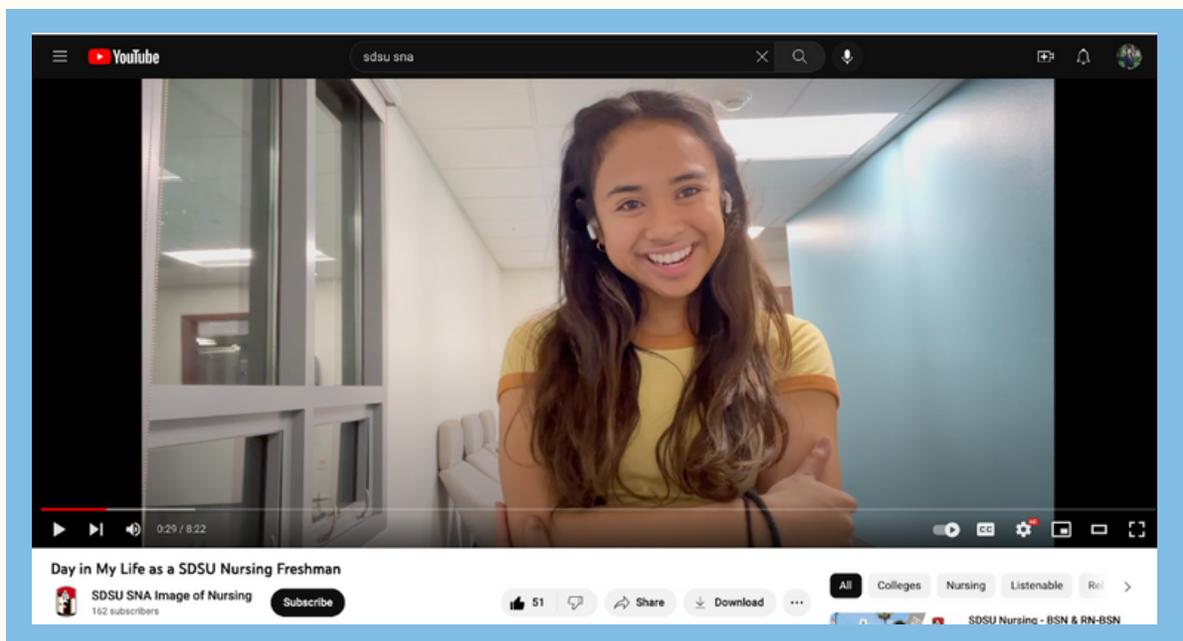
Nursing school is hard and can feel like you're going through difficulties alone. However, it feels less lonely when watching other nursing students go through the same struggles via Youtube, Tiktok, Instagram, Snapchat, vlogs etc.. Utilizing these social media platforms by posting relatable nursing school content can help the community feel connected. For example, one time, I had my first medication administration lab for my Fundamentals class. The entire lab, I felt like I didn't know anything. I seriously teared up later that day because I didn't feel qualified to be a nurse. After the lab, I went on snapchat to view what my friends had posted, and it was relieving to see that I wasn't the only person who felt like this.

Tiktok and Youtube are my favorite platforms when it comes to viewing nursing content. Some creators I watch on Tiktok that are funny, entertaining to watch, but still reveal the honest side of nursing and nursing school are [@Nurse.Johnn](#), [@Nurseblake](#), and [@Mylifeassugar](#). They post the most funny, gen z nursing content, and they receive over millions of views. The best thing about their Tiktoks is that in their comment sections, many nurses and nursing students find comfort in communicating with each other on how relatable the videos are and share their own experiences.

For Youtube, my favorite channels are [RegisteredNurseRN](#), [SimpleNursing](#), [Level Up RN](#), and [Nexus Nursing](#). I love Youtube for the educational aspect it provides. The channels I listed have gotten me through my first semester of nursing school, and I will continue to watch them for the rest of my schooling. When my lectures or powerpoint slides don't make sense, I utilize Youtube to help me break down difficult topics into easier, understandable concepts – and I take notes on these videos. These channels get over thousands of views and have greatly helped many nursing students improve their grades.

Overall, I'm not saying you need to go viral on Youtube and Tiktok. However, the media has a huge influence on not only society in general, but in our nursing school community. Posting something as simple as a vlog can inspire more people than we know. When I posted my Day in the Life Vlog on the SNA Youtube Channel my freshman year, I didn't realize how influential that video would be until I had conversations with some incoming freshmen that I inspired them to apply to the nursing program, here at SDSU. These conversations make my day and it encourages me to continue to post more content on our Youtube Channel.





So now, I encourage everyone to film a vlog, make an edit, share your experience, create that nursing Instagram account you’ve always wanted to make, film a funny TikTok or even dance in your scrubs! You don’t have to do it alone; collaborate with other classmates. At the end of the day, we’re all doing this together so let’s motivate each other.

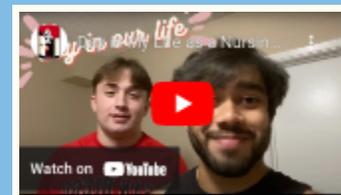
Jai’s Recent Uploads on YouTube!

[WATCH OUR VIDEOS ON YOUTUBE HERE!](#)

Event Recaps!



"Day in My Life" Vlogs!



Pharmacology Education Through Social Media

Dr. Lisa Concilio, PhD, RN, MSN-ED, CCRN-K, has her Pharmacology students educate the public about a specific type of medication through the use of social media. Out of all of her students, the works listed below are highlighted for their excellence and to pose as an example of San Diego State University's academic work.

"Sitagliptin" by Laila Murray



"Chlorpheramine" by Alla Ostapchuk



"Why Nursing" Wednesday

2022

By Kyla Frances Gampol

Our Instagram does a "Why Nursing" Wednesday feature that is coordinated by our Image of Nursing Director Jai Longno. We started this spotlight to encourage others to think about their "WHY" and somehow relate to each other on their personal journeys through nursing school.

Nursing school is not easy, so it can be very tempting to "quit" or "give up". Our WHY NURSING will keep us motivated to finish and achieve our goals of becoming nurses.

WHY NURSING WEDNESDAY



TRACK 1 JUNIOR

CAMERON LINDSAY-HEWETT

WHY NURSING WEDNESDAY



TRACK 2 SENIOR

ERIN "SABS" ABILLE

WHY NURSING WEDNESDAY



TRACK 2 SENIOR

SOFIA WESTER

WHY CAMERON CHOSE NURSING:

I FOUND A CALLING TO NURSING AFTER MY FIRST PATIENT INTERACTIONS, AT MY FIRST HOSPITAL WORKING AS A CORPSMAN. I ENJOYED THE UNKNOWN OF WHAT I WAS GOING TO EXPERIENCE EACH DAY, AND REALIZED EARLY ON THAT I WAS COMFORTABLE WITH BEING PART OF THE TREATMENT AND HEALING PROCESS FOR MY PATIENTS. I KNEW I WANTED TO BE A NURSE WHEN I SAW HOW WE ADVOCATE FOR OUR PATIENTS DURING SOME OF THEIR MOST TRYING OF TIMES. FOR ME HAVING THAT INTIMATE CONNECTION WITH ANOTHER HUMAN, BY THEM TRUSTING US SO MUCH REALLY RESONATED WITH ME. WE AS NURSES GET TO SEE PEOPLE AT SOME OF THEIR WORST TIMES, AND ARE PRIVILEGED WITH BEING PART OF THE PROCESS OF PROVIDING REMEDY. NURSING IS CAREER THAT ALLOWS AN INDIVIDUAL TO MAKE A LASTING IMPACT ON THEIR COMMUNITY IN SUCH A MEANINGFUL WAY THAT ONLY NURSING CAN DO!!!

WHY ERIN CHOSE NURSING

I CHOOSE NURSING BECAUSE NO OTHER FIELD IS AS CLOSE TO THE BEAUTIES & SHADOWS OF LIFE. "A MARK OF A SOCIETY IS NOT HOW WELL IT DISPLAYS ITS INGENUITIES RATHER HOW IT ADDRESSES ITS SHADOWS." I WOULD LIKE TO BE A PART OF CREATING THE LIGHT- BEING SOMEONE'S ADVOCATE, WARRIOR, CHEERLEADER. NURSING IS A LIFESTYLE BECAUSE IT CALLS YOU TO REFLECT ON YOUR OWN BIASES, QUESTION YOUR WAYS OF APPROACH, AND ADOPTS YOU TO CREATE A MINDSET OF A LIFELONG LEARNER. AS MUCH AS IT IS A SELFLESS JOB, IT PUSHES YOU TO BUILD THE SAME KIND OF EMPATHY, LOVE, AND CARE FOR YOURSELF - ESSENTIALLY, IT IS A FIELD SO ENVELOPED IN MAKING YOU A BETTER HUMAN BEING, TO FACE THE PERILS OF LOSS & SUFFERING ALL THE WHILE MAKES YOU MORE SUSCEPTIBLE TO BE MINDFUL OF ALL THE BEAUTY AND JOYS LIFE HAS TO OFFER WHEN YOU ARE WITH STRANGERS DURING THEIR MOST VULNERABLE MOMENTS. I AM HERE BECAUSE I HAD ALREADY EXPLORED PATHS SUCH AS ENGINEERING AND ARTS, BUT NO SUCH CAREERS COMBINE MY PASSION FOR THE CONCRETE SCIENCES WITH THE ABSTRACTS OF HUMANITY. LEARNING THE PRACTICAL WITHOUT THE HUMAN APPLICATION IS WITHOUT SUBSTANCE. I LOVE POETRY AND WORDS, BUT NO AMOUNT OF FLOWERY LANGUAGE IS AS VALUABLE AS HEARING THE WORDS, "I AM HERE FOR YOU." LEARNING IN NURSING IS NEVER COMPLETE, BUT IT'S IN PURSUIT FOR ITS OWN SAKE AND THE BRILLIANCE OF FACING THE PREDICAMENTS OF THE HUMAN CONDITION WITH OTHERS. NURSING UNRAVELED ME, MADE MAKING CONNECTIONS THE DRIVING FORCE OF MY BEING, AND HELPED ME FACE UNCERTAINTY WITH ZEAL FOR LIFE. TO LIVE DELIBERATELY - THIS IS WHY NURSING.

WHY SOFIA CHOSE NURSING

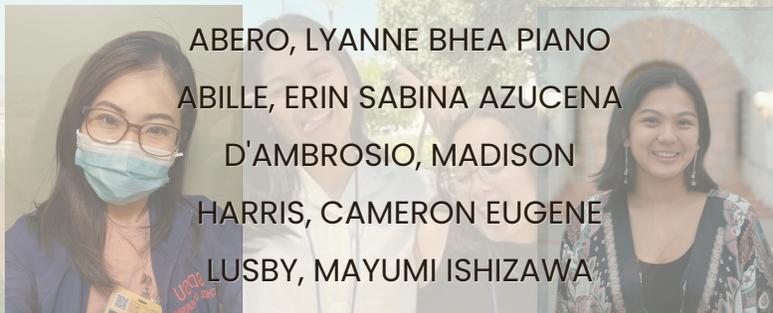
I CHOSE NURSING BECAUSE IT COMBINES ALL MY PASSIONS INTO A STABLE AND FULFILLING CAREER. I AM PASSIONATE ABOUT ALL THINGS HUMAN ANATOMY/PHYSIOLOGY AND SPENDING MY LIFE IN SERVICE OF OTHERS. NURSING HAS JUST THAT: THE NEED FOR CRITICAL THINKING SKILLS AND A DESIRE TO CARE FOR THOSE IN NEED. FOR ME, IT IS A CAREER THAT PERFECTLY COMBINES SCIENCE AND CONCEPTUAL KNOWLEDGE WITH CHARITABLE SERVICE AND FULFILLING WORK!

Read more about their stories and "WHY"s on [Instagram!](#)

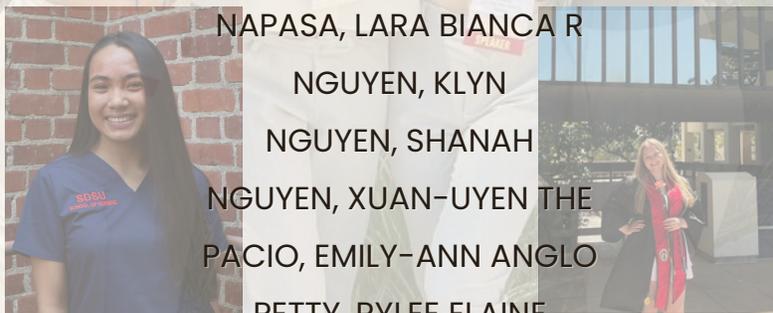
December Graduates

2022

**CONGRATULATIONS TO OUR DECEMBER 2022 GRADUATES!
WE CANNOT WAIT TO SEE WHAT YOU ALL WILL
ACCOMPLISH AS NEWLY GRADUATED NURSES!**



ABERO, LYANNE BHEA PIANO
ABILLE, ERIN SABINA AZUCENA
D'AMBROSIO, MADISON
HARRIS, CAMERON EUGENE
LUSBY, MAYUMI ISHIZAWA
MILLENDEZ, ANNIKAH FAHYE
MCCORMACK, KELLY ANN



NAPASA, LARA BIANCA R
NGUYEN, KLYN
NGUYEN, SHANAH
NGUYEN, XUAN-UYEN THE
PACIO, EMILY-ANN ANGLO
PETTY, RYLEE ELAINE
PORCADAS, ALDEN BALAGA JR.



SAHAK, ZUHRA
SCHEIDEL, AUTUMN
SIAZON, YSABELLE VELASCO
VILLARREAL, JOSHUA
WOOD, JULIA NOEL