

A scenic sunset over a beach. The sky is filled with dramatic, golden clouds, and the sun is low on the horizon, casting a warm glow over the water and sand. The text 'Vital Signs' is overlaid in a large, white, hand-drawn font. Below the main title, the text 'SPRING 2018' is written in a smaller, bold, black font. The foreground shows the wet sand of the beach, reflecting the light from the sky. In the distance, a few people can be seen wading in the shallow water.

Vital Signs

SPRING 2018

Table of Contents

A Closer Look At "Why Nursing Wednesday"

3

NSNA Convention 2018

4

H.E.A.L Thailand

8

Global Awareness of Health Practices

10

Where Are They Now?

11

Spring 2018 Awards & Photos

12

A Closer Look at "Why Nursing Wednesday"

By Kara Nieders, 2017-2018 CNSA SDSU Image of Nursing Director

This semester SDSU CNSA launched a new social media campaign, "Why Nursing Wednesday", that was designed to highlight our members and the diverse reasons why they chose to pursue nursing. The goal of this campaign was to give nursing students a weekly platform where they could share what inspired them to go into nursing, what they love about nursing, and even what specialty of nursing they hope to end up in.

As future nurses, it is very important that we each have a thoughtful response to frequently asked questions like "So, why did you want to be a nurse?" or "Wait why do you just want to be a nurse... You didn't want to be a doctor?". I used to find it frustrating answering these types of questions and justifying my choice to pursue nursing. But I realized that each time I was asked such a question, it was an opportunity to share my passion for nursing, and to educate people about what nurses actually do, how important they are, etc.

That is why this social media campaign is valuable as well. Not only is it fun and motivational to learn more about our peers, it also shines a light on what a compassionate, intelligent, and hard-working group of individuals nurses and nursing students are. Whether or not you chose to participate in the campaign, I hope reading your peers stories has inspired you during the challenges of nursing school, and prompted you to give a bit of thought as to how you can best answer the question: Why Nursing?

Check out some great excerpts from our "Why Nursing Wednesday" features this semester! Also follow @sdsucnsa on instagram to see the rest of the campaign!

"I want to become a nurse because I am passionate about making a positive impact in my community and in the lives of my patients. I am interested in learning more about critical care nursing and I would like to hopefully one day become a nurse practitioner" – Deanna Schindler

"Nursing allows us to practice servant leadership, as well as critical thinking, while still being the most compassionate and authentic professionals. Nursing is the only profession I know in which we can help heal people through both scientific knowledge and kindness... and I'm excited to be a part of it all!"- Annika Bilog

"When I was 15 I underwent spinal fusion surgery and was a patient at Rady Children's Hospital. Being a patient showed me how hands on the nurses are and how much they care about their patients. This is when I decided to become a nurse!"- Gabrielle Gimber

"I chose nursing because I want to make a positive impact on peoples lives, have a fulfilling career, and am passionate about the nursing field of study. I plan on pursuing labor and delivery nursing because I love babies and I feel like it would be such a rewarding experience to work with new mothers, the family unit, and the newborn babies" – Madison Gudmann

"I decided to pursue nursing because I loved the idea of having the freedom to experience so many specialties and opportunities such as travel nursing that are unique to this career! I am hoping to become a critical care nurse and eventually attend graduate school in hopes of become a nurse anesthetist!" – Elhum Memar

NSNA Convention 2018



Thank You SDSU School of Nursing Faculty & Staff!

In the beginning of April I had the great opportunity to travel to my second NSNA National Convention, which was my fifth and final NSNA/CNSA Conference of my college career. Of course I have always been fortunate for the amazing opportunities I have been granted as a member of CNSA, but one resolution presented in Nashville showed me how truly fortunate we are to be members of CNSA at San Diego State University. Resolution 27, which was voted on and adopted by the House of Delegates in Nashville, is titled "Increasing Awareness of Administration and Faculty Support of Student Leadership Activities as Co-Curricular." The student author discussed how her grades were threatened by her faculty and clinical instructors for attending National Convention. Many other NSNA members shared anecdotes about how unsupportive their faculty was of their school's student nursing associations. I was shocked to hear this because I have experienced nothing but support from our nursing faculty for our CNSA chapter. Our CNSA SDSU faculty advisor, Dr. Cullum, worked tirelessly to ensure funding for dozens of students to attend conventions this year and has generally been an amazingly supportive and overall great resource to our chapter. Our School of Nursing professors and clinical instructors made special accommodations for nine of us to attend NSNA Convention this year, and many more to attend State and MidYear Conventions. For years our faculty has worked with us to put on New Student Orientation, to fundraise, to include a CNSA Representative at all Faculty Meetings, and even schedule individual clinicals around CNSA meetings. We are so fortunate to be so well-supported by our faculty, and I am personally truly grateful! As Nurses Appreciation Week approaches, please consider personally thanking a SDSU School of Nursing staff member, professor, and faculty member!

-Sheryl Warfield (Senior, Track 2)

CNSA SDSU President 2016-18

I had the privilege of attending the National Student Nurses' Association Convention in Nashville, Tennessee this April. This convention was an amazing experience and gave me a great opportunity to network with employers and other nursing students, learn about legislature, and become more involved in the nursing community. One of the most interesting experiences I had, though, was attending a breakout session to get trained on naloxone administration. This course is originally made for non-healthcare professionals in response to the progressing opioid crisis in America. Tennessee is a leading state in deaths due to opioid overdose, so the course was tailored to their own legislation, however, there are courses here in California. Its goal is to educate people to recognize opioid overdose, recognize potential risks of overdose, and most importantly, how to respond in the event that they encounter the situation. What was really interesting to me is that Tennessee's laws are written to where naloxone can be prescribed to people who don't even take opioids themselves, but perhaps have a family member or other loved one that does. I think that these initiatives to prevent deaths related to opioid overdose are a great way to educate the public on this issue and take action, and wish I knew about this much earlier! Even more interesting – California laws make it possible to obtain naloxone without a prescription, making it even more accessible! I think that as nursing students, taking action against this crisis in America is extremely vital, especially if we have loved ones that use opioids – we could save countless lives!

-Chloe Jacobsen, 2018-2019 CNSA SDSU Vice President

During the NSNA Convention, many topics were discussed but what interested me was maternal infant health. More specifically prenatal care of mothers as well as infant care. During resolutions hearing, resolution 3 in support of education about risks to infant and toddlers in sitting and carrying devices, resolution 47 in support of awareness and increased research about the correlations between prenatal folic acid intake and autism spectrum disorder development, and resolution 61 increased awareness and education about prenatal care in the united states were proposed and passed. It was a great experience to learn about the concerns of other states and nursing students. I had no idea that mothers and parents where not educated about infant safety in sitting and carrying devices or that there is not sufficient research on the correlation between folic acid and ASD. From my surroundings, I had thought there was a lot of awareness and education about prenatal care but there are not enough in most places. I loved being able to participate in the house of delegates, because it brought to my attention the many different concerns and the potential for change in nursing care. I also attended a breakout session by Diane Spatz about a career as a nurse scientist in human milk and breastfeeding. Although I had learned that breast milk is the best option for babies, but I had no idea all the benefits that included. I also learned lot about addressing breastfeeding barriers as well as how to work with the mothers to promote breast pumping to increase their milk supply. NSNA convention was a great experience and I encourage anyone who is interested in learning more about the nursing profession to go to experience it for themselves.

-Dee Dee Micare

Convention was amazing, and I recommend everyone go if they have a chance. After I went to mid year conference in San Diego last November, I knew I had to go to Nashville. I heard presentations from nurses passionate about diversity, health abroad, nurse innovators and so much more. Most of the speakers were empowering, strong women, but it was two younger men that truly inspired me during NSNA Convention. Marcus and Ian, a great pair from the lovely city of Philadelphia, Pennsylvania. They found an opportunity to volunteer with the homeless at a local church during their sophomore year of college. The interactions with the homeless led them to start a company called Up and Running Healthcare Solutions. They recognized a need for dependable partnerships to help rid of the health disparities the homeless population faces. Homeless people are at a disadvantage when it comes to health care resources and more than half live with fair to very poor health, 68% of which live with 2 or more chronic medical conditions. They highlighted quotes from their clients and reminded us that the most important thing for us to do with this population is to get on their level and build a rapport. Obviously this does not only apply to homeless, but to all of our patients. Numerous times these people stated they were never truly listened to about their health care problems until these two created this adaptable solution. The company focuses on the coordination of person-centered care by emphasizing the attitudes of health care providers and access to care. This dynamic duo sought out the opportunity to turn a health disparity into sustainable health resources.

-Marissa Isquierdo, 2017-2018 CNSA SDSU Breakthrough to Nursing Director



"As an active advocate for mental health wellness, what stood out to me the most at the NSNA Convention as a delegate was how dedicated nursing students nationwide are to the mental wellness of health care providers. Three resolutions were passed by the House of Delegates: "Resolution 4: Increased Support for the Awareness of Code Lavender for Emotional Well-being of Healthcare Providers," "Resolution 38: Increasing Awareness Regarding the Prevalence of Depression in Nurses," and "Resolution 58: In Support of Fostering Compassionate Care in Nursing Students." These resolutions emphasize the significance of self-care and self-compassion in providing a healthier, safer, and more efficient patient care.

So often, we forget to think of ourselves. Many think that this only means we forget to eat, exercise, and sleep. However, this lack of self-care results in higher risk of mental health decline, especially when we experience traumatizing events in a clinical setting. This can also result in burn out, which will then only lead us to spiral down a deep, dark hole. So often, we think that desensitizing ourselves is the best way to handle a traumatizing situation we may have faced while on the floor, yet it only allows us to continue with our day after seeing a patient's death. The truth is, vulnerability will allow us to comfort our patients in hospice and palliative care, while also building rapport and providing comfort to family members. However, we will not be able to provide this if we do not take care of our emotional and mental well-being by using healthy coping skills and learning to be kind to ourselves. After all, how can you give from an empty cup? We, as future healthcare providers, must take care of our own emotional and mental wellness before being able to provide the most authentic and compassionate care that our patients deserve."

-Annika Bilog



10/10 recommend convention (especially when it's in a city like Nashville)! It was such a fun, informative, and moving experience. This was my first convention and I met so many cool new people from all over the country. One of my favorite and most memorable parts was listening to a nurse emphasize the importance of knowing that we are more than "just a nurse." I think that it is important for us to remember that because we are so much more than that and we deserve the recognition. I also attended a focus session that discussed the importance of LGBT patients and the care that they receive. They addressed the fact that nursing school curriculum does not include much on this topic despite the LGBT community prevalence and health care professionals need for cultural competence. It was said that at the first patient contact we should be discussing the patient's preferences, including names and pronouns, to show respect and show that we care. It can really make or break their hospital experience. Personally, I would love to see more LGBT education in nursing curriculum. We highlight populations like the elderly and lower socioeconomic, why not the LGBT?

I definitely am so happy that I decided to go to NSNA Convention. There were a lot of eye opening, learning, and networking experiences. If you get the chance, don't skip out on an experience of a lifetime!

-Sara Klein, 2017-2018 CNSA SDSU Fundraising Director

A BIG THANK YOU to all the new members that joined this past 2017-2018 school year because the 122 of you are the reason we won the NSNA Project InTouch grand prize in recruiting the most recorded number of new members in the nation this past term! Haley and Vyanna had the honor of representing our chapter on-stage at NSNA Convention and received the award. Project InTouch is an initiative within NSNA that works to promote member expansion. They put forth the plan for chapters to recruit new members and they support the growth of the organization as a whole by offering incentives and prizes for recruiters like Vyanna and Haley to continue recruiting new members.

Vyanna was a speaker at a focus session workshop and shared our recruitment initiatives with other nursing student associations, including our Sophomore New Student Orientation and Freshman New Student Orientation. The workshop also involved a discussion portion in which we shared about our mentorship program, which not a lot of school chapters have and is a baby program we are continually working to improve!

-Haley Hunter and Vyanna Ma, 2017-2018 CNSA SDSU Membership and Mentorship Directors



H.E.A.L Thailand

By Vyanna Ma, 2018-2019 CNSA SDSU President

Choosing a nursing-related study abroad opportunity was one of the best decisions I have made, and I left a piece of my heart in Sangkhlaburi, Thailand. There are so many ways to describe my trip abroad. Eye--opening. Heartwarming. Revitalizing. I learned, lived, and grew so much both professionally and personally in less than two weeks.

One of the most wonderful and heartwarming aspects of Thailand is the people. The program coordinators, the interpreters, volunteers, and villagers are filled with such cultural kindness. Their genuine smiles and respectful mannerisms are ingrained into their daily way of life, and I though my Thai was limited to about five phrases I felt so connected to the people there. Relationships were built through the actions in the consistent smiles, formalities, helping hands, and food offerings. The atmosphere and environment were so warming, both literally and figuratively.

Another highlight was the immense opportunity to thrive as a person and nurse. I worked closely with a medical doctor, residents, physical therapists, and fellow healthcare pre-professionals. It is incredible to look back and retrospectively see how comfortable and confident I have grown. My role in the clinics was either to triage incoming patients or perform full and focused assessments. Some of the duties my role entailed involved organizing an efficient workflow, communicating, educating, reporting to the physician or resident student, and providing comfort. The immense amount of experience and practice I gained was a remarkable blessing. This brigade was my nursing student milestone that made me feel more competent as a nursing student.

Thailand was an experience of a lifetime. A group consisting mainly of nursing students teamed up with CHHS faculty, physical therapy students, medical doctors and residents to provide free healthcare for rural communities in Thailand. Along with the team from San Diego, we partnered with the program coordinators and translators that welcomed us in Thailand. I felt so incredibly alive with the array of new experiences in Thailand, and it served as an important reminder to be present for the patient. It is so important to be there, to be in the moment, to be able to both apply previous knowledge and adapt to new situations. It was a breath of fresh air and a perspective that I greatly cherish as I move along my path of nursing.



Vyanna & Elena with the group of residents they worked with at the farewell dinner.



Keeping a kiddo company as he waits for mom to go through the clinic!



Tin & Vyanna after a long drive on the back of a truck after working a free clinic in a rural village!

Assessing a patient at our free clinic



2018 volunteer group consisting of HEAL student members, CHHS faculty, doctors, residents, and physical therapists.



Triaging a sick child with Josh and a translator



Every morning, our group divides into transporting trucks to ride through freeways and unpaved roads. It's a dusty journey!



Having the time of my life helping people in Thailand!



After a long day at the clinic, we explored the night market with one of the translators!

Global Awareness of Health Practices

By Ann Marie Correa, 2016-2018 CNSA SDSU Global Initiatives Director

Two years ago I spent my summer in rural villages throughout the Andes in Peru. We were there to build green houses for the villagers high in the mountains because of the severe temperature changes. We worked with the locals, cooked and ate with them, and lived in the same space as them. Those nights were the coldest I have ever been. It was so cold that it kept us up at night, especially since we all knew that the locals whose homes we were staying in had given us most of the blankets that they owned. Living in this environment, I kept running into the health disparities that these villagers faced. The little kids with rosy cheeks that I played with every day had a wet coughs and green nasal secretions, the adults who we gave our Tylenol to help bring down fevers, the women who came and put a herbal black paste on a team members swollen foot, and the whole day it took to figure out if the dog that bit another team mate had rabies since they did not have a rabies shot on hand all stayed with me long after I left Peru.

After all of these experiences I came home to the comforts of Western Medicine. I did a lot of research on the types of medical care in Peru. They have a decentralized health care system administered through 5 entities: the Ministry of Health, EsSalud, the Armed Forces, the National Police, and the private sector. There is an inequitable geographic distribution of health workers, with a majority of them on the coast. Therefore, inland mountain villages like the ones I was in see very little benefits of health care a year. They have a lot of herbal

remedies, but those only go so far. Poverty, household overcrowding, and poor sanitation are common among these groups. Furthermore, they also face poor levels of health education and on-going barriers to accessing healthcare. These factors combine render these populations vulnerable to disease and other health problems.

I was drawn to working with this population. Their genuine kindness with their simple means of life built on a foundation of hard work was inspiring. They gave us everything they had, and we were complete strangers to them. I have always been drawn to seeking out different cultural beliefs and health practices, and trips such as this one renew my passion. I hope to one day be able to work with interdisciplinary teams to get improved access to health care to these areas.

This summer as you travel abroad, I urge you to take note of different health practices. Explore different cultural practices and try to understand different spiritual beliefs, and leave your personal biases behind. Look for the disparities or even better yet, areas on which we ourselves can improve. We, in California, are lucky to have such a diverse population and being open to new ways of doing things as well as being respectful of different cultural and religious practices are vital to the advancement of health care.



Where Are They Now?

Here is the story of past CNSA President Gina Hernandez. Take a look at how far she has come since graduating in 1999!



Nursing school was one of the best and hardest and most rewarding experiences of my life...Professors whose names I still reference and correspond with via email and Christmas cards...Lasting friendships ring true today even as we look forward to celebrating 20 years since graduation in May 1999. These friendships and support system as nurses are close throughout the year, although in location we are spread out. We make sure to meet at our annual reunion in Cayucos, California with our families. Some of those friendships were made in CNSA. What an amazing year I had as the CNSA President! Traveling, learning, advocating, networking, having a blast!

I was an ICU nurse in my heart from early on and became a member of AACN before graduation. I started that summer as a new grad in a critical care program at UCSD. It was facilitated jointly with the San Diego chapter of AACN. It was a 12 week program with a didactic classroom day as a county-wide group weekly and then skills and preceptor orientation shifts back at our home hospital units. I worked in the UCSD Thornton ICU for 2 years...also floating and learning at the Hillcrest SICU and CCU. That was an amazing opportunity with fantastic CNS leaders and educators. I spread my wings with travel nursing wanting to see if I could "sink or swim" in other critical care environments. I achieved my CCRN certification in Oct 2001. My path led me to experiences in Post Anesthesia Care Units when the ICU units would "overflow" and occupy PACU beds temporarily for high census periods. I began doing per diem shifts and taking continuing education courses in periop recovery with the standards of the ASPAN professional organization (American Society of PeriAnesthesia Nurses.) After I married my nursing school sweetheart, Fred Hernandez (also SON grad May 1999), we settled in Orange County. I utilized registry nursing to explore the surrounding hospitals and critical care units and chose my home at Saddleback Medical Center, part of the MemorialCare system. From 2003-2015, I enjoyed working in the Saddleback PACU/Recovery Room where I was able to care for critical patients as well as ambulatory surgeries...in one day I could have an open heart surgery patient, craniotomy, and also a same-day outpatient surgery who discharged to home. It was a great way to broaden my skill set. Along the way, Fred and I had 3 children, our daughter is 13 now and our twin boys are 10.

For 12 years, I loved having my awake, talking patients and my very sick and sedated patients in one setting. I became a relief charge nurse and then the Assistant Operations Manager. Teaching and helping nurses at the bedside was and continues to be a passion of mine whether it is a pathophys or therapy concept or how to use a new device or technology like participating on the steering team for our Epic go-live in 2006. In 2012, I graduated from the MemorialCare Nurse Leadership Academy. My organization has provided many opportunities like the leadership academy to develop professionally. I tell others I am a product of transformational leadership from my first manager, Maria Gutierrez (also a SDSU SON grad 1990) to my CNO to the COO of our organization who is a Registered Nurse. In 2015, I accepted the position of ICU Nurse Educator. I am so proud of my critical care team at Saddleback and the work we are doing to implement best practices for great outcomes for our patients. Our hospital just received our first Magnet designation last week! The call came in on March 14! I continue to learn and grow everyday... it started with lessons and a passion for critical thinking from SDSU SON that are a part of my practice now at MemorialCare...Exceptional People, Extraordinary Care, Every Time.

Spring 2018 Awards

CHHS Outstanding Student Organization of the Year

CHHS President's Award



Aztec Dance Marathon Top Fundraising Small Student Organization

We raised \$7,164.00 for the children at Rady Children's Hospital! Thank you to everyone who donated and came to the event!



NSNA Project InTouch Recruiter Award

We were top recruiters in the nation with the most new members this year!





Contact Us

PRESIDENT: VYANNA MA

SDSUCNSAPRES@GMAIL.COM

VICE PRESIDENT: CHLOE JACOBSEN

CNSA.SDSU.VP@GMAIL.COM

TREASURER: LEIZL RODRIGUEZ

SDSUCNSATREASURER1@GMAIL.COM

SECRETARY: SARAH KARP

SDSUCNSASECRETARY@GMAIL.COM

LEGISLATIVE: CRISTAL VIEYRA

SDSUCNSALEGIS@GMAIL.COM

COMMUNITY HEALTH: TABITHA CHUA & KIANA SCHAUBEL **SDSUCNSACOMMUNITY@GMAIL.COM**

BREAKTHROUGH TO NURSING: BLAISE OWEN & JENNA FONG **SDSUCNSABTN@GMAIL.COM**

FUNDRAISING: CARISSA FONG & PAYAL PATEL **SDSUCNSAFUNDRAISING@GMAIL.COM**

MEMBERSHIP/MENTORSHIP: TAYLOR BODEN & KRISTINA POPE **SDSUCNSAMM@GMAIL.COM**

GLOBAL INITIATIVES: AMAIRANI GROVER & PAULINE AMONG **SDSUCNSAGLOBAL@GMAIL.COM**

IMAGE OF NURSING: AYDA SHAMSIAN **SDSUCNSAIMAGE@GMAIL.COM**

COMMUNICATIONS: NICOLE PERRIN **CNSACOMM@GMAIL.COM**

CNSA

Spring
2018

This issue of the Vital Signs Newsletter has been brought to you by the SDSU CNSA Vital Signs Committee:

Nicole Perrin (2017-2019 SDSU CNSA Communications Director)

Remington Mooney

Vyanna Ma (2017-2018 SDSU CNSA Membership & Mentorship Co-Director)

with contributions from:

Sheryl Warfield (2017-2018 SDSU CNSA President)

Kara Neiders (2017-2018 SDSUCNSA Image of Nursing Director)

Ann Marie Correa (2016-2018 SDSU CNSA Global Initiatives Co-Director)

Hayley Hunter (2017-2018 SDSU CNSA Membership & Mentorship Co-Director)

Annika Bilog

Sara Klein (2017-2018 SDSU CNSA Fundraising Co-Director)

Dee Dee Micare

Marissa Isquierdo (2017-2018 SDSU CNSA Breakthrough to Nursing Co-Director)

Chloe Jacobsen (2018-2019 SDSU CNSA Vice President)

VISIT US ONLINE
sdsucnsa.com

