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## Thanks for the Memories

by Stephanie Huang



New Jersey Nursing Students, Inc. (NJNS) board of directors hope that all attendees truly enjoyed and benefited from their experience at the 62<sup>nd</sup> annual convention this past February! There were over 1,000 student attendees from all over the state of New Jersey, excellent speaker breakout sessions, exhibit hall, House of Delegates (HOD), and much more. All attendees should be incredibly proud for representing their nursing schools, demonstrating positive eagerness to seek out new learning opportunities, and most of all, for taking that step to engage with the world of professionalism. It is our desire that the NJNS annual convention be a springboard

into the professional arena for all students as they continue their nursing careers.

The theme for this year's convention was *C.A.R.E. for Yourself, Your Peers, and your Patients: Camaraderie, Attitude, Respect, and Encouragement*. In a profession built on providing care, it is crucial to determine what caring means. The keynote speaker, Dr. Leo-Felix Jurado, from William Paterson University, expounded on this theme of caring. He shared key principles of what it means to care: recognizing someone by name, being a good listener, conversing with them about their interests, having a friendly smile, and in essence, making them feel valued. All together, this forms a winning attitude that not only allows one to care for others, but to care for oneself as well.

Dr. Jurado also encouraged students to take time to recognize those who have cared for them as they embarked on the journey of caring for others. Such individuals may include mentors, instructors, and even family members. During the annual convention, NJNS took the time to recognize deans, directors, and faculty who support their students' involvement in our pre-professional organization at the annual Deans and Directors luncheon. Without the support of great leaders, students would not be able to afford the rich opportunity to network, learn, and grow professionally at the NJNS

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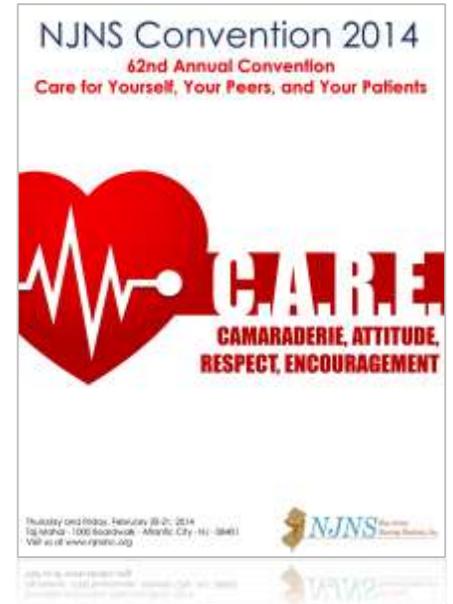
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annual convention. It is because of leaders who value students' professional development that students venture to take the brave step into leadership.

I could not be more honored to have served with the NJNS board of directors this past year. Each member's commitment to this board and to one another was evident throughout the entire year. I am proud to say that they have truly demonstrated the core characteristics chosen for this convention: camaraderie, attitude, respect, and encouragement. We worked together so that all students could have as enriching an experience as we have had in the past as an attendee of the NJNS annual convention. In doing so, we have been

stretched and strengthened as a team to exhibit leadership skills we never thought possible, or even thought we could possess.

Thank you for giving me the privilege of serving as your president in 2013-2014. I am excited to pass the baton of leadership to a board of directors that is incredibly passionate, positive, and committed to professionalism. They will undoubtedly lead students to discover the richness of nursing. May this honorable profession ever capture your minds, hearts, and spirits as you take every opportunity to seize the day and *care!*



## Speaker Sessions were a Stupendous Success!

by Valine Bogue



The 2014 annual convention for New Jersey Nursing Students, Inc. (NJNS) had a plethora of opportunities for attendees, including dozens of sessions on important topics for nursing students and review sessions to both enhance and prepare students for their future endeavors. Every year changes occur in nursing and healthcare and the sessions provided at the annual convention reflect these changes. On the first day of this year's convention, sessions ran from 9 am to 5 pm with 48 break-out sessions provided by speakers

from various hospitals, colleges and universities, and organizations. These sessions covered topics on rehabilitation nursing, tips for post graduates, caring for the LGBTQ population, and many more. These hour-long sessions allowed students to learn about numerous topics in one day, to maximize their learning experience.

On the final day of the convention we had two three-hour long sessions to delve into topics most important for students. Ann Wood, RN, MSN from Hurst Review held a mini-NCLEX review, providing attendees with hand-outs to take home and key reminders to pass the NCLEX the first time. Hurst Review has provided this session for the past several years and continues to be a hit among nursing students. At the same time, Robert Atkins, PhD, RN, FAAN provided a session entitled *Getting the Most from Nursing School* geared towards the underclassmen that explored significant pointers on how to make nursing school manageable. The NJNS convention strives to provide attendees with worthwhile experiences during which they can enhance their education and be inspired then to pass along knowledge acquired to colleagues when they return to school. From the reviews we've received from convention goers, this year's selection of speakers and topics was a great success! On behalf of NJNS, I would like to thank all the knowledgeable speakers as well as the dedicated student body that attended this year's convention making it the best one

yet! I look forward to seeing you all next year.

If you would like to be a speaker at next year's convention or you know someone who has an inspirational and educational topic to bring forth to the nursing students of New Jersey, please email [zndvp@njnsinc.org](mailto:zndvp@njnsinc.org).



# Exhibitors and Networking

by Anamaria Bancelos



The theme of this year's New Jersey Nursing Students, Inc. (NJNS) was *C.A.R.E for Your Peers, and Your Patients: Camaraderie, Attitude, Respect, Encouragement*.

Professionalism was the feeling in the function rooms at the hotel in Atlantic City. Students were eager to learn from the various speakers and had resumes in-hand to network with the different exhibitors. During the open ceremony the keynote speaker, Leo-Felix M. Jurado, PhD, RN, NE-BC, APN, CNE, member of New Jersey Board of Nursing, past president of the Philippine Nurses Association of New Jersey (PNANJ) and past president of the Philippine Nurses Association of America (PNAA), provided emphasis on caring for ourselves, our peers, and patients.

Many nursing students get nervous when they think about meeting people in a

professional venue. Any convention is a great opportunity to meet new people and meet potential employers. Exhibitors gave away amazing raffle prizes. Hurst Review Services offered a free NCLEX course and cardiaced.com gave away classes for CPR, IV education, PALS, ACLS, basic EKG and emergency pharmacology. Other exhibitors gave away a variety of goodies. Kessler Institute for Rehabilitation announced its summer externship program and encouraged students to apply. Students who are accepted begin their first week of June and continue for 8 weeks. The students will have a chance to rotate through its three locations. Many colleges were present and offered different types of bachelors, master, and doctoral programs for those who were looking into continuing their education.

Many opportunities are available when attending a convention. Maximize your time at the convention by using the following tips.

**Dress professionally.** You'll make your most of your important professional contacts here, and first impressions count. Dress well—a business suit is the best thing to wear—and people will assume you have your act together.

**Target exhibitors you most want to visit.** Look at the list of exhibitors when you arrive, circle those you don't want to miss, and visit them first. When you're finished, browse through the remainder of the exhibit hall.

**Use good body language.** Your posture, mannerisms, and carriage make a strong statement about who you are. Stand and walk tall. Give the impression of being confident, regardless of how you feel.

**Take lots of business cards.** Think of these events as *the* networking events of the year. That means you'll be making lots of new contacts and should come prepared with plenty of business cards. Put them in an easily accessible spot so you're not hunting in your purse or pockets to find one.

**Take copies of your résumé even if you're not job hunting.** You never know when an interesting opportunity may present itself. An important part of networking is planting seeds for the future. Someone you meet may call you a year later, so always be prepared to make the connection.

**Get business cards from new contacts.** Always ask for business cards from people you want to stay in touch with.

**Follow up.** Send follow-up notes and make follow-up phone calls after the event. Then stay in touch with your new contacts.

NJNS hopes that those who attended benefited from the convention and for those that were not able to attend, we hope you will be able to attend next year.



# A Heartfelt Thank You

by Heather Foley



I would like to thank everyone who participated in community health events at the New Jersey Nursing Students, Inc. (NJNS) convention in February. It was a pleasure to meet so many student nurses from all around the state. Our organization exists to serve the nursing students of New Jersey, and you, in turn, provide invaluable service to your communities.

Very special thanks are owed to those who gave blood at the American Red Cross blood drive at convention. Thanks to your selfless donations, twenty-three pints of blood were collected, which will save sixty-nine lives. These donations also came at a

time of great need, as winter storms have significantly impacted blood collections. Going forward, blood drives are a great idea for community service events, and can be held at your nursing school or local hospital. For more information, please visit [www.redcrossblood.org](http://www.redcrossblood.org).

As you may already know, this year's NJNS community health project is focused on women's heart health. At convention, I held a focus session titled *Follow Your Heart: The Nurse's Role in the Fight against Women's #1 Killer*. I would like to thank those who attended this focus session. I hope you all learned much about the unique pathophysiology and symptoms of female-pattern heart disease, and how nurses can make a difference by providing effective patient advocacy and education. For those of you who were unable to attend, I have posted a video on the NJNS community health project webpage that contains everything discussed in the focus session. To see it, please visit [www.njnsinc.org/community-health-project-2013-2014](http://www.njnsinc.org/community-health-project-2013-2014).

One of the goals of this year's community health project was to raise funds for the American Heart Association's *Go Red for*

*Women* campaign. Earlier this term, we designed apparel featuring a unique *Love Your Heart* logo, and offered the apparel for sale on a fundraising website. Thanks to your generosity, NJNS has raised \$1035 for *Go Red for Women* this year! I hope those of you who purchased apparel will wear it to raise awareness about the greatest health threat women face, and that it will serve as a good conversation-starter with your friends and family.

All convention attendees received a business card listing female-pattern heart attack symptoms. Mine is located behind the hospital ID badge I wear to clinical, and serves as a reference and conversation-starter. I hope you will consider doing the same. If you are interested in obtaining more of these cards for educational purposes, please feel free to contact me. The card image is also available for download on the NJNS community health webpage.

Finally, I am pleased to announce that I will be serving as NJNS president for the 2014-2015 term. I am so excited to work with my fellow board members to offer you a variety of educational and networking opportunities, scholarships, and prizes.

The purpose of NJNS is to serve you, so we welcome you to contact us for any reason. We welcome your feedback on any NJNS events you attend, and would be happy to assist and support you with any school or nursing-related issues you may have. From starting an SNA chapter at your school, to hosting community health events, we are here for you. I look forward to getting to know you all in the year to come.



## Congratulations to the New Board 2014-2015

by Franckel Gabriel



It is my pleasure to congratulate and welcome the new board for New Jersey Student Nurses, Inc. The elected members were voted into office during our annual

convention in Atlantic City in the delegate voting. As the membership/nominations director, it was my responsibility to run the election and communicate with the nominees. It is my honor and privilege to present the following members with their titles.

- Heather Foley- President
- Jacqueline Hunterton-Anderson- First Vice President
- Franckel Gabriel- Second Vice President
- Ronnie Cahill - Secretary
- AnaMaria Bachelos- Treasurer
- Ahmad Saleh- Resolution Director
- Nikhila Manchikanti- Membership/Nominations Director
- Sherril Jorgensen - Community Health Director
- Marielle Sumergido- PulseBeat Editor/Public Relations Director
- Patricia S. Garcia- Breakthrough to Nursing Director

We currently have two open board positions. Please view our website, [njnsinc.org](http://njnsinc.org), to get more information on these positions. Our bylaws, passed at the House of Delegates (HOD) meeting during

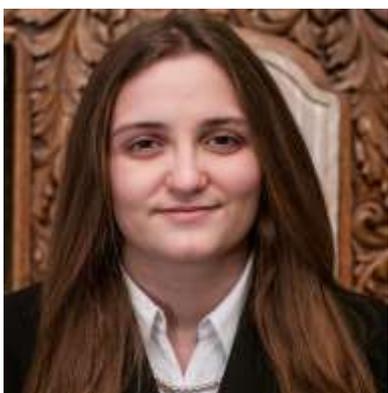
convention contains the information for each board position. If you are interested in running for either of these position, please contact me via e-mail : [membership@njnsinc.org](mailto:membership@njnsinc.org).

As we move forward to an exciting year with the new board, I am asking nursing schools of New Jersey, to take a stand and support our fellow students in their new roles. Again-, congratulations to the new board.



# A Whirlwind of Activity at 2013-2014 New Jersey Nursing Students, Inc. (NJNS) House of Delegates

by Margarita Molodan



At this year's House of Delegates (HOD), 49 delegates from all over New Jersey joined together for an intense three days of meetings and voting. I congratulate the new board members on their positions, and on running in such a competitive election this year. After lengthy discussion sessions, the HOD successfully passed the state resolution titled *In support of increased education on the risks of pediatric vaccination abstinence and to support recommendations made by the Centers for Disease Control and Prevention regarding pediatric vaccination*. The passing of the resolution at the state level allows it to be voted upon at the annual National Student Nursing Association (NSNA) convention in Nashville, Tennessee in April. Delegates also approved the bylaws amendments as presented by Valine Bogue, second vice president and chair of the Bylaws Committee.

As this year's delegate chair, I strongly encourage all students reading this to consider applying as a delegate for next year's HOD. While it is indeed challenging to wake up a full two hours before everyone else to conduct business meetings, it is also an immeasurably rewarding experience that allows students to experience their potential as nurse leader. As a delegate, it is an honor to

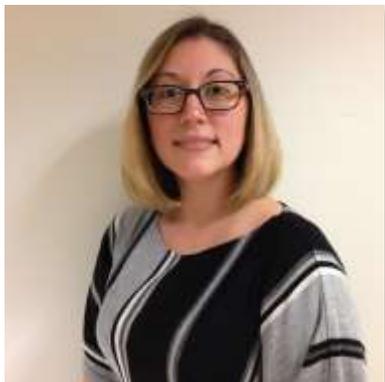
represent the school and be a voice for the nursing students of New Jersey. It is also a valuable pre-professional experience that will prepare students for the professional world. Board members' main mission is to serve the constituencies of the State and having a diverse group of delegates representing schools in New Jersey is the best way for students to do that.

In closing, I wish to thank all of our delegates for their hard work at this convention. From showing up early with coffee in hand to leaving late, you all have contributed greatly to this organization now, and in years to come. I look forward to seeing all of you, as well as future delegates from your schools at next year's convention!



# Making an IMPACT

by Jacqueline Hunterton-Anderson



This year's convention was a true success. Not only were students actively learning during sessions, but they were able to meet some of the people who help nursing students accomplish their dreams.

Webster's dictionary defines support as having the ability "to promote the interests or causes of others" (Merriam-webster.com). This describes why the Impact Award is so important. Nursing school is not easy and it may feel as a burden beyond measure if one is to face this alone. Having a supportive school and faculty can help students achieve milestones they may have believed were unattainable.

This year the Impact Awards were given at the Deans and Directors luncheon on Thursday, February 20th. These awards are given in recognition of an individual who has had an impact on the student's nursing education and/or career choice. This individual may be a dean, director, faculty member, mentor or relative who demonstrates support to nursing students. Recipients are chosen from applications submitted by nursing students. It is truly an honor to be surrounded by so many individuals who help the future of nursing so selflessly.

As a peer mentor and classmate, I can relate to the support needed to branch out of just going to class and taking tests. Having faculty that not only encourages students to move to the next level, but also allows them to achieve leadership opportunities is invaluable. There is a world beyond the clinical laboratory, a world of opportunities that, with the right guidance, can help many achieve endless goals.



## Thank you for Attending

by Patricia Kmita



I would like to thank all of those who attended the 62nd annual New Jersey Nursing Students, Inc. (NJNS) convention. It was truly an amazing experience and event. When I walked into the convention function room where we were having our opening ceremony, my heart leaped to see

all of the seats that would be filled with hundreds of nursing students from schools all across New Jersey. I was overwhelmed with emotion to see what a small group of students and advisors can put together and what an impact that group had on students who care about their future profession. Being part of such an organization has helped me grow both personally and professionally. I now understand how important it is to be involved with nursing organizations and that there's more to this profession than bedside nursing. Leaders, both formal and informal, play an important role in improving patient care and promoting proper treatment of patients.

As fundraising director, I was given the privilege of collecting donations that would be used in our gift basket raffle in the exhibit hall. Although putting gift baskets together might seem like a simple task, the money that we raised goes towards a very rewarding cause – scholarships. Our scholarship funds are awarded to nursing students who have financial need and demonstrate unique qualities and

accomplishments. This year, NJNS awarded \$7,500 to 9 deserving students: April Ancheta, Kelly Dato, Rashida Garrett-Hall, Lindsay Gerickont, Alexandra Germani, Catherine Kim, John Lucero, Alllyn Mitchel, and Julienne Marie Umali. I encourage students to apply for next year's scholarships and to take part in our fundraising opportunities because the more revenue we can raise, the more students we can serve!



## The Immigrant Health Injustice

by Aldreen Venzon



One of the overarching goals of Healthy People 2020 is to achieve health equity, eliminate disparities, and improve the health of all groups (About Healthy People, 2012). Yet, even with the attempts to move health care reform to the forefront of the U.S. government agenda, health disparities persist among non-citizens: immigrants and non-immigrants (Stephens & Artiga, 2013). There are key facts that need to be

considered when addressing the inequalities and injustices that this population faces.

### First, non-citizens are less likely to have health insurance and use health care services:

- 47% non-citizens lack health insurance compared to 16% U.S. born citizens (Stephens & Artiga, 2013).
- Nearly one in three non-citizen children lacked health coverage and are significantly more likely than citizen children to be uninsured (Stephens & Artiga, 2013).
- Foreign-born persons are more vulnerable than native-born persons to have no access to health services (Stephens & Artiga, 2013).

### Second, the U.S. limits health insurance coverage for non-citizens:

- Most legally present immigrants remain restricted to the five-year waiting period for Medicaid or Children's Health Insurance Program (CHIP) coverage regardless of their length of stay in the country.
- Non-immigrants are ineligible for Medicaid or CHIP.

- Only eight states (CA, DC, FL, IL, MA, NJ, NY, and WA) have established state-funded programs that provide coverage to immigrants regardless of status. (Medical Assistance Programs for Immigrants in Various States, 2014).
- Jacobs et al. (2002) assert the majority of non-citizens often work in low-wage jobs that do not offer health coverage to workers. This not only limits their access to employer-based coverage, but also private-coverage (Jacobs et al., 2002).

### Third, there are several factors that hinder the access of health care among non-citizens:

- Non-citizens are often reluctant to enroll for federal and state programs in the fear of immigration enforcement and worries of putting their own and their family members' status at risk.
- There is much confusion regarding their eligibility when enrolling in health care programs.
- There are various insurance criteria among different classes of immigrants, even if the individuals hail from the same country of origin.
- As a group, non-citizens face language and literacy challenges contributing to the struggles in applying for health care

programs. Pandey and Kagotho's (2010) study revealed that non-citizen's proficiency of the English language had a stronger effect on their health insurance status (odds ratio = 1.22) than did their years of education (odds ratio = 1.05) (Pandey & Kagotho, 2010).

- Foreign-born persons have less bargaining power because of their lack of work experience in the country. This prevents them from securing jobs that provide benefits, especially health insurance.

Providing U.S. non-citizens access to health services is not only in the interest of a single community, but also the entire public population. Uninsured non-citizens often avoid or even delay seeking care, specifically preventive services (Becker, 2004). Ultimately, their health conditions worsen presenting significant health risks to themselves and other people around them.

#### What can we, as nurses, do to improve access and health service use among non-citizens?

- 1) *Nurses can* initiate outreach programs to inform non-citizen families of their health coverage options and the health resources available to them in their community (Pandey & Kagotho, 2010; Yu, Huang, Schwalberg & Kogan, 2005).
- 2) *Nurses can* utilize the extensive reaching power of social media to spread facts about the health disparities the non-citizen population is facing. A study has found that social media platforms penetrate the population regardless of education, race, ethnicity, or access to health care (Chou, Hunt, Beckjord, Moser, & Hesse, 2009).
- 3) *Nurses can* understand the differences among non-citizen statuses and the programs that each individual is eligible for so they can assist their clients in an effective manner.

- 4) *Nurses can* encourage their non-citizen clients to take advantage of ESL services that are being offered in different communities. Investment in English as a second language (ESL) will improve not only non-citizens' English and job prospects, but also their access to health insurance (Stephens & Artiga, 2013).
- 5) *Nurses can* assist non-citizen families to overcome barriers to enrolling in health care programs, including confusion regarding their eligibility, fear of immigration enforcement, concerns about harming their status or the status of their family members, and difficulty completing the application process.
- 6) *Nurse can* advocate for their non-citizen clients by lobbying to lift the current five-year ban on Medicaid and CHIP for legal immigrants, pregnant women, and their children.

The first step towards changing is awareness. The non-citizen community cannot fight for the health disparities they are suffering from if they do not know what they are. Healthcare professionals and organizations are key in this health promotion process. We, as nurses, especially are the ones who can empower our non-citizen clients by letting them know of the disparities they must overcome. Share the facts about the Immigrant Health Injustice! You might save not just your clients, but also your friends, your families, and your own life.

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[Immigrantinjustice.weebly.com](http://immigrantinjustice.weebly.com)

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