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# The *Pulsebeat*

A Publication for New Jersey Nursing Students

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## A YEAR TO BE HEARD



Whether you are in your last semester at school or your first, I want to congratulate all nursing students. This profession is without a doubt one of the most caring professions. A nurse touches each and every life encountered.

Our job here as the New Jersey Nursing Students, Inc. (NJNS) board is to keep you informed and up to date on many issues and trends that nursing students will encounter. I encourage you to frequently check our website at [www.njnsinc.org](http://www.njnsinc.org) where you can find contact information for any one on the board. We are here for you.

NJNS has many stimulating issues on our agenda this year with exciting and educational events. Our first event is our annual Council of School Participants (COSP) meeting that will be held on October 8<sup>th</sup>. It is imperative that you can understand early in your career what being part of a professional organization really means. Our COSP presentation will answer these questions for you. I invite you to join us that day. Nurses as a whole can make a difference when it comes to health care issues. The best way to do this is by joining together as one voice through our professional organizations.

Other items on our agenda for the year are our Community Health Care, Breakthrough to Nursing, and Resolutions projects. Each of these projects is detailed in this issue of the *Pulsebeat*.

Finally, I invite you to start planning now to join us for our convention in February 2012 where you will share with us in "The Brilliance of Nursing: Celebrating 60 Years of NJNS, Inc." Our convention will be at Bally's Atlantic City on February 16<sup>th</sup> & 17<sup>th</sup>.

I wish you all success in your current school year and look forward to working with you as we all grow together in our profession and find ways that we can be heard.



Eleanor M. Lazar, RN  
President

## THE MYSTERY OF NURSING ORGANIZATIONS

With so many professional nursing organizations available, it can be difficult to know which one the new nurse should choose for membership. So many are specialized; geared towards detailed fields, while others participate at a state level or a country wide level. But what is their mission and what are the benefits of membership to any of these organizations?

Important legislation is being written, voted on, and enacted. All of this influences the way we, as new nurses, will practice. These organizations give us a voice. It is through membership in professional nursing organizations that we can stand up and be heard. While it can be confusing and even daunting to try to navigate our way through these organizations to find the right fit, there is a way you can get valuable information on the importance of membership.

We are having an event in October which will bring to light many important roles that professional organizations have in speaking for nurses. Together, we have a voice and that voice rings louder and stronger through our involvement in our professional organizations. Legislation does not need to happen to us if we join together and help make it work for us.

Come join us on October 8<sup>th</sup> at our **Council of School Participants (COSP)** to learn from nurses that are currently leaders in our nursing associations. During this COSP event representatives from various nursing organizations will answer questions posed by nursing students. Time will be allotted to allow for your specific questions. There will also be prizes and a scholarship given away. ***Most importantly, you can learn the real power that comes with being a member of a nursing organization!***

For more information and to register, please log on to our website [www.njnsinc.org](http://www.njnsinc.org) and find the COSP registration form.



Raquel Mora  
Secretary

## BE A DIAMOND, JOIN US, HELP FUNDRAISE



**B**e a diamond. We understand most of your days consist of eating, sleeping, and studying. Being in a nursing program is tough work ... no doubt about it. However, just going through a nursing program and passing the NCLEX does not always set your future up for success. In today's market, you are competing with the 'creme de la creme' for a limited number of jobs. This means you need to put your best foot forward and start improving your marketability ... **now!**

Getting involved in organizations is one of the best ways to make yourself stand out from other nursing students. Becoming a member teaches you the ins and outs of evaluating an organization and making steps to improve it. You learn how to become a leader, and every company looks for employees who possess leadership skills.

## SO ... WHICH ONE DO YOU JOIN?



**J**oin NSNA. As a nursing student, you are automatically eligible to be a member of the National Student Nurses Association (NSNA) which submerges students into the health profession even more-so than their nursing academia. And guess what!? Many schools already make an NSNA membership mandatory when entering their nursing program. They do this because they have witnessed, first hand, exactly what an impact NSNA has had on their past students.

New Jersey Nursing Students, Inc. (NJNS) is a constituent chapter of the NSNA. By becoming a member, you are granted access to thousands of health care professionals who are passionate to see the up-and-coming nurses succeed. You can be as little or as much involved as you want; from being a standard member to becoming a board member. Take advantage of this opportunity and let us **help the brilliance in you shine!**

## JUMP ON THE FUNDRAISING TRAIN



**O**ur members are all nursing students across New Jersey. Therefore, by default, every member already has a passion for helping others. One of NJNS's goals every year is to fundraise for a non-profit organization. The fundraising is fun to do and the results are rewarding. The blessing about fundraising is that every little bit helps ... so everyone who participates is directly impacting the non-profit organization.

Starting to fundraise is easy and every idea is a great one. You can join the fun by contacting NJNS and express your interest in helping the cause. Together we can better people's future. Don't wait to become a member and start exploring the world at your fingertips.



**Christina Nalbone**  
**Fundraising Director**

## BE ACTIVE IN YOUR COMMUNITY

**G**reetings fellow New Jersey nursing students! My name is Carolyn and I am your 2011-2012 Community Health Director! I hope everyone is ready to get back in gear and has enjoyed a relaxing summer! The board has been hard at work since our first meeting in May planning for the upcoming year. We have discussed many great changes and events for the upcoming year.

I am thrilled to announce the board has elected to invite DKMS Americas: Where Leukemia Meets Its Match as our 2011-2012 Community Health Project! DKMS Americas is a non-profit organization which enlists volunteers to become potential bone marrow donors. DKMS Americas facilitates the cost, process and paperwork required to become listed on the Be The Match Registry.

We are excited to incorporate DKMS Americas this year at our fantastic COSP event on October 8, 2011 in Trenton with information

on the organization, the bone marrow donation process, and ways you can host your own bone marrow drive on your local campus. DKMS Americas will also be involved at our annual convention in February 2012 at Bally's Atlantic City. Please look for more information on our Community Health Project. You can visit [getswabbed.org](http://getswabbed.org) and for everything else NJNS, visit [www.njnsinc.org](http://www.njnsinc.org)!

Attention nursing students of Mercer and Burlington counties: Court Appointed Special Advocates (CASA) of Mercer and Burlington counties is actively seeking motivated, outgoing advocates to accompany and give voice to the nearly 1000 children removed from their homes due to abuse and neglect in these counties. Please visit [casamercer.org](http://casamercer.org) for more information on how to get involved. I look forward to meeting you at COSP!!



**Carolyn Isabelle Bogdon**  
**Community Health Director**

## BREAKTHROUGH TO NURSING

Hello, my name is Avery Gardner and I am your NJNS, Inc. Breakthrough to Nursing Director for the 2011-2012 academic year. If you are interested in educating others about the wonderful world of nursing then becoming a Breakthrough to Nursing (BTN) Chairperson or committee member is right for you! The goal of Breakthrough to Nursing is to increase the number of qualified students enrolled in and graduated from nursing schools.

To meet this mission, this year our Breakthrough to Nursing project is focused on recruiting junior and senior high school students into the nursing profession. Our goal is to create a BTN committee at all interested nursing schools, comprised of 5-10 nursing students who are willing speak to and work with potential nursing students at their local high schools and teach them about the nursing profession. We will attend high school Career Days and communicate with the high school guidance counselors to organize a forum to speak to the students about career opportunities in nursing, academic prerequisites, personal attributes needed for professional nursing, the values of nurses and their service to society, and will discuss the nursing schools in their area.

We will remain in contact with all interested high school students and will walk them through the process of enrolling into a nursing program. Through this process, we will become their mentors and will help them reach their goal of becoming a Registered Nurse. Together, we will facilitate the development of peer support systems, which will enhance recruitment and retention within the nursing profession.

If you are a student who is passionate about nursing and want to get young people interested in nursing as well, then you would make a great Breakthrough to Nursing Chairperson at your nursing school. The school Chairperson will be the one responsible for implementing the project. To create your own school BTN Project you will need 5-10 committee members which would be your fellow nursing students, one Chairperson which would be the student who I will be communicating with throughout the year, and a faculty representative. Once a committee is established, we will contact your local high school guidance counselor and organize a forum to speak to the potential nursing students. As your college's chairperson you will hold a leadership position that future employers are looking for when they hire new nursing graduates.

If you are interested in creating a Breakthrough to Nursing project at your nursing school, or simply want to be a committee member and participate in one of our information sessions at a high school, contact me at [btn@njnsinc.org](mailto:btn@njnsinc.org). Together, we can educate, inspire, and prepare students to become future nurses. I look forward to working with you and wish you the best of luck this academic year.



**Avery Gardner**  
**Breakthrough to Nursing Director**

## WATER PIPE SMOKING: THE NEW EPIDEMIC

In a world where epidemics strike right and left, one in particular has stood out and come to NJNS Inc's attention. This epidemic — water pipe smoking — is commonly known as hookah around the United States, but is also known as argileh, goza, hubblebubble, and shisha (Knishkowsky, Amitai). This epidemic has taken over college students by storm and has also specifically impacted different cultural groups from which it originated. The common misconceptions associated with water-pipe smoking have led to many detrimental effects on users' health and longevity.

A mixture of tobacco, water, and flavoring is smoked from an apparatus composed of a head, metal body, glass bottle, and a connecting tube with a mouthpiece (Knishkowsky, Amitai). Due to the "sweet, aromatic, and fruity quality of hookah smoke" many young adults "believe it is less harmful than hot, acrid cigarette smoke" (Quenqua). In actuality, the risks of water pipe smoking are just as detrimental as cigarette smoking, if not more.

The common misconceptions have made water pipe smoking a seemingly harmless social activity. Because it is commonly used for socializing, smoking in groups is not out of the ordinary. However, when the mouthpiece is passed around, communicable diseases may also be passed along.

Evidently, there are many unfavorable effects that accompany water-pipe smoking and a need to raise awareness to these effects.

Though there is a lot more research to be done on this topic, it is decidedly an issue worth confronting as a resolution for NJNS. Thus the board has supported the commencement of a resolution in regards to water-pipe smoking. We invite you to look for this resolution in the future.

Knishkowsky, B., and Yona Amitai. "Water-Pipe (Narghile) Smoking: An Emerging Health Risk Behavior." *Pediatrics* 116.1 (2005): E113-119. Print.

Quenqua, Douglas. "Putting a Crimp in the Hookah." *New York Times* 31 May 2011, A1 sec. Print.



**Stephanie Huang**  
**Resolutions Director**

**JOIN US FOR COSP**  
(Council of School Participants)  
**Saturday, October 8<sup>th</sup> 2011**  
*Scholarship & Prizes awarded*  
Sign up at [www.njnsinc.org](http://www.njnsinc.org)

## SCHOLARSHIP OPPORTUNITIES AVAILABLE



The NJNS, Inc. Scholarship committee offers many scholarship opportunities for nursing students throughout the state. Eligibility requirements include current NSNA membership and attendance of the award ceremony at the NJNS Annual Convention February 16<sup>th</sup>, 2012. The scholarships are primarily need based and range in amount. Award amounts are determined once the application period ends and all applications have been received by the Scholarship Committee. Seven students were awarded scholarships at the 2011 NJNS Annual Convention.

One lucky student will be awarded a scholarship at the NJNS annual Council of School Participants (COSP) on October 8, 2011. The award amount is determined by the monies collected at that event. Take the time to complete the application; it may certainly be worth it for you!



**Candace White, RN**  
**Second Vice President**

## A NEW VISION

Through the many generous contributions from the students of New Jersey it is now possible for a blind or visually-impaired person to transform their life. New Jersey Nursing Students, Inc. worked closely with The Seeing Eye® in their Pennies for Puppies® program to sponsor a newborn Seeing Eye puppy. This program breeds, raises, trains and places the best dogs possible to safely guide graduates of their program as they reach to achieve their goals in life.

I sincerely thank everyone who has donated to our project last year and congratulate you on this achievement. Community project information for this year will be updated on our website at [www.njsinc.org](http://www.njsinc.org).



**Eleanor M. Lazar, RN**  
**President**

## YOUR 2011-2012 NEW JERSEY NURSING STUDENT, INC. BOARD



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**Regina Adams, RN**  
**Staff Advisor/**  
**Administrative Assistant**



**Council of School Participants (COSP) Proudly Presents:**

# *The Brilliance of Nursing.*



*Shine Brighter Through Your Nursing Organizations*

**Date:** October 8, 2011  
**Time:** 9:00 AM -12:00 PM - Lunch immediately following presentation  
**Location:** New Jersey State Nurses Association Headquarters  
1479 Pennington Road  
Trenton, NJ 08618

**Registration Fee: \$5 Pre-Registration/ \$10 On-site Registration**  
**All admission fees will be collected at the door.**

Pre-register in one of the following ways:

1. Complete the registration form on our website: [www.njnsinc.org](http://www.njnsinc.org); or
2. Fax registration form to: 609-883-5343 attn: Raquel Mora, Secretary; or
3. Email registration form to: [Secretary@njnsinc.org](mailto:Secretary@njnsinc.org)

**DEADLINE FOR PRE-REGISTRATION IS SEPTEMBER 25, 2011 - NO EXCEPTIONS!!!**

**A SCHOLARSHIP WILL BE AWARDED TO ONE LUCKY PARTICIPANT!!**  
**GREAT DOOR PRIZE GIVE AWAY!!**

**(MUST ATTEND ENTIRE EVENT TO QUALIFY FOR SCHOLARSHIP & DOOR PRIZE)**

*(Please type or print information legibly)*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_ NSNA Membership Number \_\_\_\_\_

School \_\_\_\_\_

*Presentation, lunch and prizes proudly sponsored by New Jersey State Nurses Association.*



**NJNS** New Jersey  
Nursing Students, Inc.

## Council of School Participants (COSP)

October 8, 2011

Visit [www.njnsinc.org](http://www.njnsinc.org) to register

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