

A Publication for New Jersey Nursing Students

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Impact

by Stephanie Huang



The thick pasty mud veraciously held its grip on the ankles of the left leg as the other turned to the side. The goosebumps rose slightly above the waist where the mucky water taunted to raise higher. A hand reached down, and the other reached up to grasp the one extended, right in time for the SNAP---. The impact of the pain sent chills through the entire body as the goosebumps covered from head to toe where the mucky water had then reached. On the ninth mile of the eleven mile obstacle race, this injury took place. Diagnosis: a torn meniscus. Nursing diagnosis: nursing student at risk of failing.

The impact of the injury brought about more ripples than imagined at the start line of the obstacle race. It threatened the

career of a nursing student, 5 months away from graduating, the active lifestyle, which provided sanity through the challenges of school, and it destroyed the spirit of "growing up and saving lives," when the reality settled that hers was sinking. And yet, ripples always lead into the calm and serenity of the glassy waters, in which one's reflection can be seen. Reflection. So it began. The extended hand saved me from drowning on that day. But the extended hands of my Dean, instructors, mentors, friends, family, and faith save me on a daily basis.

Every nursing program is a rigorous journey. It begins with a far-sighted possibility of a job post-graduation. It then leads to late nights spent with large textbooks, lots of coffee, and unhealthy sleeping habits. As the textbooks meet the reality of clinicals, the terror of talking to patients, or even the thought of talking to patients, settles in. But as the year ends, talking to patients are the least of a student's worries. This development that occurs is not only attributed to the situations that students are placed in but also by those who extend their help or guidance. They are the ones who show you how nursing is no longer simply a job, it is a career and profession, a passion worth pursuing. They are the ones who encourage you to care for yourself, so that you can care for your peers and future colleagues, and ultimately, to care for your

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patients. Who is the one who has impacted you the most and brought about your transformation? New Jersey Nursing Students, Inc. (NJNS) would love to recognize them at the NJNS annual convention in Atlantic City, held at the Taj Majal, February 20-21, 2014. Please visit njnsinc.org to submit the IMPACT award application.

Though the date of full recovery is still uncertain, I am encouraged by NJNS' 62nd Annual Convention theme: "CARE: For Yourself, Your Peers, and Your Patients." I am taking the time to care for myself. I am thankful for the support of my peers, and

am excited for the day I am back on my feet to deliver patient care. NJNS looks forward to creating the perfect venue to impact your career, providing insight into the nursing profession, and developing you as a leader at the 62nd Annual Convention. It is not too late to sign up to be an NSNA member and attend this great opportunity of networking, learning, and growing in February! Become a member now at nsna.org/membership.



Awesome Break Out Sessions at Convention

by Valine Bogue



Want to learn more about nursing policies? Want to learn tips on how to land the right job after college? Or how about learning to be better prepared for the NCLEX? These are just some of the dozens of interesting topics that will be addressed in break out sessions at the 2014 New Jersey Nursing Students, Inc. (NJNS) annual convention with its theme of C.A.R.E. for Yourself, Your Peers, and Your Patients: Camaraderie, Attitude, Respect, Encouragement. The first day of

convention is comprised of dozens of hour-long sessions given by exceptional speakers on various topics important for nursing students today. The information and tips learned in these break out sessions will not only help in current endeavors but also in everyday life.

The information I learned when I attended the 2012 NJNS annual convention as a sophomore in college are facts I still find to be useful and beneficial to both my practice as a nursing student, and as a member of society. That year I learned the dangerous effects that can accompany smoking hookah, a popular social activity among college-aged individuals. The facts I learned in this break out session, given by the current NJNS president and former resolutions director, Stephanie Huang, helped me educate friends and peers about the truth behind water pipe smoking.

With over forty different sessions to choose from, there truly is a session for everyone. The schedule of events for the two-day convention allows attendees to plan their agenda, attending as many sessions as possible. With so many great break out sessions to choose from, how does one choose? Throughout these sessions, attendees will learn and be introduced to knowledge that will become critical to their education as nursing students. They will gain confidence in themselves, as well as network, hopefully

making long lasting friendships with other nursing students just as passionate as themselves. So make sure you look out for our stand-out break out sessions this year at the annual convention! See you there!

Do you know of anyone who'd make an exceptional speaker for a break out session this year? It's not too late to recommend someone or apply to be a speaker! Look for more information on our website www.njnsinc.org.



Scholarship Recipients

by Anamaria Bacelos



Greetings, fellow nursing students of New Jersey, I am excited to be serving as the treasurer of the New Jersey Nursing Students, Inc. (NJNS) for the 2013-2014 year. As a college student, I dread the beginning of a new semester, because my financial responsibility for tuition and fees must be at zero. Most college students face the same issue because scholarships are becoming more competitive. The American Student Assistance (asa.org), a nonprofit organization with 50+ years of experience dedicated to helping students with their financial concerns, found young

Americans are so strapped with student loan debt that they are being prevented and /or delayed from pursuing a desired career field.

According to the report, 75% of survey respondents indicated student loan debt affected their decision to purchase a home; 63% said their debt affected their ability to make large purchases, like a car; and nearly 50% said student debt impacted their ability to start a small business. Survey respondents indicated that in addition to limiting their ability to make major purchases, student loan debt also impacts their important life decisions. Thirty percent responded that their student loan debt was the deciding factor, or had considerable impact, on their choice of career field; 47% indicated it was the deciding factor, or had considerable impact, on their decision or ability to start a small business; 29% indicated that they have put off marriage as a result of their student loans; and 43% said that student debt has delayed their decision to start a family.

NJNS offers need-based scholarship opportunities for nursing students throughout the state. We encourage all nursing students to apply for the 2014-2015 school years. To be considered for an NJNS scholarship, students must be current National Student Nurses Association

(NSNA) members and attend the award ceremony at the annual NJNS convention. Professional involvement, grade point average (GPA), financial need, a detailed merit essay, and letters of recommendation are considered in the selection process. Award amounts are determined once the application period ends on January 18, 2014. Scholarship applications can be found at <http://www.njnsinc.org>

Reference: <http://asa.org/about-us/media/pr/lifedelayed.aspx>



Keep the Beat Going...

by Heather Foley



The first time a woman has symptoms of heart disease may also be her last. Compared with 50% of men, a startling two-thirds of women with coronary heart

disease die suddenly, without having any prior symptoms (AHA, 2012). When women do have prodromal symptoms, they are often vague, and may be mistaken for heartburn or the flu. Unfortunately, many women – and many healthcare professionals – do not recognize these symptoms for what they are. To make matters worse, the diagnostics of today were not designed to discover female-pattern ischemic heart disease. While a simple cardiac catheterization is excellent at detecting obstructions in large coronary arteries, it is not able to examine the smaller coronary arterioles – the most likely source of ischemia in women (AHA, 2013). The story of women and heart disease may seem hopeless – but that is not so. We, as students and the nurses of tomorrow, have the power to make a difference.

This year's New Jersey Nursing Students (NJNS) community health project is all about promoting women's heart health,

and raising awareness of heart disease – the number one killer of women. As community health director, I have made it my mission to fight this formidable foe, and to empower nursing students around the state to do the same. Because knowledge is the greatest tool for change, I have created a webpage containing a variety of resources on women's heart health. There are links to articles and papers, an inspiring and informative TED-Talk from a leader in the field, a list of female-pattern heart attack symptoms, and much more. To access this information, just visit njnsinc.org/community-health.

It was a pleasure to discuss this important issue with students at our COSP event last month, and I am looking forward to doing the same at the NJNS convention in February. I will also be holding a breakout session on – you guessed it – women's heart health, discussing pathophysiology, diagnosis, treatment and prevention, and

what we can do to make a difference. The theme of our first-night party will also be "Paint the Town Red" in support of women's heart health. I hope to see you all there wearing something red!

In the meanwhile, there are many ways to get involved, starting today. For starters, we can all become more knowledgeable about women's heart health, and learn about prevention strategies and symptoms of heart disease. From there, we can become heart health advocates in our everyday lives. Start with your own heart, remembering that in order to care for others we must first care for ourselves, and that we must lead through our actions, not only our words. Then, we can spread the message to our loved ones. Tell her – your mom, your sister, your wife, your girlfriend, your daughter – that you care for her heart by sharing how and why to lead a heart healthy life. Tell the men in your life as well – as heart disease affects us all. We can also raise awareness in clinical through nonjudgmental, compassionate patient teaching, and carry this practice into our future careers as nurses.

In addition, save the date – the next National Wear Red Day will take place two weeks before our convention, on February

7th, 2014. Please visit goredforwomen.org to find out more and download a variety of useful resources. You can join a Wear Red event near you, create one with your school's student nurse association (SNA) chapter, or even team up with a local hospital to create an event and raise awareness of this killer. If all of this sounds great but you just don't have time to spare, you can still make a donation to Go Red for Women by visiting the NJNS fundraising page – please check out the community health webpage for more information.

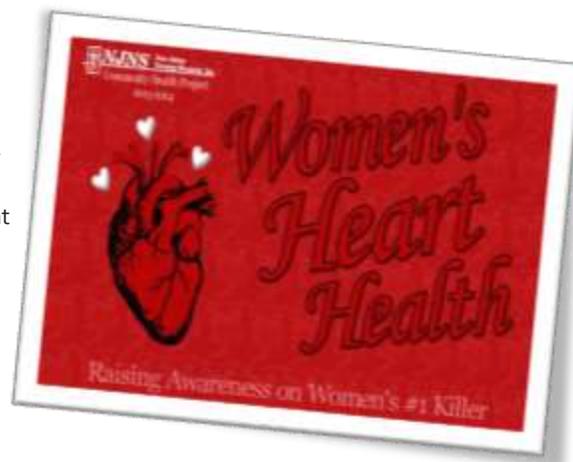
Together, we can all make a difference. We can change the story of women and heart disease through education and advocacy, for the sake of our patients, our loved ones, and ourselves. I look forward to collaborating with you on this important issue, and welcome you to email me at communityhealth@njnsinc.org with any questions, suggestions, or concerns.

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Making a Difference: The NJNS, Inc. Convention

by Franckel Gabriel



The New Jersey Nursing Students, Inc. (NJNS) is holding its annual convention on February 20th and 21st, 2014 in Atlantic City, New Jersey. To prepare for this

event, the board is looking for students to represent their schools as delegates in the House of Delegates meetings to determine the business of the organization. Monitors assist throughout the convention as needed.

The House of Delegate is the voting body of NJNS with the number of delegates based on the membership in each member school. Delegates hear the resolution, discuss proposed bylaw changes, and vote for next year's board; therefore, they must be available for meetings during the entire convention. To be prepared for meetings, all delegates must review the information presented in the convention binder.

Monitors support events during the convention. Their duties include being present for the convention, completing the assigned activities, assisting with the election, and reporting to the membership/nominations director.

NJNS is looking for individuals who want to make a difference, have a willingness to learn, and the drive to explore new opportunities. Applications will be available to the membership on our

website and in print. Consider volunteering, send in an application, and make a difference.

Becoming a delegate or a monitor at the NJNS convention is a great opportunity to learn how to improve leadership, communication, and decision-making skills. Please feel free to contact me via email for more information at membership@njnsinc.org. Make a difference in yourself and NJNS.



Resolution Session at Convention

by Margarita Molodan



As Thanksgiving approaches, nursing students in New Jersey can breathe a collective sigh of relief, go home, and spend some time with friends and family. As soon as the holiday starts, it's over. Then, Christmas and the winter break approach! Students know what that means: the 62nd annual NJNS convention is coming! The convention will be held at the Taj Mahal in Atlantic City on February 20th and 21st, 2014. It may seem like it's a long way off now, but it will be here before

you know it.

At convention, those students who serve as delegates will attend the House of Delegates sessions where they will read and vote on the 2013-2014 NJNS resolution regarding the pediatric vaccination controversy mentioned in the August 2013 Pulsebeat issue (Molodan, 2013). Delegates from schools all over New Jersey will vote on this resolution, and determine if it passes. If it does pass, it is eligible to be voted on at the annual convention of National Student Nurses Association (NSNA).

However, if you are not a delegate, don't worry! You still have a chance to read the resolution and learn more about the measles, mumps, and rubella pediatric vaccine controversy in the informational session that will be held during convention. On Thursday, February 20th, I, as the current Resolution Director for NJNS, will hold a session, open to all students, faculty, and guests, regarding the resolution. This informational presentation will cover why the measles, mumps, and rubella vaccine is so important, educate about one of the biggest cases of fraud in the medical community at this time, provide updated information regarding current epidemics caused by vaccination abstinence, and provide important facts to educate others about safe and effective vaccination.

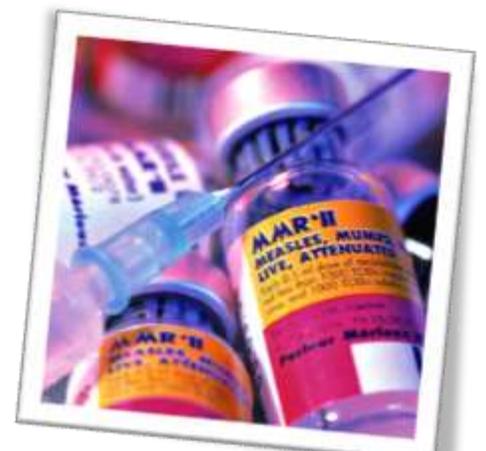
I highly encourage all New Jersey nursing

students to attend the annual NJNS convention, and furthermore, to attend the resolution session. Resolutions are a way for nursing students to be heard, and help bring attention to issues that are important for all healthcare providers. Bring a notepad and your full attention because this session will inspire and empower you to become an advocate for safe and effective vaccination practices in New Jersey.

See you at convention!

References:

Molodan, M. (2013, August). NJNS resolution empowering and educating nursing students about the pediatric vaccine controversy. *The Pulsebeat: A Publication for New Jersey Nursing Students*, 58(2), 5-6. Retrieved from <http://www.njnsinc.org/august-2013.html>



Take a Part in the Change as a Nursing Student

by Jacqueline Hunterton-Anderson



When the government shutdown occurred recently I didn't understand how it would affect me. Shortly thereafter I was in my nursing research class working on my literature review when I realized I had no access to the website of the Center for Disease Control (CDC). I researched why I couldn't get up to date information; however, the site contained a statement indicating that because of the government shutdown this website was not being updated. This was a major issue for us because we were in the middle of our research.

Being the Legislation Education Director, I just had to dig deeper. I wanted to know how the government shutdown would affect me and my fellow students. So the search began.

To my surprise the government shut down affects us all because, during this time

period, there is no government spending allowed. It doesn't matter how important the program may be. Anywhere from the Food and Drug Administration (FDA), to the CDC and even programs such as Women, Infants, and Children (WIC), are affected. Nurses who run CDC clinics are not able to see patients and have to turn them away.

The law states that any government-funded entity would be prohibited from spending monies or giving services without the consent of the US government. Consequences are stated in the Antideficiency Act from the US Government Accountability Office, as follows:

Federal employees who violate the Antideficiency Act are subject to two types of sanctions: administrative and penal. Employees may be subject to appropriate

administrative discipline including, when circumstances warrant, suspension from duty without pay or removal from office. In addition, employees may also be subject to fines, imprisonment, or both (Principles of Federal Appropriations Law, 2006)

The American Nurses Association (ANA) supports the Affordable Healthcare Act, and thinks that the government shutdown is irresponsible and harmful (2013).

Nursing professionals, standing together, can make a difference; make a difference by learning everything about government, politics, and politicians to be an informed consumer and an outstanding nurse.

Making a difference can start by joining the National Student Nurses Association (NSNA) and the New Jersey Nursing

Students, Inc. (NJNS), write a resolution, and be part of the CHANGE!!!!

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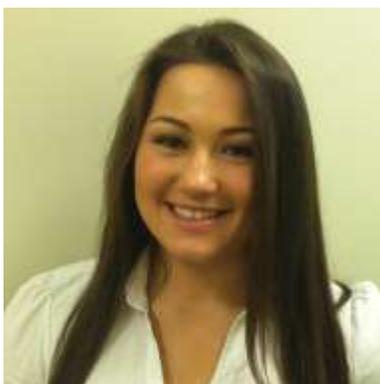
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NJLN Gala

by Patricia Kmita



On November 1st, 2013 members of the New Jersey Nursing Students, Inc. (NJNS) attended the 2013 Nurse Recognition Awards Gala hosted by the New Jersey League for Nursing (NJLN). It was an amazing night filled with delicious food, dancing and of course a whole room full of successful nurses who have taken their careers above and beyond general bedside nursing and have focused on the betterment of this profession. Carol Patterson, MSN, RN, president of the NJLN, recognized the courageous visiting nurses who risked their lives to provide continuous home care to patients during

last year's devastating storm, Hurricane Sandy. Although many of these nurses had experienced their own personal tragedies, they put the needs of their patients first, visiting patient homes while often having to climb over debris, deal with no electricity and be equipped with limited medical resources. Ms. Patterson also recognized those nurses in correctional health care. Did you know that there are approximately 700 registered nurses (RN) and licensed practical nurses (LPN) who serve approximately 23,000 adult inmates and 450 children living in correctional facilities? These nurses serve a group of the most disadvantaged citizens in the country while delivering care in an unbiased, non judgmental manner. NJLN also awarded \$5,000 in scholarships to nursing students from all over the state.

In case you missed the opportunity to apply for the NJLN scholarships, NJNS is giving nursing students the opportunity to apply for our own 2013-2014 academic year scholarship. Speaking as the fundraising director, NJNS is a non-profit organization that raises revenue to award scholarships to New Jersey's nursing student body. We will be accepting applications until January 18th, 2014. The application can be found on our NJNS website <http://www.njnsinc.org/> at the bottom of the homepage. The scholarship will be

awarded during our annual state convention on February 20th, 2014. During convention we will also be awarding NCLEX review courses and gift baskets created by nursing students for nursing students. Think of these baskets as mini survival kits that are filled with items that will help you get through nursing school: stethoscopes, pen lights, bandage scissors, planners, back packs, drug and NCLEX review books, coffee and much more. Come out and show your support for the convention, not only will students gain invaluable information and have networking opportunities with peers, they may also go home with an awesome gift.



NJNS Online Updates

by Aldreen Venzon



The New Jersey Nursing Students, Inc. (NJNS) website has recently undergone major online changes further raising the

organization's visibility and upgrading its networking capabilities. The official NJNS website (www.njnsinc.org) has been restructured to better fit the needs of student nurses, not just locally, but also nationally.

The user interface has been tweaked for easier navigation. The inclusion of online registration for the 2014 NJNS convention, recent news posted on the front page, and the addition of a search button at the bottom of every page are examples of changes that allow users to find information they need. A new resource page with useful information has been added to the site. This page contains helpful links for current and prospective nursing students including information about nursing schools, student nurse associations, scholarships, externships, internships, residency programs, job opportunities and much more!

As a complement to the official website, NJNS also has a Facebook page. Our future events and news will be posted there too. To get quick updates about our organization, be sure to "like", "share", or post on our page at (www.facebook.com/NJNSInc)!



The NJNS Convention 2014



Nursing Your Career

Camaraderie, Attitude, Respect, Encouragement

C.A.R.E. for Yourself, Your Peers, and Your Patients: Camaraderie, Attitude, Respect, Encouragement

62nd Annual Convention –

Thursday and Friday, February 20-21, 2014

Taj Mahal · 1000 Boardwalk · Atlantic City · NJ · 08401

DEADLINE for Advance Registration: February 3rd, 2014

Only one person may register per form. NSNA members or sustaining members **must** provide membership number with registration.

Lunch will be included on Thursday for PRE-REGISTERED STUDENTS ONLY!

Any registration received without payment will NOT be accepted. NO REFUNDS, NO EXCEPTIONS.

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NJNS New Jersey
Nursing Students, Inc.

**NJNS Convention
February 20-21, 2014**

**For more information and to register online
Visit www.njnsinc.org**

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