

SNO Flurry

Student Nurses' Organization



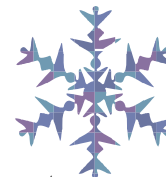
Riverside City College Student Nurses' Organization Newsletter

"A Stellar NSNA School Chapter" November-December 2010

Conference Edition

CNSA Convention 2010 Ontario, CA

"The Many Hats in Nursing: A Wonderland of Opportunity"



Approximately twenty VN students attended convention this year. Every VN who went got something out of going and would recommend attending to other students. Important points students wanted to share included; many changes are coming with the new healthcare legislation and nurses are going to be utilized extensively. Continue your education as far as you can! The DON (Doctorate of Nursing) is giving nurses more voice, however there are many nursing specialties to consider getting your Masters in (informatics, anesthesiology, geriatrics, education etc). There was some talk about the meek employment opportunity right now as new grads; any extracurricular work will look great in your portfolio/resume (SNO, volunteering, etc). There is an opportunity for VN students to volunteer with local missions (check into the various missions online in your area). Keep track of everything you do in school and clinical (copies of clinical evaluations from instructors, skills achieved, SLOs, names of nurses you worked with, etc). Networking is one of the best ways to get you started along the road to your career goals. The Dean of UCLA nursing was the opening speaker and it was great to hear of the strong presence of male nurses nationally. One thing he stated that stuck with us was, "Always being on top of your game." Besides all that, the convention had many representatives in the vendor area, which provided information about different programs to help us pass the boards. There were representatives also from hospitals who gave information about working for them. It was interesting to see the different outlooks they provided. Some of our VN students even got to attend as delegates, they shared how they were amazed on how the CNSA worked and how much to took to put the convention together. The convention held optional sessions about different topics so that you could attend what interested you. They included study/test taking skills, nursing specialties, how to navigate your first year, and cancer. A husband and wife who are proactive in their fight against cancer presented the cancer session. They inspired students with their attitude and how they are making a difference to other cancer patients with their organization www.canceradvantage.org<<http://www.canceradvantage.org/>>.

Terri Sandoval
VN Class

Conference this year was awesome because it was so close! We wouldn't have had the opportunity to attend if it hadn't been so close to home, so for that we were grateful. The speakers were very inspirational as well as full of useful information for us. One thing that seemed to be a theme throughout the day... continue your education because jobs for new grads

in our state are hard to come by right now. The focus seemed to be on continuing education, and we were encouraged to start a BSN program right away if we couldn't find a job. While it was a little discouraging when it came to the job market, it was very inspirational in terms of continuing our education.

Breanna Navarro, Amy Thue &
Alina Ochoa, Nursing 3

The many hats of Nursing indeed. Friday evening started off with a presentation from Ms. Rebecca Patton, MSN, RN, CNOR, and President of the ANA. She has been the voice for Nurses during the discussion and debate over the new health care reform. She shared her experiences as the ANA President as well as her involvement with President Obama. Remember there are more opportunities out there as a nurse than just being in the hospital. The evening ended with the "Mad Hatter's Ball"! It was great to see all the different hats that were made and to see so many people from other schools interacting. The speakers obviously have something of value to share but it was the way they captivated the audience. They were the cheerleaders of nursing who not only made you feel excited about being the nurse, but also made you think about all the endless opportunities beyond being the nurse. Courtney Lyder, ND, GNP, FAAN, was the opening presenter Saturday morning, for the general session "Strategies for Success in Your Nursing Career." Mr. Lyder had numerous tips for success but his final comments only start to summarize him and his message "...Be empowered. Be fierce in your practice and stay in your A-game...Do you want to be average or do you want to be memorable?" Ian St. Martin, BSN, RN and Rebecca Mathews, BSN, RN presented "Successfully Navigating your First Year of Practice". These two had very different experiences landing their first nursing job. Ms. Mathews, having the more challenging time, not only provided a power point list in detail of what she included in her resume portfolio (yes, portfolio!) and passed it around for everyone to see. In addition to resume building and interview tips, they offered numerous tips for getting clinical experience while you're waiting to take NCLEX or landing your first job. The resume review was great. The lady helping offered suggestions that were specific to nursing. Three really important things that she said included: under education list the facility where rotations took place and especially the specialty rotations (RCRMC - OB / spelled out of course). Do not put an objective; it is a waste of valuable resume space. Every HR department knows the objective of a new graduate. Any and all volunteer work is considered leadership, if you were actually leading (Girl Scout leader).

April Koopman, Lisa Pfadt, and
Stephanie Barajas, Nursing 3

First and foremost, I have to thank SNO for allowing me to attend this semester's CNSA conference in Ontario; it was truly a wonderful and enlightening event. Admittedly, the conference was not quite what I expected, however, the experience and lessons I gained this weekend I know I will carry with me and refer to, not only in our nursing program and any following programs to come, but also in my professional life as I build my career.

My second breakout session was my favorite of the day. Gary and Marlys Johnson presented "Cancer Adventures." As oncology is a field I am considering moving towards, this couple gave us a very eye-opening look at the emotional, physical and life changing affects cancer has on a patient and their caregivers. They discussed their experience dealing with the disease and how they went about putting together what they called their "cancer team."

Although this was their medical professional team, this was also about the changes they needed to make in their lifestyle to prolong Gary's life with cancer while assuring the quality of his life in the process. They described what victory over cancer meant to them and how it is defined differently for each patient. They talked about their experiences with doctors and nurses throughout their fight and how the nurses made this overwhelming fight just a little easier to manage. I am gravely moved and feel extremely lucky to have been able to attend this session and I will take my lessons here with me further into my education and eventually my career.

Our afternoon general session was on "Global Nursing." Again, this was a great session as I think it is our responsibility as future nurses to give back to our community in anyway we can and do whatever is within our means to help those who cannot help themselves. Additionally, something the presenter, Melissa Punnoose, said, really stuck with me. She said, "There is nothing more rewarding than caring for those who have nothing to give in return." Again, these are words I will carry with me into my career.

On top of all these great sessions, there was a vendor room, with lots of wonderful resources and schools for insuring my success. I think I am going to be wading through all the information I gathered well after this semester concludes.

In closing, I would again like to thank SNO for this wonderful opportunity, it was truly more than I had expected and I cherish this experience.

Sincerely,
Sean Robledo, Erin Clemens, and
Noemi De La Cruz, Nursing 1

The convention was indeed a delightful experience. I was surprised at the amount of information I received from different schools and what they had to offer. Upon talking to numerous schools (vendors) I learn that after I graduate and get my license, I can "bridge" and earn my MSN. I was so thrilled to hear that. Not only would the online program be a convenience, I wouldn't have to attend the school or be in a clinical setting to earn the degree.

The educational session that stood out to me was the opportunity of nursing specialties. The speakers were enthusiastic and very informative. They spoke about how important it is to continue and further our educations and not just stop after we receive our license. I learned that there are a lot of different careers out there for nurses. It does not always revolve around a hospital setting. They spoke about becoming a nurse practitioner and a CRNA just to name a few.

I am glad that I decided to attend this convention; I came home with tons of information and pens that could last me through the two years of my nursing program. Not only was it interesting to listen to speakers who have been through it, but also how rewarding the career entails. I just hope I can find a place out there that will suit me and give me that rewarding feeling.

Kim Goodland, Nursing 1

Like last year the 2010 CSNA Annual Convention did not disappoint. The classes were informative, and the networking was great. There were many speakers who "brought their 'A' game" as one person said, but for me, there was one speaker who truly inspired. Dr. Courtney Lyder is Dean of the School of Nursing at UCLA. He spoke about the secrets to success in nursing, and based on his current status, I think he is an authority on the subject. He spoke about his beginnings in nursing, the struggles that he faced not only as a man, but also as

an African American man in this profession starting in the seventies. He spoke passionately about continuing education and learning both in the classroom and in workplace. He was easy to listen to with one liners like “Blessed are the flexible for they won’t be bent out of shape,” but also had just as many applicable tips to enhance our craft as nurses. Although brief, my encounter with Dr. Lyder has made a lasting impression. I will take the tips and tools shared in his talk with me along my journey to becoming the best nurse I can be.

Cristina Boctor
Nursing 3 President, Riverside

We both really enjoyed our experience at the nursing conference and were grateful we had the opportunity to attend. The classes were very insightful. We especially enjoyed the class regarding study skills and note taking. The speaker thoroughly explained multiple ways that will help us to be better studiers and therefore more successful in nursing school. Also we both really enjoyed the speaker who talked about her experience with Global Nursing. Her story was inspiring and eye opening. It was encouraging to know the skills we are learning now can be used to help not only those in our communities, but also those in other nations, and can greatly impact those in need! We are looking forward to hopefully attending another nursing conference in the future!

Meagan Brannen, Nursing 3
Debbie Brannen, Nursing 1

I want to thank SNO for sponsoring the 99 SNO members who attended the CSNA Conference from October 15th-17th. The theme this year was "The Many Hats in Nursing: a Wonderland of Opportunity." This conference saw a record number in attendance with 689 student nurses attending. A gentle reminder to all of us who did attend; we need to attend four SNO meetings this term. Our school not only won the “Convention Attendance Award”, but we also won the “Penny Wars” fundraiser and will receive a \$500 check to SNO! This was my first conference and I am so glad I went. Its funny that it was a student nurses conference because all it had me thinking about are the endless opportunities in our careers after school. We had a chance to network with some students from different programs, meet potential employers, get insight into how to better prepare for tests, and what I enjoyed most was hearing speakers with so much experience and knowledge share it all with us. I learned a great deal from the conference including perspectives I didn't expect to hear about, like the healthcare reform movement and how integral nurses were in passing our healthcare reform bill. Rebecca Patton, MSN, RN, CNOR, and ANA President from 2006-2010, was our keynote speaker on Friday and was integral in being the voice of nurses during the formation of this bill. She shared a lot of information regarding the future of nursing and what we should expect to see. I heard a lot of great quotes during the weekend but my favorite came from Ms. Patton who shared a Mark Twain quote that reads, 'Kindness is a language the deaf can hear and the blind can see.' The Global Nursing speech excited me so much that I wish I could fast forward to graduation today. I could go on and on about how much I learned and gained from the conference, but I will spare our editor. I truly hope everyone gets to experience attending a conference during their time in the program. My favorite part of the weekend was seeing Mrs. La Cava who has worked tirelessly to make our SNO chapter what it is (and it is a great chapter after seeing many at Conference), received recognition as she became only the 2nd member to ever be inducted as an honorary member and receive an award. Thank you Mrs. Havener for contacting the Board for that, to Mrs. Stone and Mrs La Cava for all your work, our five other delegates for your

dedication, Marika Zoetemelk and Rachel Gunter for your commitment and all of you who attended. We showed very well at this conference and seeing all of your faces reinforced my pride in being an RCC student nurse. Carpe Diem

Shervin Esfahani, Nursing 2
SNO President

I was able to go to the conference like so many others and it was an interesting experience to say the least. I thought there were great speakers at the conference and some interesting classes we could attend. Like five other students, I was able to be a delegate for our school and attend the meetings that were interesting. I was also able to see the process on how they did things and I can only imagine that the national conference will offer much more. Overall the conference provided a good experience. However, I really wish there had been more vendors.

Armando Lim, Nursing 3

The event was well organized and we had a good time. The speech we found most interesting, "Wild Ride through Wonderland: Cancer Adventures," was given by a man and his wife who are living with cancer. They spoke about how to live a good life despite having cancer. We feel this is relevant to us as student nurses because we are going to have terminally ill patients throughout our nursing careers that can benefit from the information we learned.

Carrie Barlow
Ashley Bowman
Jill Siragusa
Nursing 2

The CSNA conference held in Ontario, CA. was a great experience for all those involved in the nursing field. Student nurses, practicing nurses, and nurse educators would greatly benefit from attending this truly enlightening event. The highlight of the activities on the Saturday of the conference was "The Global Nursing" presentation really opened our eyes to the possibilities of all the good we could do with our nursing careers. We are very grateful for being able to attend and are highly satisfied with the quality of the conference as a whole.

Christopher Thomas
Grisel Pelayo
Nursing 2

It was awesome to be in an environment with so many fellow nursing students at one given time. The speakers and workshops were very motivational. They encouraged continuing education, provided helpful information to succeed in nursing school, tips on preparing and succeeding after graduation, and encouraged global nursing. The conference began with a motivational speaker, encouraging nursing students to continue their education and the importance of staying current with the world around us. We attended several workshops. Kaplan Test Prep & Admissions presented successful test taking skills. The test taking skills workshop, "Smiling Like a Cheshire Cat: Building Successful Study Skills," gave us tips on how to breakdown and narrow-down NCLEX-type test questions. Robert Fire, MSN, PsyD, FNP-C, presented successful studying skills. The study skills workshop gave us many tips and ideas on how to make better use of our study time. He suggested that after attending lectures, meet with your study group and go over the power point lecture to make sure you all have the same notes

and focus on the main points. Ian St. Martin, BSN, RN and Rebecca Matthews, BSN, RN shared their experiences on navigating the first year after graduation. They shared information on putting together an organized interview portfolio. The portfolio consisted of a cover letter, resume, accomplishments, transcripts, and letters of recommendation. Melissa Punnoose, MSN, RN-BC, ended the day with information about global nursing and her rewarding experience as a global nurse. Overall, the conference was very inspirational and well worth attending.

Lucy Curry, Terry Dao, Gabby Jones,
Clara Lerma, and Maria Morfin, Nursing 3

We really didn't know what to expect going to this convention. However, we realized the many opportunities, indeed, that we found available.

The energy was very apparent as soon as we walked in the door. It was great to be with our many fellow students, as well as all the other participants. There was a sense of camaraderie with everyone in attendance having common goals, interests, and careers-to-be.

Of particular interest among the many wonderful exhibitors, were the colleges/universities for further degrees in nursing, as well as the career opportunities offered. The R.N. from the Mayo Clinic was so passionate and exuberant about her position there, it could make one want to pack up and head for Minnesota immediately following nursing school.

We attended the educational sessions regarding test taking skills and successful study skills. We learned that we already use some of the techniques taught, and we were taught new ones to add to our toolbox.

We thank both Mrs. LaCava and the SNO staff for making it possible for us to attend this very well organized and informative event. We also very much appreciate the *Betty Irene Moore School of Nursing at UC Davis* for the wonderfully delicious lunch they provided. Yum!

Respectfully submitted to the SNO Flurry,
Jennifer Schneider, Penny Lampman,
and Katie Albarran, Nursing 1

“Building Successful Study Skills!”

We were all welcomed to the CNSA conference, keenly titled “The Many Hats in Nursing: A Wonderland of Opportunity.” I decided to go to the educational session titled “Smiling like the Cheshire cat: Building Successful Study Skills.” Overall, the session was informative, but I believe everyone has this knowledge engrained in their heads. It is whether they choose to utilize it. The speaker discussed four basic areas to be successful at studying, which include: be effective in note taking and how you use it, how to read, being an active learner, and continuous review. The following paragraphs describe these concepts further.

Basically, effective note taking enhances comprehension and retention. He recommended preparing for lecture by reading or skimming to identify important concepts/material and don't “transcribe” a lecture, but only pull out important information. Every new lecture, start on a new page with the date. Leave a section at the end of the lecture to summarize in your own words. Leave a margin for notes, summaries, questions, comments, etc. It is important to make sense of notes within 24 hours of the lecture investing at least 10-20 minutes. And remember when a speaker repeats things, they are important.

To be effective at reading, preview chapter titles/headings, don't read every single word, and remember graphs and charts are important. When reading, put the information in your own words, which shows you understand the idea. Read in places without distractions, with lighting,

ventilation and temperature, in a comfortable position. Take a break and get back to studying. Highlighting is useful, but only for important or key information. It is good to write notes in your own words in the text margins. Remember the 3 R's: Read, Recite, and Review.

An important idea to successful studying is to be an active learner. Be interested in what you're learning because it makes you want to know about it. Engage in the process and ask questions. Basically, be present in class, which includes no talking or doing other unrelated things in class. Continuous review encompasses the idea that you don't want to cram before your test. Review your notes within 24 hours, and again in 24-48 hours. Making time to re-read notes allows for 50% retention compared to 20%. Well I think this is enough to keep you busy, so get started!

Stephanie Park

Nursing 1

Attending the CNSA annual convention on October 16, 2010 was so informative and inspiring. We came walking out of the convention, proud that one-day we will become part of such an amazing field. The registration line was crowded with nursing students from schools across the state, alumni, the Dean and professors from prestigious schools, and speakers.

There were many representatives from different schools and companies from across the country that had booths setup also in the same exhibit hall. On estimate, there were about 60 different booths and each booth had about 2-6 representatives. We had the opportunity to network with everyone from each booth. We received brochures from many schools that offered bachelors and masters degree in nursing.

We had the pleasure to attend a meeting with speaker Dr. Lynder, ND, GNP, FAAN, who is the Dean and Professor at the School of Nursing at UCLA. He was an amazing speaker who explored the infinite career possibilities of nursing. He said that we need to evaluate ourselves and decide what type of nurse we choose to be: Average Vs. Memorable. Don't stop at ADN. The future is great with increasing education. Hospital nursing is a thing of the past. There is a wide range of nursing positions available such as the military, developmental delayed, and nursing homes.

We also attended two educational sessions:

Educational session A-1

Advanced practice registered nursing

1.) Nurse practitioner

Rx prescriptions

Available positions in outpatient and critical care

Requirements: masters in nursing to enter program. BSN- DNP, 4 years

2.) Critical Nursing specialist

Masters or doctorate levels with skills in critical setting

Inpatient, outpatient, acute and critical care, only 3,000 in California, increased need.

Requirements: RN for 1-2 years experience with BSN to enter CNS program

Practice: called when RN needs assistance with patient and family, research, and skills training for new graduates. Salary: \$90-130,000/ year

3.) CRNA - anesthetist

Certified nurse anesthetist

Registered critical care nurse with postgraduate training

General/ regional anesthesia, maintaining airway, line insertion

Requirements: Master's degree, 2.5-3 years training, 1 year critical care prior to admission.

4.) Doctorate in Nursing

Less than 1% of nurses have their doctorate in nursing

Nursing research

Masters - DNP or BSN- DNP

Programs: Loma Linda, U. San Diego, U. San Francisco, and Western University

Education session 2

Transition of the nursing student

Standing out: take ACLS, PALS, NRP, NCLEX review classes (save receipts)- add to resume.

Become certified: EKG certified

Internships:

www.vpul.upenn.edu/cancerservices/nursing/externships.pdf.com

Brenda Saucedo, Emily Nguyen, Michelle Juarez,

Lisa Worrell, and Meagan Robinson, Nursing 1

As Nursing 1 students, “fondly called snow flakes.” we were not sure what to expect as we carpooled to the 2010 CNSA Convention. Giving up a day before mid-term was tough, but attending “The Many Hats in Nursing: A Wonderland of Opportunity” conference was not a disappointment--not to mention the wonderland of great food. Our group attended different sessions and at lunch we shared important tidbits. We also collected enough black ink pens (for clinical) to last us the whole program. There were several vendors and schools offering RN to BSN bridge programs, as well as RN to MSN where we found most of the RCC students. We gathered and collected information packets—17 months is just around the corner. So here are the tidbits:

“Global Nursing”

You don't need to be an experienced RN to put your skills to work helping people.

Two nurses shared their adventures providing care in other countries.

Patty Noguera, RN - White Memorial Hospital

Melissa Punnoose, MSN, RN-BC Providence Little Company of Mary

The speaker spoke about her experience as a new graduate and her first job as a nurse in India. To do global nursing, you will need to find a sponsor—to pay for your expenses. Some people do not have the time to volunteer their own time and are willing to send someone on their behalf.

“A Wonderland of Opportunity: Nursing Specialties”

Explore advanced practice roles and learn from nurses in varied practice settings.

Maureen Movius, MS, RN, CNS - UC Irvine Nursing Science Program

Susanne Phillips, MSN, FNP, BC - UC Irvine Nursing Science Program

Ellen Daroszewski, PhD, RN - Western University of Health Sciences

Charles Griffis, PhD, CRNA - UCLA Department of Anesthesiology

Aside from hospital jobs, registered nurses can find work in private office practices, schools, public health buildings and corporations. Continuing to educate yourself can lead to many doors; Advanced Practice RN (Nurse Practitioner), Acute Care, Nurse Educator, Geriatrics, Ambulatory Care, Community Clinics, CRNA (need to be a Critical

Care Nurse first), Doctorates in Nursing Practice, etc. There are approximately 3 Million Nurses in the United States. There are only 0.926% DNP's in 2008, but the number is increasing from 2009. There are approximately 3,000 CNPs in California.

“Smiling Like the Cheshire Cat: Building Successful Study Skills”

How to explore strategies to flourish and prosper in the high pressure nursing school environment was presented by Robert Fire, MSN, PsyD, RN, FNP-C - CSU Fresno, Department of Nursing

Nursing 1

All right, we thought we could learn new tricks here! Unfortunately, most of the presentation is what we already have in the Study Guide Handbook, with one addition to our arsenal. When taking lecture notes, leave a space (a column) on the left side—so you can write the main points—with the detail of the notes on the right side. They repeated what we are always told in Nursing School—“Do not cram!” If you review your notes after lecture, you will need to study only 50% of the material by test time. But if you are cramming before the test, you will need to study 80% of the material for the test.

Now it is time to plan for next year—yes, rumors are milling that it's a trip to Sacramento. So let's get planning—see you in Sacramento!

Linda Globus-Plunkett and Tanya Makshanoff,
Nursing 1

The CNSA conference in Ontario, CA was not only interesting but also pretty fun. We were able to bounce from booth to booth and partake of receiving information from other educational programs and facilities that we all have an opportunity in for future employment. We also found it enjoyable to see so many people that have the same goals as ourselves, such as becoming an honest and caring nurse. The conference had many presentations that were available; you just had to narrow down which ones fit you best.

While attending a few highlighted speeches a common theme arose that gave us some insight to being a nursing student. Being a nursing student does not only consist of being a person who must study all day, everyday, but to think critically while studying. Studying does not consist of memorizing anymore but being able to think it through and find underlying dilemmas. A nursing student must always ask, “As a nurse, why am I doing this?” And when asked those questions, an answer must be trailing behind. Those answers will come in due time. Being prepared for class, such as skimming the book and matching it with objectives given, being a participant in class and putting forth the effort will allow a nursing student to succeed.

Amanda Beakes and Jessica Rodello, Nursing 1

“We went to the 2010 NSNA Convention, and Liked It!”

Just like nursing school, as second semester nursing students we weren't sure what to expect when we attended the 2010 CNSA Annual Convention in Ontario, California. As we walked through the convention center it was shocking to be surrounded by so many nursing students that weren't our fellow classmates. Navigating through all of the vendors' booths was actually exciting because of the variety of educational and employment opportunities that they offered. Qi Qi said, “The Ontario CNSA Convention was amazing.” I learned a lot from it, such as “How to apply to a BSN or MSN program” from each of the different universities. All of the vendors gave us helpful information and tips on how to take those important first steps after

graduation. My favorite part of the convention was listening to the Keynote Speakers at the workshops we attended. During *A Wonderland of Opportunity: Nursing Specialties* we heard from a panel of nurses who shared with us their individual journeys from nursing student to their present day professions in specialties such as Nurse Anesthetist and Family Nurse Practitioner. At the *Global Nursing* workshop, we listened to Melissa Punnoose, MSN, RN-BC, tell her amazing story of traveling to India, on a volunteer medical mission, just weeks after graduation. Along with the message of the rewards of global nursing, she said that, as students, we are learning the skills that can make a difference in a person's life even if it doesn't always feel like it while we are in school. This statement, and her story, made a tremendous impact on me. By the end of the day we had developed a real appreciation for what the CNSA Convention offers to students. Debbie said it best, "the Ontario CNSA Convention was very informative and it was a great experience. Every nursing student should at least go to one of these." Trust us, it's an experience you won't regret.

Debbie Eshelman, Qi Qi, and Zoila Brandin
Nursing 2

28th NSNA Annual Mid-Year Career Planning Conference
"Crossing the Bridge. Connecting You to Your Nursing Career!"

The Mid-Year NSNA Conference was an experience I will never forget. I arrived in Kentucky at 1:30 a.m. and took a shuttle to my hotel in Cincinnati, Ohio. As the shuttle meandered through the calm countryside it rounded the final bend to our destination, opening to a bridge glowing from the lights reflecting off of the river. It was like a scene from Tom Sawyer with paddlewheel boats and a mighty river providing energy to this city. A sense of adventure swept over me as I imagined the next day's events—connecting myself to my nursing career.

Mrs. La Cava was a refreshing face in the evening. We discussed which presentations we wanted to see and when we would meet up. She also informed me she had arranged for me to accompany the Golden West students. This turned out to be an added adventure within the journey I was already on. They were very open and welcoming and we shared many laughs and frustrations with our nursing experiences.

Our first matter of business was the Keynote Speaker, Joe Neimczura, RN, MSN. He just finished a Christian medical mission in the Himalayas. His keys to nursing in a foreign land are: Vision, Courage, Human Dignity, Dedication, Resilience, and Networking. Joe left us with three wishes: First, to understand the value of what you have to offer. Second, to hear from a person you have truly helped. And Lastly, take a self exam pondering your views on society, ideals, beliefs, and come to realize that what you may believe is not superior to anyone else's. These ideals can be represented in our daily lives as well as our nursing careers.

Many of the presentations were about career advancement, marketing yourself, and test taking. What I have to say about these is either approach me personally and we can discuss what I learned, or better yet, I challenge you to join me in Salt Lake City, Utah in the Spring. Bring a resume.

If you ever are in Cincinnati, Ohio talk to the locals. They are very accommodating and try a five way at skyline or ghetta for breakfast. I want to thank Mrs. La Cava for her guidance and warm smile, SNO/and the VN instructors for their support, and Golden West for the entertainment.

Shane Francis
SNO VN Vice Pres

I enjoyed all the presentations for Faculty and students at the NSNA Mid-Year Conference in Cincinnati, Ohio in November. There were wonderful speakers who were very informative and the Exhibit Hall provided so many exhibitors and vendors.

I wanted to report on one session that I attended that I think is so very timely for faculty and students: "Setting Boundaries – How to Teach Students to Avoid Disciplinary Charges." Nancy Specter, PhD, RN, Director of Regulatory Innovations, National Council of State Boards of Nursing was the speaker. Boundary language was adopted unanimously in August 2010 by the NCSBN. She defined boundaries as "the space between the nurses' power and the patient's vulnerability. . .and access to private knowledge." This takes advantage of the power difference between the patient and the nurse as the nurse meets her own needs. She discussed professional crossings we may encounter defining it as "a deviation from an appropriate boundary for a specific therapeutic purpose with a return to established limits of the professional relations." She discussed the vulnerability of the nurse to discipline and lawsuits from failure to maintain appropriate boundaries with patients and key parties (family members) such as disclosing too much personal information, talking about the nurse's own life, dating patients or key parties. Sexual misconduct can also become an issue although it has been reported at less than 1% although it is suspected that it is vastly underreported. These issues have been documented in literature and at international meetings as issues in our country as well as such other countries such as England, Australia, Canada, and Ireland.

Another issue of grave concern to the NCSBN and other legislative and regulatory agencies is the use of Electronic Media such as the use of Smart Phones to record cell phone images or conversations, social networking, blogs, You Tube postings, Face book postings or "friending," Twitter, etc. where discussions and pictures of patients have begun to appear with the nurse believing that what is posted is private. Things that are posted to these sites and many others are really not private and can be shared inadvertently and then take on a life of their own as they spread across the Internet. This is really a HIPAA violation and can cause a nurse to lose a nursing license and/or employment and the employer to be sanctioned by JCAHO and face loss of accreditation and the threat from the Federal government for the institution to lose their ability to receive Medicare/Medicaid reimbursement. (There is currently a case pending where the hospital may lose licensure.) She cited cases in various states, including one in California where horrific pictures of a trauma patient were posted. In another case five nurses were terminated due to photos and stories of a dying patient being posted to Face book. A further case was given where nude photos of nursing home residents were posted to Face book with the LPN's and CNA's involved being terminated and the facility under investigation for HIPAA violations and awaiting decisions as to their Medicare/Medicaid reimbursement and potential fines. Another case was presented where nurses were terminated for making disparaging comments about their organization that were easily identified by information on their profile page. Dr. Specter also cautioned the use of "all users" which then goes out to everyone. Some recruiters have also reported looking at Face book postings of applicants as a screening tool as well.

NCSBN and Boards of Nursing are working together to develop guidelines on social networking and to address some of the issues highlighted above. This is an issue we should all

pay close attention to. There is a You Tube Video “Crossing the Line” posted by the NCSBN that anyone could access that addresses crossing boundaries that might be a good review.

Wilma La Cava, RN-BC, MSN

Associate Professor

SNO Advisor
