



# 2019

*NSANYS 67th Annual Convention*

# WHAT MAKES YOU DIFFERENT?

# 19

**DATE & TIME**

*Saturday,  
February 9, 2019*

**ADDRESS**

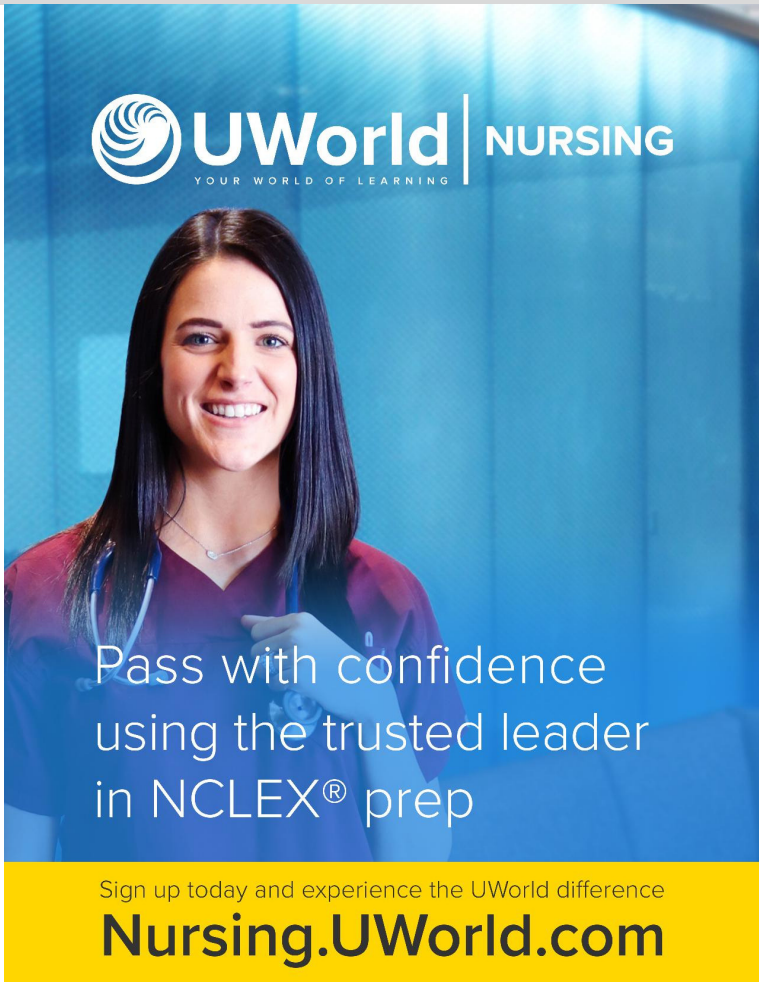
*117 W 46th Street*

1

After each session, please scan this QR code to access the **BREAKOUT SESSION EVALUATION**



Use this QR code to access the **NSANYS LITTMANN 3M MATCH FUNDRAISER**

**UWorld** | NURSING  
YOUR WORLD OF LEARNING

Pass with confidence using the trusted leader in NCLEX® prep

Sign up today and experience the UWorld difference  
**Nursing.UWorld.com**



AMERICAN NURSES ASSOCIATION **NEW YORK** ANA AMERICAN NURSES ASSOCIATION

**Join ANA-NY and ANA Now!**

**ONLY**  
▶ \$22.17 monthly  
\$260 annually

**Nursing is more than what you do, it's who you are!**

- Attend monthly *Navigate Nursing* webinars for free. You can also access archives of past webinars for free as a member.
- Attain or maintain advanced nursing certifications through the American Nurses Credentialing Center (ANCC). Members qualify for discounts on certification materials, exams and renewals.
- Advance your knowledge through discounted online CE modules through the ANA Nursing Knowledge Center.
- Get the latest information and news delivered to your mailbox or inbox. Membership includes free subscriptions to *American Nurse Today*, *Online Journal of Issues in Nursing*, *ANA SmartBrief*, and *Nursing Insider*.
- Build your career! New graduates receive a 50% discount on dues for two years. Exciting member benefits especially for new nurses: New RNs online community.

**JOIN TODAY!**

-  **Online** JoinANA.org
-  **Mail**  
ANA Customer & Member Billing  
PO Box 504345  
St. Louis, MO 63150-4345
-  **Phone** 1 (800) 923-7709

*NSANYS 67th Annual Convention Schedule of Events*  
**SATURDAY, FEBRUARY 9, 2019**

**7:00-10:00 AM**

Registration  
 Delegate Credentialing  
 NSANYS Store Opens

**8:00AM -3:30PM**

Exhibit Hall Opens

**7:30-8:30 AM**

NCLEX Med-Surg Review- *The Forum*  
 Breakfast Buffet- *The Gallery*

**8:30-9:00 AM**

How Convention Works- *Hub 1*  
 Men in Nursing Meetup- *Hub 2*

**9:00-10:15 AM**

Opening Ceremony and  
 Keynote Speaker- *The Forum*

**10:20-11:20 AM**

Nursing Specialties Panel- *The Forum*  
 Career Readiness Panel- *Hub 1*  
 Prepare for your first Clinical- *Hub 2*

**11:25AM-12:00PM**

Business Meeting Part 1- *The Forum*

**12:00-1:00 PM**

Lunch and Networking- *The Gallery*  
 \*\*\*Candidate Election Packets Due

**1:10-2:10 PM**

Telemedicine Breakout- *The Forum*  
 Travel Nursing- *Hub 1*  
 Faculty Breakout Session- *Hub 2*

**2:15-3:15 PM**

New Graduate Panel- *The Forum*  
 Leadership Breakout Session- *Hub 1*

**3:20-5:00 PM**

Business Meeting Part 2  
 Closing Ceremony and Awards- *The Forum*

*Meet the 2018-2019***BOARD OF DIRECTORS****PRESIDENT**

HELEN PHAM

Molloy College 2020

Dear NSANYS Members:

As I reflect on the past two years of my life, I am immensely grateful and honored to be a part of an organization that is dedicated to serving the ~5,000 nursing students of New York State. My time with NSANYS has greatly influenced my own personal and professional growth, and for that, I highly recommend all students to continually seek and pursue leadership opportunities. I urge you to live your life to your fullest potential so that you may

The 2018-2019 Board of Directors are the most dedicated individuals I have ever worked with. One of the most admirable traits of the NSANYS Board, especially of a future nurse, is that they work as a team, collaborate, and offer help to each other, especially when someone is struggling or having a tough week. Whether it is related to NSANYS, school, or personal reasons, the NSANYS board members have always been there for one another. The amount of dedication and perseverance this board has given to this organization has been a huge factor in the success of NSANYS this past year.

Words cannot express the gratitude I have to the NSANYS membership for believing in me and for granting me the opportunity to serve as your President. I have been truly blessed with the student leaders you have voted into office. Your Board of Directors is everything I could have asked for and more. Not only are they my colleagues, they have become my family. I am looking forward to seeing everyone at our 67th Annual Convention on February 9, 2019 at Convene at 117 W 46th Street; come network with new friends and find out “What Makes You DiffeReNt?”

Respectfully yours,

Helen Pham

President, 2018-2019, Nursing Students' Association of New York State

## *Meet the 2018-2019*

# BOARD OF DIRECTORS

At Molloy, Grace Anne Crockett is very involved as a Resident Assistant, Student Ambassador, Division II track athlete team captain, and a member of Student Government. From her involvement on school, she was inspired to take a leap and get involved as the Vice-President of NSANYS. After her internship at Cohen Children's Medical Center in the Summer of 2018, she confirmed her aspiration to be a pediatric nurse and was offered a full-time position at Cohen's.

Megan Scali is a Resident Assistant, division II tennis player and the Happenings reporter for NSNA's Imprint magazine. Her favorite NSANYS memory from this year was attending the Breakthrough to Nursing hand washing workshops for girl scout troops! Upon graduation, Megan hopes to become a critical care nurse after being inspired while volunteering at NYP Brooklyn Methodist Hospital over the summer.

Kezia Varughese is a nursing student at Mercy College, in Dobbs Ferry, New York. She is in her senior year of nursing school and is graduating in December 2019 with a minor in Psychology. This is Kezia's second year on the NSANYS Board of Directors as Secretary, and she has developed a passion and inspiration for involvement in the nursing community. Some of Kezia's other passions include being a flautist for over 10 years as well as singing as a sopranoist. She states, "Serving on the Board of Directors for over 2 years has been a huge honor, and something I learned from this experience is that teamwork and collaboration is the core to success. The ability to lean on one another, especially during difficult times, or even if it's a minor question of opinion, makes all the difference!"

**CO VICE PRESIDENT**  
GRACE ANNE CROCKETT

Molloy College 2019

**CO VICE PRESIDENT**  
MEGAN SCALI

Molloy College 2019

**SECRETARY**  
KEZIA VARUGHESE

Mercy College 2019

## *Meet the 2018-2019*

# BOARD OF DIRECTORS

### **TREASURER**

JULIANNE MARTIN

Stony Brook University 2019

Julianne is so grateful for all of the opportunities NSANYS has brought to her this past year and will miss both the organization and the Board of Directors (BoD) greatly. Julianne is an aspiring perioperative nurse who completed an immersion OR nursing program over the winter break and she will be doing her Capstone in the OR this April. Her favorite memory has been her time with NSANYS at the National Convention in Nashville. Fun fact, she has never seen the Lion King movie. Julianne looks forward to seeing how NSANYS will grow in the 2019-2020 term and beyond. Good luck to all running for the NSANYS BoD today, you can do it!!!

### **COMMUNICATIONS DIRECTOR**

EIZEL BIANACA SALONGA

Molloy College 2020

Eizle Bianca Salonga is a junior nursing student in the honors program with a chemistry minor. After graduation, Bianca aims to work in the Intensive Care Unit and use her clinical knowledge on medical missions in her home country, the Philippines. A fun fact about her is that her favorite sport is archery. Her favorite memory from NSANYS is hosting the COSL Summit at Albany and seeing firsthand how powerful it is to inspire new leaders.

### **COMMUNITY HEALTH DIRECTOR**

SARAH EBRAHIM

Hunter-Bellevue  
School of Nursing 2019

Sarah Ebrahim's favorite way to relax is to listen to music while going for a drive or a walk. She looks forward to dive into nursing as a continuous learner and supporter of other nurses doing amazing things. She also looks forward to taking action for women's health as a nurse.

### **BREAKTHROUGH TO NURSING DIRECTOR**

JESSICA ALVORADO

LIU Post University 2021

Upon graduation Jessica is planning to pursue a position on an Intensive Care Unit. She currently serves on as Vice President at L.I. Post's Student Nurses' Association which was established in Spring 2018. Jessica has participated in "Meals from the Heart" Brunch/Dinner program at the Long Island Ronald McDonald House. Jessica loves pitbulls and has a family dog names Max. She cannot wait to finish school so she can get her own!

## *Meet the 2018-2019*

# BOARD OF DIRECTORS

Rosa's time while on the Board of Director's for NSANYS has provided multiple opportunities, such as attending NSNA's Annual Convention, networking with many nursing students and nurses from various states, and broadening her scope of knowledge in nursing. Upon graduation, Rosa wishes to become a Labor and Delivery nurse. Rosa is grateful for the plethora of opportunities & knowledge, and a lifetime of friendships that NSANYS' has given her.

Mary Andrews, Nominations and Elections Chair, is a current sophomore at Molloy College. Outside of NSANYS, Mary enjoys keeping herself busy both as an active participant in student life, as well as in community work. The ability to be on the NSANYS board has taught her much, but one of the most valuable things she has learned is the importance of political advocacy in nursing. NSANYS has given her the opportunity to participate and promote this, an experience she is incredibly grateful for.

Ashley Schuette plans to become a NICU nurse after graduation. In addition to being on the NSANYS Board, she is also Vice President of her schools Student Nurses Association. In her free time Ashley enjoys skydiving and traveling.

My name is Julia and my favorite class so far has been Maternity and when I graduate, I hope to work in a labor and delivery unit. One fun fact about me is that I am a fitness fanatic. Being on the board has taught me more organizational skills, how to work as a team, and the importance of time management.

### **POLICY AND EDUCATION DIRECTOR**

ROSA MISURACA

Molloy College 2019

### **NOMINATIONS AND ELECTIONS DIRECTOR AND REGIONAL DIRECTOR CHAIR**

MARY ANDREWS

Molloy College 2021

### **NORTHEAST REGIONAL DIRECTOR**

ASHLEY SCHUETTE

Stony Brook University 2019

### **METROPOLITAN REGIONAL DIRECTOR**

JULIA RUKAJ

Hunter Bellevue 2020

## *Meet the 2018-2019*

# BOARD OF DIRECTORS

**MID-HUDSON  
REGIONAL DIRECTOR**  
KELLY RODRIGUEZ

Farmingdale 2019

Kelly is currently the of Treasurer for the Farmingdale Student Nurses' Association. She is active on campus as a member of Farmingdale's Chi Gamma chapter of Sigma International Honor Society of Nursing and provides guidance to fellow students as a Student Nurse Mentor. A fun fact about her is that she learned how to surf in Ireland. Her favorite NSANYS memory was volunteering at the boy and girl scouts first aid workshops!

**CENTRAL REGIONAL  
DIRECTOR**  
MAX AMESTEUGI

Molloy College 2021

Max Amestegui is a sophomore nursing student at Molloy College that plans to become a nurse practitioner in the future. He likes to play the piano and go to the gym during his free time. His favorite memory as an NSANYS board member this year was visiting St. Joseph's BSN Club to discuss NSNA membership and our convention with student leaders.

**GENESEE-VALLEY  
REGIONAL DIRECTOR**  
ANIKO RADNICS

Nassau Community College  
2018

Aniko Radnics is a new graduate from Nassau Community College in Garden City, NY. Her favorite memory from NSNA this year is attending the 66th Annual Convention in Nashville. She was very inspired to see nurses as leaders and change agents in today's dynamic healthcare environment, which motivated her to run for office at NSANYS. Serving as Regional Director has been a wonderful learning experience about teamwork and leadership that she will carry along in her future nursing career!

**WESTERN REGIONAL  
DIRECTOR**  
CONNOR O'SULLIVAN

Stony Brook University 2020

Connor is the 2nd Vice President for his school nursing association. Upon graduation, he plans on getting his masters in hospital administration while he is working in a critical care unit. After a few years of critical experience, Connor plans on going to anesthesia school to become a nurse anesthetist. Connor was very honored when he was offered the position as the Western Regional Director for NSANYS and was excited to work alongside his fellow future nurses.



THE  
UNIVERSITY  
OF RHODE ISLAND  
COLLEGE OF NURSING



# RN to BS in Nursing online

---

As low as **\$9,540**

Academic Support | CCNE accredited

To find out more, visit URI at [online.uri.edu](https://online.uri.edu).  
Start now!

*Learn more about our*

# **BREAKOUT SESSIONS**

## **Key Note Presentation**

The Magic of Perspectives: Patient Experience in a Divisive World, presented by keynote speaker, Brian Miller, reveals how we can reclaim the art of human connection in the healthcare industry.

Utilizing jaw-dropping magic demonstrations and hilarious stories from 10+ years as a globetrotting magician, Brian inspires healthcare professionals to create an environment where patients feels heard, understood, and valued. You will gasp, laugh, and love every minute of his legendary "Ed Story," and leave with practical strategies for making strong connections, including his coveted E.A.R.S. system for active listening.

## **NCLEX Med/Surg Review**

Loretta Manning, from I Can Review, will reveal helpful tips and tricks to remember the most important medical/surgical topics that will help you ace the NCLEX!

## **How to Run for Office**

NSANYS 2018-2019 Nominations and Elections Chairperson, Mary Andrews, will explain how to run for a position on the Board of Directors. All positions will be described and election packets will be available for candidates.

## **How Convention Works**

First time at a professional convention? Come learn more about what to expect, how to navigate the site and convention program and how to make the most of your day!

## **Men in Nursing Meetup**

Leaders and members of men in nursing organizations and associations are invited to this men in nursing meet up session to kick off the day with networking and sharing ideas!

## **Nursing Specialties Panel**

Donna Crockett, Kelly Lamatima, Jerry O'Leary, Mitchell Solovay, Christine Chan, and Ralph Leggio will present on nursing specialties including PACU, CRNA, pediatric ER, nurse educator, periop, and more! Come learn about each specialty and what it takes to succeed on each unit.

## **Career Readiness**

Dr. Lois Marshall, presenter "the art of marketing yourself", and Northwell's Ellen Lorenz will team up to help new graduated feel confident and prepared for their first interviews and career. Upcoming graduates, you will not want to miss it!

*Learn more about our*

## **BREAKOUT SESSIONS**

### **Preparing for Your First Clinical Rotation**

If you are starting your clinical rotations next semester, this session is for you! Learn first hand from clinical professor, Dr. Kendra Hoepper about what to expect during your first clinical, what is expected and first hand tips and tricks for success!

### **Telemedicine**

Do not miss this interactive session!

Telemedicine is the future of healthcare in our growing age of technology. Saurabh Chandra will discuss an introduction to Tele Medicine as an innovative healthcare delivery modality and it's applications at Northwell Health.

eICU nurse, Christina Galgano, will give you a virtual tour of Northwell telehealth, explain the role of nurses as critical partners in telemedicine and explore career pathways of nurses in telemedicine.

### **Travel Nursing**

Interested in being a travel nurse? Are you trying to figure out what resources are available to help you with your new grad job search? Do you have an interest in travel nursing? This session is for you! Join Aureus Medical as you explore how they can assist you with both!

### **New Graduate Nursing Panel**

New graduate nurses Mariella Gotti, Jaclyn Malone, Evelin Gonzalez, Erica Herreros and Justine Zoeller will sit on a panel to discuss how to prepare for the NCLEX and nursing interviews, what their new graduate orientation is like, how to prepare for nursing careers while still in school and more!

### **Being A Leader in Nursing and Sigma Theta Tau**

Interested in becoming a member of the nursing honors society, Sigma Theta Tau international? Learn how to stand out and develop your leadership skills from a Sigma Theta Tau leader and mentor.

### **\*FACULTY SESSION\* Empowering Student Leaders**

This session is for all faculty members. Hosted by ANA-NY, this session will focus on how to develop student leaders as a faculty advisor. You will also learn more about the benefits of ANA. Continuing education credits will be awarded!

*House of Delegates Business Meeting***AGENDA****(PART I)**

- I. Call to Order
- II. Introduction
- III. Guest Recognition
- IV. Roll Call
- V. Quorum Declaration
- VI. Adoption of Convention Business Meeting Rules & Agenda
- VII. Report from the President
- VIII. Proposed NSANYS Resolution
- IX. Proposed NSANYS Bylaw Changes
- X. Financial Report
- XI. Annual Convention Report
- XII. Printed Reports

**(PART II)**

- XIII. Nominations
- XIV. Teller Appointment
- XV. Elections for 2019-2020 NSANYS Board
- XVI. Old Business
- XVII. New Business
- XVIII. Awards Ceremony
- XIX. Installation Ceremony
- XX. Closing Ceremony
- XXI. Adjournment

# NSANYS 2019

## RESOLUTION

- TOPIC:** IN SUPPORT OF INCREASING AWARENESS ON ALTERNATIVE BIRTHING METHODS
- SUBMITTED BY:** Nursing Student's Association of New York State
- AUTHORS:** Rosa Misuraca, Sarah Ebrahim, and Ashley Schuette
- WHEREAS,** Choice of birthplace for low-risk women is a central theme in current national guidelines and, depending on geographical location and availability, options include an obstetric-led hospital service, a midwife-led birth centre—which might be either stand-alone or alongside hospital services—and birth at home (Woog, 2017, p. 1); and
- WHEREAS,** The findings revealed that there was no significant difference in outcomes for perinatal mortality and intrapartum- related neonatal morbidities in any of the midwife-led care settings (home or birth centre) when compared with obstetric-led services (Woog, 2017, p. 1); and
- WHEREAS,** Factors that are important to them [expecting mothers] when choosing a preferred birth setting, include proximity; normality of childbirth; environment; model of care; TV programmes; and recommendations from family and friends (Borrelli S.E., Walsh D. & Spiby H., 2017, p.1938); and
- WHEREAS,** 16% of respondents to the 2015 CQC Maternity Survey reported that they had been offered no choice. 25% of respondents to the NPEU Safely Delivered survey were unaware of all four possible choices. 14% of women felt that they were not provided with sufficient information to enable a choice of where to have their baby (National Maternity Review, 2016, p. 26-27); and
- WHEREAS,** 80% of women were not aware of all the available options with regard to places of birth (Borrelli S.E., Walsh D. & Spiby H., 2017, p.1939); and
- WHEREAS,** Advise low-risk nulliparous women that planning to give birth in a midwifery-led unit (freestanding or alongside) is particularly suitable for them because the rate of interventions is lower and the outcome for the baby is no different compared with an obstetric unit (NICE, 2016, p.5); and therefore be it
- RESOLVED,** that the National Student Nurses' Association (NSNA) encourage and support education on alternative birthing methods to promote awareness and allow women to feel comfortable and empowered on this topic; and be it further
- RESOLVED,** that the NSNA publish an article in *Imprint* to increase knowledge and promote education on alternative birthing methods, if feasible; and be it further
- RESOLVED,** that the NSNA send a copy of this resolution to Association of Women's Health, Obstetric and Neonatal Nurses, Midwives Alliance of North America, American Nurses Association, National League for Nursing, American Association of Colleges of Nursing, Organization for Associate Degree Nursing, and all others deemed appropriate by the NSNA Board of Directors.

*How to Nominate a Candidate*

**FROM THE FLOOR**

“I (state your name) nominate (full name of candidate) for the position of (position candidate is running for)”



*Bachelor Completion Program (for those with an Associate's degree)*

## BACHELOR OF SCIENCE IN NURSING (HOLISTIC NURSING)

**FULL OR PART-TIME, DAY & EVENING CLASSES AVAILABLE**  
42-60 Credit Program | 4 semesters FT or 7-9 semesters PT | Online

Endorsed by AHNCC | ACEN Accredited | NY State Approved | PCOM is WSCUC Accredited

Encourage healing while honoring your patient's personal experience of health. Learn how to incorporate holistic principles and practices in your and your patients' daily lives.

- Health promotion & wellness
- Caring healing perspective
- Relationship-centered approach
- Holistic integrative modalities
- Research & evidence-informed practice
- Leadership & change

**ALREADY EARNED YOUR BSN?** 12.5 Credit, Online  
Post-Baccalaureate Holistic Nursing Certificate  
Endorsed by AHNCC

**CONTACT US TODAY!**

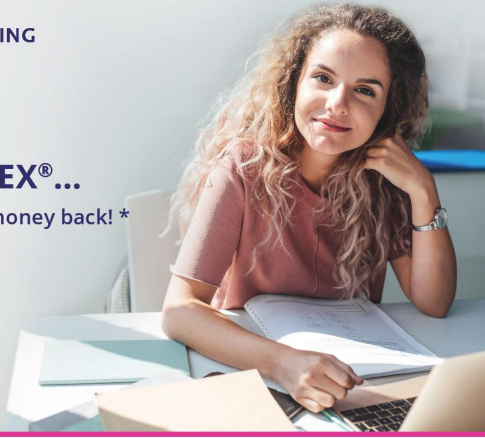
212-982-3456 | [ADMISSIONS-NY@PACIFICCOLLEGE.EDU](mailto:ADMISSIONS-NY@PACIFICCOLLEGE.EDU)

 **Pacific College of Oriental Medicine**

110 William St, 19th Floor  
New York, NY, 10038  
[www.PacificCollege.edu](http://www.PacificCollege.edu)



**Pass the NCLEX® ...**  
guaranteed or your money back! \*



The gold standard in NCLEX® prep, our review options teach students how to think like nurses through sound clinical reasoning and focused content review.

Learn more at [KaplanNursing.com](http://KaplanNursing.com)

1-800-527-8378



NCLEX-RN® and NCLEX-PN® are registered trademarks of the National Council of State Boards of Nursing, Inc. Test names are the property of the respective trademark holders, none of whom endorse nor are affiliated with Kaplan.  
\*Pass the NCLEX® guaranteed - Some restrictions apply. See [kaplannursing.com/guarantee](http://kaplannursing.com/guarantee) for details.



## SUNY Delhi School of Nursing ONLINE DEGREES

**RN to BSN**  
**MS Nursing Administration**  
**MS Nursing Education**

### Why Delhi?

- Courses fully online with affordable SUNY tuition
- Flexible start dates & manageable 7-week terms
- Personalized advisement program
- Practicum placements in student's hometown



THE  
**American Women's**  
COLLEGE  
BAY PATH UNIVERSITY

**RN to BSN**  
Fully Online  
Program

\$350 per Credit  
[baypath.edu/nursing](http://baypath.edu/nursing)



>>> All nurses are eligible for a minimum of 30 transfer credits, and possibly up to 84 towards their degree.

ACCREDITATION STATUS The Bachelor of Science in Nursing at The American Women's College of Bay Path University is accredited by the Commission on Collegiate Nursing Education, 655 K Street, NW, Suite 750, Washington, DC 20001, 202-887-6791. ([www.ccneaccreditation.org](http://www.ccneaccreditation.org))



## Earning my DNP was a lifelong dream



*"The Penn State DNP program provided me with knowledge and skills to offer superior care to my patients and lead change within my organization."*

*Allyson Favuzza, DNP, CRNP, FNP-C  
Penn State Class of 2018, Doctor of Nursing Practice*

No matter where you are in the world, you can pursue a nursing degree online through Penn State World Campus. Our programs are taught by expert faculty from Penn State's College of Nursing—and backed by a world-class reputation and accreditation, student support team, and a powerful network of students, mentors, and alumni.

- › Position yourself for new, more challenging career opportunities.
- › Continue to work while you earn your degree—the course work is online.
- › Learn from the same highly respected faculty who teach on campus.
- › Reach your ultimate educational goal—bachelor's, master's, or doctoral—we have a pathway for you.

A world of possibilities. Online.



[worldcampus.psu.edu/nursing](http://worldcampus.psu.edu/nursing)

*A Special Thanks to our*

## **SPONSORS AND EXHIBITORS**

### **Bronze:**

MERCY COLLEGE  
HURST REVIEW  
I CAN REVIEW  
BRIAN MILLER  
TRAVEL NURSING  
JOHNS HOPKINS UNIVERSITY

### **Silver:**

KAPLAN  
U WORLD  
MAXIMO NIVEL  
SUNY DELHI  
THE AMERICAN COLLEGE OF WOMEN  
PENN STATE WORLD CAMPUS  
ANA-NY  
PACIFIC COLLEGE OF ORIENTAL MEDICINE  
NORTH WELL  
BADGE BLING  
NACLI  
PICMONIC

### **Platinum:**

UNIVERSITY OF RHODE ISLAND