

Nursing Students' Association of New York State



STAT NEWSLETTER

Fall 2018 Issue

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LETTER FROM THE PRESIDENT 2018-2019

Dear Student Nurses,

To all returning students, welcome back to another exciting semester of nursing school – endless nights of studying and exam victories! To all of the new students, congratulations on choosing nursing as your career and beginning your life-changing journey called, “nursing school.”

My name is Helen Pham. I am the 2018-2019 President of the Nursing Students' Association of New York State, Inc. (NSANYS). I have also served NSANYS for the 2017-2018 term as the Community Health Director. I'm a 3rd-year student nurse in the Barbara H. Hagan School of Nursing at Molloy College in Rockville Centre, NY.

I am incredibly humbled to be working with your 2018-2019 NSANYS Board of Directors and Regional Directors. They are some of the most hard-working student leaders I have ever met. On top of serving NSANYS in their respective positions while in nursing school, they also have time to work and volunteer in their free time. Rest assured, we are serving you to our greatest ability. I would like to share with you that the 2018-2019 term is the first term, in the history of NSANYS, to have an immediate transition making it the most successful and effective one. In the past, board members would be elected in February then transitioned in June making their term last seven months. The 2018-2019 term will last a full twelve months from February 2018 to February 2019. Thank you to Past President Annie Nelson and our NSANYS Advisors/Consultants Dr. Larry Slater and Ms. Giselle Melendez for making this possible.

Yours truly,

Helen Pham

NSANYS President 2018-2019

Molloy College, Barbara H. Hagan School of Nursing 2020

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NSNA SUMMER LEADERSHIP CONFERENCE 2018

BY MAX AMESTEGUI, MOLLOY COLLEGE

On June 27, nursing student leaders from over 30 states met at Mount Sinai Medical Center in Manhattan for the NSNA Summer Leadership Conference. From New York, six NSANYS board members were in attendance (pictured below). The conference helped nursing student leaders nationwide hone their leadership skills, strengthen their local and state NSNA chapters, and promote NSNA membership within their states. As a regional director (RD), this conference gave me a foundation to build my networking skills and communication with my schools on, as well as strengthening the bonds within the NSANYS board.

Panelists at the conference included NSNA student leaders and faculty advisors and directors. Each brought new ideas about leading a state or local organization to the table, so there was something that everyone in attendance can apply to their roles. Panelists discussed state funding for treasurers, use of social media for communications directors, scholarships and other NSNA resources, potential events for breakthrough to nursing and community health directors, and much, much more. Also, a group of nurse panelists from Mount Sinai presented on their specialties in the profession, including emergency department, ICU, and several others, giving light to fields new graduates may be interested in.

One presentation that resonated with me was one of the first, discussing leadership and the NSNA guide, "Getting the Pieces to Fit". "Getting the Pieces to Fit" is a guide made by the NSNA for schools that are interested in developing and improving their chapters. This was great news as a regional director - it is another tool I can use to help my schools grow in their involvement. This conference helped me to develop as a regional director, a professional, and as a young leader in nursing, and I hope that my experiences only grow from here.

NSNA SUMMER LEADERSHIP CONFERENCE 2018



NSNAYS Board Members in attendance (pictured left to right): Max Amestegui, Central Regional Director; Eizle Bianca Salonga, Communications Director; Helen Pham, President; Rosa Misuraca, Policy and Education Director; Julianne Martin, Treasurer; Megan Scali, Co-Vice President



Over 100 nursing student leaders from 33 states!

How To Write A Resolution

BY ROSA MISURACA, MOLLOY COLLEGE



Writing a Resolution may seem like a difficult task, however when broken down, it can be quite simple! First task is thinking of a topic to write about. When doing this, it is very important to find an issue that interests you. There cannot be any duplications within the past five years so it is pertinent to check prior publications before you begin writing. After all your "T's" are crossed and "I's" are dotted regarding your topic, it is time to begin research! When researching, make sure to use scholarly articles and journals to give context and back up the issue you are writing about. Within these articles, you will pull out statements that truly encompass and support the issue you are presenting; these will be known as your "Whereas Statements." These statements will essentially be the "documentation of the reasons and rationale for the resolution."

There will be five to seven "Whereas Statements" within your resolution. Following these statements will be your "Resolved Statements" which are the actions and position you wish to take on the issue you are presenting. There will be three to five "Resolved Statements" within your resolution. After you have finished writing your Resolution, have others review it to provide any editorial changes or suggestions, whether it be "additions, deletions, or alterations." At this point, it is time to present the Resolution to your Board of Directors on your state/local/school chapter. If they approve your Resolution, you now have the ability to submit this Resolution to NSNA where you will have the chance to present your Resolution at the House of Delegates Meeting at NSNA's Annual Convention. At this meeting, there will be a motion to approve as well as a discussion on your Resolution. This will give you, as the author, the opportunity to present and explain your Resolution along with the importance and significance it will have in the nursing field and nation.

More information can be found within NSNA's Resolution Guidelines for Planning:
<https://www.dropbox.com/s/5mqpw0pof0apn1e/Resolutions%20Guidelines.pdf?dl=0>

BY KEZIA VARUGHESE, MCECY COLLEGE

A leadership position is an opportunity to motivate those around you to reach their full potential by nurturing the passion you have in your position.

[illegible]

Dig Deep

BY GRACE ANNE CROCKETT, MOLLOY COLLEGE

This summer I was a student nurse extern at Cohen Children's medical center. To finish the externship each extern had to make and present on a topic of choice. I decided that I wanted to present on something more than just a case study or a procedure you can read about in a textbook. I named my presentation Dig Deep and I presented about the importance of thoroughly assessing all of your patients and

looking past their basic diagnosis.

My overall theme was about how most nurses would treat their patients basic diagnosis and stop there, but the best nurses do more. Starting on admission it is important to assess your patient from head to toe inside and out.

I spoke about six patients I had this summer to drive the idea of how important it was to dig deep. Here are summaries of two of the patients I presented:

One patient presented with abdominal distention and fecal impaction but ended up needing social work and case management to help prevent his mom from losing her job while



Superwoman and Supernurse!

she was with him in the hospital, help the patient cope with the loss of a grandmother, and assurance that this single mother and son were returning to a functioning home with her three other children.

Another patient presented with a cough, but was later found to have a skull fracture with a hematoma.

(Cont. on next page).



Supernurse, Grace Anne Crockett, helps Superman with his radiology.

The parents of this baby did not have an explanation about where this injury came from so child protective services had to be

called to assess the situation. It is hard for a child and their family to deal with hospitalization for many reasons but with thorough

assessments and consults we are able to dig deep and find out more about our patient as a whole to provide our best care.

E-Nurse Reporting for Duty

BY JULIA RUKAJ, HUNTER COLLEGE

Fairmont Public School in Fairmont, North Dakota launched an innovative way for registered nurses to examine students without physically being at the school. Through the use of a camera, an iPad and other specialized equipment, vital signs such as temperature and heart rate can be taken when a nurse is hours away. Dubbed the "e-nurse", this set up was provided by Avera Health and costs the school \$1.50 per student. Pictured below is Principal Jay Townsend with the e-nurse set up.

The e-nurse's camera can be used to allow

nurses to examine for conjunctivitis, lice, and any irritation in the throat and ear. In this school year, the e-nurse has diagnosed a case of ringworm. For any emergency, students will be sent to Breckenridge, Minnesota to receive appropriate care.

Technology such as this bring us one step closer to eliminating health disparities in underserved communities across the United States. With the success of the e-nurse, this technology can possibly be expanded to fit

not only other schools, but also provide care on a global scale.

Reference

https://www.wahpeton-dailynews.com/news/the-e-nurse-will-see-you-now/article_d3573d52-b5cd-11e8-8222-5f33ae2f9447.html



NSANYS's Summer Event - Adventure Park

BY KHAYANDRA TAPURO, MOLLOY COLLEGE

My name is Khayandra Tapuro and I am a nursing student at Molloy College. On August 7, 2018, I went to Adventure Park in Wheatly Heights, NY with my fellow nursing students of New York State along with our friends and family. I have never done anything like this before, but I knew that it'd be something I'd enjoy because I love to constantly challenge myself. I went on the intermediate level courses to get acquainted and to simply have fun. During our last hour at the park, I decided that I was ready to take on the expert course, the black diamond. As I approached the first obstacle, I thought "this is easy", I was wrong. This 20 feet ladder took about 6 minutes to get up because I struggled to reach each bar. As I continued through the course, then I realized that these obstacles were harder because they didn't only test your physical strength, but your mental strength. I remember being physically exhausted and wanting to turn back, but the thing is, you really can't turn back because you're 30-40 feet in the air. I continuously had to tell myself that I was strong



Depicted above is Molloy College nursing student and leader, Khayandra Tapuro

enough, that I just had to believe in myself. What really helped me get through the course was the encouraging screams I heard from my friends waiting for me down on the ground. I hope NSANYS continues to do events that help promote a healthy lifestyle, individual challenges, and bonding between friends and fellow nursing students.



Pictured above and on the right photos are NSANYS board members and attending students



NSANYS's Community Health Events

BY SARAH EBRAHIM, HUNTER COLLEGE



NSANYS First Emergent Preparedness Event At Molloy College

As Community Health Director for NSANYS 2018-19 board my goal is to provide volunteering as an outlet for nursing students. Volunteering in communities provides as safe and calm environment to allow nurses to practice communication and other fundamental nursing skills.

In Summer of 2018 members of NSANYS volunteered in a clinical setting. These clinics were pop-up clinics in different communities for different demographics. Students were able to practice taking blood pressures, consult with patients, and take health histories. Understanding a demographic is important when providing health education for a community. Risk factors for high blood pressure can include, genetics or high stress environment. Not only were students able to interact with people from the community, they were also able to interact and learn from nurses and other nursing students.

In Fall of 2018 NSANYS will be participating in several awareness walks. Being a nurse means fighting for our patients. Participating in awareness walks allows us to help give our patients a voice. To be able to come together with other nursing students is an inspiring experience. Awareness walks also collect funding for research and/or prevention measures for different causes. NSANYS participated in the Walk to End Alzheimer's, Autism Speaks Walk, and Out of the Darkness Walk. Make sure to stay on the watch for upcoming events in Winter and Spring of 2019!



Depicted above is NSANYS and attendees at the Autism Speaks Walk

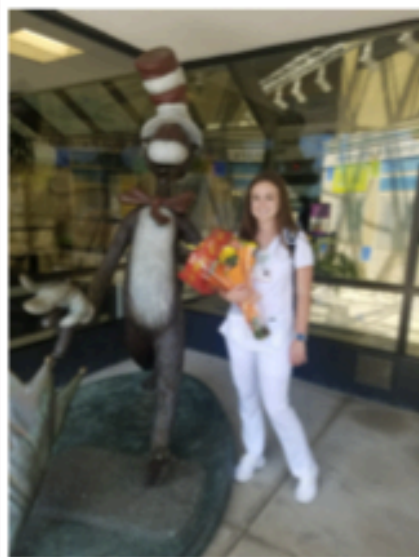
Visit
<http://www.nsanys.org/volunteer-with-us.html>
for past and future event information.



NSANYS and attendees at the Annual Domestic Workers Health Fair, hosted by Deborah, event organizer at New York Presbyterian

My Summer as a Pediatric Nurse Extern

BY GRACE ANNE CROCKETT, MOLLOY COLLEGE



This summer, I was given the opportunity to work as a Nurse Extern in my dream hospital, Cohen Children's Medical Center. Through this externship I worked alongside amazing nurses who showed me how to provide complete care for my patients. It was inspiring seeing how dedicated these nurses were to their patients. I practiced many of the skills I will be utilizing when working as an RN so that I will be more comfortable completing these skills in the future. I was also able to float off my floor and shadow in

the emergency room. I immediately knew that it was a floor I could call my home. I liked that we had to be constantly moving on our feet, ready to take on anything that came to us. To finish the externship each extern had to make and present on a topic of choice.

I named my presentation Dig Deep which you can read about in another article in this newsletter! After completion of the externship, I was offered a full time job as an RN upon graduation. Overall, this was an amazing experience and I can't wait to get back to work in the hospital!



My Summer Experience

BY KATHLEEN O'NEIL, MOLLOY COLLEGE



During the summer of 2018, I had some of the best nursing experience so far in my nursing school journey. I started my summer spending a week in Santo Domingo, Dominican Republic, shadowing a nurse at the main maternal hospital in the city. Through a program called Gap Medics I spent five days learning what care was like for laboring and postpartum mothers, as well as infants in a government funded hospital. I had the privilege of seeing natural deliveries as well cesarean sections. I also had the chance to watch infant exams following birth and mothers on the postpartum floor. While in the Dominican Republic I had the opportunity to go to their vaccination clinic and observe the

nurses who administer the vaccines. Following my Dominican Republic experience I began my 10 week experience at Memorial Sloan Kettering in their clinical assistant program in the Intensive Care Unit. Through the clinical assistant program I was paired up with a Registered Nurse and followed her through her 3 12-hour shifts a week. Working in the ICU allowed me to experience and learn new and exciting aspects of nursing. I saw bronchoscopies, emergency intubations, and spinal taps, all first hand, and even participated in my first code blue. I learned how important it is for everyone caring for the patient to be in sync regarding the patient's care plan. I highly encourage every nursing student to apply for a nursing internship; I learned so much through my time at MSK that will undoubtedly shape my future career as a nurse.

I'm Not a Superhero - My Global Health Experience

BY SARAH EBRAHIM, HUNTER COLLEGE

This past summer I had the opportunity to attend a Medical Outreach Trip in Peru with the organization Volunteers Around the World. On this trip was a team of 15 volunteers from America, and 5 physicians from Peru. For 5 days we set up a clinic outside of the city of Cusco in a community center where we treated almost 300 patients. It was amazing to see families walk away comforted by their experience at the clinic.

While volunteering abroad is rewarding it is also challenging. The most challenging day on the trip was when my team visited an elementary school. At the elementary school we had prepared a health education seminar to discuss body hygiene. The kids responded so well to what we had to say and were excited to receive some supplies from us. At the end of the day it was frustrating having to say bye to them. But I left knowing that we made an impact on those kids and hopefully within the community.

Volunteering globally is challenging because there is so much to be done. I can't save the world in one day. But as a nurse I know that I will have the opportunity to have a positive impact on someone's world, whether it be a through a loved one or through their community.



My Volunteer Experience in Costa Rica

BY DIANA MONACO, MOLLOY COLLEGE



This summer, I volunteered in Costa Rica through the company International Volunteer HQ (IVHQ). Though I was there for only one week, in my time spent in the Central American country I was able to make countless, unforgettable memories with amazing people. I was also given the opportunity to utilize the skills that I have learned in my last three years as a nursing student at Molloy College.

Throughout my time in Costa Rica, I was honored with the privilege of residing with a host mother. She truly made me feel at home and always made plenty of delicious food. The week that I was staying in my host mother's residence, eight other students, from all over the world, were in the same house. While a handful of us were from the United States, there were also students from China, Canada, and Puerto Rico. We all played cards, talked, and laughed as a group after we returned from our placements. Staying with a host family is a unique experience, as I was given the opportunity to gain insight on the traditional meals and culture of Costa Rica. This volunteer experience would not have been the same without my wonderful host mom and new international friends.

To my delight, IVHQ placed me in an assisted living facility. I mainly assisted the residents with activities of daily living. In the afternoons, an occupational therapist came into the facility and brought activities, like memory puzzles and reading/writing worksheets, which were specifically catered to each resident. Through working with the occupational therapist, I gained a better understanding of the profession and how great of a resource it can be for patients.

It was a great experience to have the opportunity to practice speaking Spanish to the residents and staff (they even giggled as I stumbled over words, showing their appreciation for my efforts). The residents, with their friendly and welcoming dispositions were my favorite part of the trip. No matter what they always made my day better by putting a smile on my face.

I will never regret or forget my experience in Costa Rica, and I would highly recommend volunteering abroad to anyone who is interested. Though I was definitely apprehensive to travel abroad at first, looking back I would not have changed a thing.

Why I Chose Nursing...

BY MARY ANDREWS,
MOLLOY COLLEGE

"Here comes Nurse Mary again!" one of my friend's shouts, as my eleven-year-old self brings out her first aid kit to fix a scraped knee. "Are you really going to be a nurse?" another friend asks "Yes, I think so.", I reply confidently – and so I was. Though young, I knew that nursing was the right choice for me, and my desire to help others in this way was externalized in a variety of scenarios. Though helping fix scraped knees may have been a suitable job for little "Nurse Mary", the jobs I later took on were more complex, such as helping take care of my grandfather when he lived with my family, taking care of my mother as she overcomes many health issues, and

volunteering at my local ambulance corps. These situations gave, and continue to give me opportunities to confirm my wish to become a nurse. The underlying reason for my wanting to become a nurse is that it satisfies my intense longing to help those in need and/or suffering. Nursing shows me an incredible way to make a difference in others' lives, sometimes saving those lives, and others around them in the process. I was not made to wait for changes to happen around me, but to be the change in the world by helping others, so that they might do the same, and that is why I want to become a nurse.



Passion Or Purpose?

BY MEGAN PFUNDSTEIN, MOLLOY COLLEGE

As every nursing student knows, time is a precious commodity. It can be really difficult to find time for basic self-care or self-growth when you add up clinical days, classes, lab hours, and study time. This is exactly the reason why I wondered if I could justify dedicating my time to a position on my school's Student Government organization. It is so easy to get caught up in a "resume building" mindset. My original thought process was that Student Government is not a typical resume addition for a nursing student. I would be better off trying for a part-time job at a hospital that could be my future employer or volunteering my time as a nursing tutor. In a leap of faith, I followed my heart and decided to run for the position I was most passionate about. I can now confidently state that I made the right decision. Student Government is teaching me to be an advocate for my peers, a skill I will use when I advocate for my future patients so they can receive the best healthcare to fit their needs. It is also helping me become comfortable speaking to my superiors, a skill I will use when I feel the need to question orders or report a safety issue in my future institution. Most importantly, Student Government is giving me confidence to be a young woman in a leadership position. In this new world of getting ahead of your peers by putting purpose over passion, I say why not both and I encourage you to do the same.



BY EIZLE BIANCA SALONGA, MOLLOY COLLEGE

BRIDGING THE GAP BETWEEN HEALTHCARE & LAW-LEGAL NURSE CONSULTANT

WHAT IS A LEGAL NURSE CONSULTANT?

SINCE THE 1980'S, LEGAL NURSE CONSULTANTS (LNC) HAVE SERVED A SPECIAL ROLE IN BRIDGING THE GAP BETWEEN HEALTHCARE AND LAW. AS LICENSED REGISTERED NURSES WITH THEIR IN-DEPTH KNOWLEDGE OF HEALTHCARE, LNC'S OFFER VALUABLE ANALYSIS OF MEDICAL-LEGAL CASES; THEY PROVIDE INPUT ON THE DELIVERY OF HEALTHCARE SERVICES AND OUTCOMES AND PRESENT EXPLANATIONS ON THE PATHOPHYSIOLOGY AND CAUSE OF INJURY. IN OTHER WORDS, THEY HELP TRANSLATE THE MEDICAL JARGON AND DECIPHER THE SEEMINGLY CONVOLUTED HEALTHCARE SYSTEM TO THE LAYMEN, ESPECIALLY LAWYERS, IN ORDER TO ENSURE THAT THE LAW CAN BE JUSTLY APPLIED ON MEDICAL-LEGAL CASES.

WHAT ARE THE ROLES AND RESPONSIBILITIES AND WHERE DO LNC'S WORK?

LNC'S HAVE A WIDE LEGAL SCOPE OF PRACTICE INCLUDING COLLECTING, ORGANIZING, ANALYZING AND IDENTIFYING ANY TAMPERING OF MEDICAL RECORDS, PRESENTING A CHRONOLOGICAL SUMMARY OF MEDICAL EVENTS, EDUCATING LAWYERS ON MEDICAL INFORMATION AND ISSUES RELATED TO THE RESPECTIVE CASE, COLLABORATING A STRATEGY WITH THE LEGAL TEAM, FORMULATING MEDICAL SECTIONS ON LEGAL DOCUMENTS, ASSESSING THE VALIDITY AND DEFENSIBILITY OF MEDICALLY-RELATED CASES/CLAIMS, AND TESTIFYING AS A NURSE EXPERT DURING TRIAL, DEPOSITION, HEARINGS, OR ARBITRATIONS.

LNC'S PRACTICE IN LAW FIRMS, INSURANCE INDUSTRIES, CASE MANAGEMENT AGENCIES, AND LITIGATIONS SUPPORT FIRMS. THEY CAN ALSO WORK IN A PLETHORA OF LAW PRACTICE AREAS SUCH AS MEDICAL MALPRACTICE, ELDER LAW, WORKERS' COMPENSATION, FORENSIC/CRIMINAL RIGHTS, MEDICARE SET-ASIDE, AND MANY MORE.

HOW DO YOU BECOME A LEGAL NURSE CONSULTANT?

TO BECOME A LEGAL NURSE CONSULTANT, ONE WOULD HAVE TO FIRST BE A REGISTERED NURSE AND GAIN A FEW YEARS OF EXPERIENCE. AFTERWARDS, ONE WOULD ENROLL IN A LEGAL NURSE CONSULTANT TRAINING PROGRAM AND PASS A CERTIFICATION EXAM. THE AMERICAN LEGAL NURSE CONSULTANT CERTIFICATION BOARD OFFERS A CERTIFICATION EXAM AND REQUIRES A MINIMUM OF FIVE YEARS OF EXPERIENCE AS A REGISTERED NURSE BEFORE TAKING THE EXAM.

FOR MORE INFORMATION, REFER TO [HTTP://WWW.AALNC.ORG/](http://www.aalnc.org/) (AMERICAN ASSOCIATION OF LEGAL NURSE CONSULTANT)

REFERENCE

WHAT IS AN LNC? (2018). RETRIEVED FROM [HTTP://WWW.AALNC.ORG/PAGE/WHAT-IS-AN-LNC](http://www.aalnc.org/page/what-is-an-lnc)

HOW TO PASS THE NCLEX

If you got through nursing school, then YOU CAN PASS THE NCLEX!

Does thinking of NCLEX stress you out? It is absolutely possible to pass NCLEX the first time with ease. First, evaluate your study habits. Maybe you have not created a test plan. Having a test plan and tracking progress is what makes getting to the goal feasible and will build confidence. Start studying 4-6 weeks prior to the exam to avoid burnout, but will give sufficient time to study. Think of taking the NCLEX like running a marathon. In order to build endurance and prepare, you would not run on a treadmill one mile every week. It is always best to replicate the exam as you would be taking it that very day. Sit down in a quiet area, do a 75-question-all-subject test, and spend the three hours that you will most likely need on test day, including the break that will be given on test day. Use the following day to review your answers and rationales, for all questions. Second, use test-taking techniques. These have been proven to work! Critical thinking and knowledge is important, but use test-taking techniques such "ABCS", whenever possible. And third, keep a positive mindset. This is one of the most important test-prep skills. It can be hard to find the right mindset with all the emotion about taking this exam. However, use self-care throughout the week, and spend ample time with friends and family when you are not studying. This is the key to help you regroup in between sessions. You are almost there! You will be the future of nursing!

Written By Elizabeth Durovich, BSN, RN, CEN

Former SNA President at BMCC, Class of 2014

About the writer: Elizabeth is an emergency department-trauma trained nurse who has been practicing for five years in the NYC Metro area. She also tutors and precepts students on a regular basis as part of continuing her passion in nursing. She will be graduating from a Psychiatric Mental Health Nurse Practitioner program in 2019, and hopes to serve as a future mentor for all new graduates.

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THANK YOU!

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Questions?
contact Sarah Ebrahim
chealth.nsanys@gmail.com



GET FEATURED!

The Nursing Students Association of New Yorker State (NSANYS) wants to feature your accomplishments! Accomplishments may include, but are not limited to: your school's mentoring programs, your local chapter's breakthrough to nursing projects, community health events, fundraisers, your personal nursing research, and awards! Your accomplishments will be featured on NSANYS' website and social media.

NSANYS 67TH ANNUAL CONVENTION

THEME: WHAT MAKES YOUR DIFFERENT
SATURDAY, FEBRUARY 9TH, 2019

The Convene
117 W 46th Street
Midtown West, New York, NY 10036

WANT TO WRITE FOR NSANYS' SEASONAL NEWSLETTER?

WE WANT TO FEATURE YOU IN OUR STAT NEWSLETTER

For more information, contact STAT Editor,
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