



LETTER FROM THE PRESIDENT



Leadership isn't about where you end up, it is **about where you take other people** because of your inspiration. Being a leader entails work and dedication that can't be given a value until you experience it yourself. I have SUNYPSNA, NSANYS, and NSNA to thank for my leadership success and professional development. Over the course of three years I've been School President, State President, and National Board of Director Member.

If you asked me then if I would be where I am now, I would say yes. If you had asked me then if I would be where I am now, or if I thought I was already a great leader and I had answered 'Yes' to them, then I would be wrong. With leadership comes willingness to listen to others, to openly communicate without stereotypes or prior judgments, and to always be able to take criticism—good or bad—with stride. If you asked me three years ago if I had these qualities— if I was being honest—I would've said no. My involvement in student run nursing organizations has created a different person in me. Someone I am very proud of. I've become the leader that once inspired me. NSANYS was and is my chance to be *that leader*.

I am looking forward to seeing everyone at our Annual Convention on February 24 th in New York City, where you'll learn how **tomorrow, begins with you**.

Sincerely,

Annie Nelson

President, Nursing Students' Association of New York State

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SICU EXPERIENCE AT STONY BROOK

WRITTEN BY LINDSAY ROBLYER
STONY BROOK UNIVERSITY



During the summer of 2017, I was fortunate enough to partake in a nursing internship in Stony Brook University Hospital's Surgical Intensive Care Unit (SICU). Throughout the 10 weeks, I worked under an experienced Registered Nurse for 3, 12-hour shifts a week. Due to the extensive time I was afforded, I was able to gain both an understanding of the nurse's aid role as well as the role of the RN. This experience was beneficial in practicing my skills learned in nursing school, but it also shaped the way I look at patients and their families. These patients were often brought in due to some trauma they'd experienced and were in a great deal of pain. One traumatic case I remember was of a young kid who ended up passing away right in front of me, with the whole family in the room as well. This was the first death of a patient I had experienced and taught me how as nurses, we are not just taking care of patients, we are taking care of their families.

When a family member's loved one is sick or injured, it hurts them too. Therapeutic communication, and just being present with the families is just as important in nursing as our clinical skills. I would highly encourage anyone who is in nursing school to apply for an internship if they are able. The lessons learned are invaluable, and I know I will take what I have learned into my future career as an RN.

STUDENT NURSE PROGRAM AT BELLEVUE HOSPITAL

WRITTEN BY EVELIN GONZALEZ
HUNTER-BELLEVUE SCHOOL OF NURSING



The Margaret Whitehorne Student Nurse Program at Bellevue hospital is an amazing opportunity to practice our clinical nursing skills. Bellevue's staff is very welcoming that they allow students to keep participating in the clinical experience. Nursing students work under the supervision and alongside a registered nurse on the unit of their choice. Students have the chance to pick from the variety of specialties and units offered at the facility. I volunteered in this program in the summer of 2016 on the pediatric intensive care unit and in the labor and delivery unit in the summer of 2017.

I definitely enjoyed volunteering at Bellevue because I felt like I walked away with a real-world nursing experience that increased my knowledge about certain conditions the patients presented and how to properly respond to those situations. The amazing thing about this program is that you have the advantage of obtaining more hands-on experience, the ability to ask questions, teach clients about their medications, and express therapeutic communication with the patients. I encourage all who are seek-

A LEADER, BUT ALSO A MENTOR

WRITTEN BY MELINDA ALVARADO
HUNTER-BELLEVUE SCHOOL OF NURSING

Melinda Alvarado is the President of Hunter Bellevue School of Nursing's student nurses association. She provides students with valuable mentoring, as well as tutoring.

As part of Hunter Bellevue School of Nursing, I see my role as a tutor as multifaceted. I am not only providing my peers with information but I am able to guide and advise them. I tutor the material for Fundamentals and Medical Surgical Nursing using clinical scenarios and NCLEX style questions in hopes to prepare them for the future.

My ultimate goal is to give them the confidence they need to take on the challenges that nursing students face. It is rewarding to see your peers succeed. The only disadvantage to tutoring is the fact that the preparation is time consuming. This can be stressful around midterms and finals but I find that as long as I have a plan it is manageable.



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Molloy College

MOLLOY COLLEGE'S SIGMA THETA TAU CHAPTER HANDWASHES WITH CHILDREN

WRITTEN BY JULIA WHITE
MOLLOY COLLEGE

On November 29, 2017, three members of Sigma Theta Tau International went to Lindell Elementary School in Lido Beach, New York, to give a presentation on handwashing to the second grade class. STTI members, Brigitie Verastegui, Ana Olivero, and Julia White emphasized the importance of handwashing, provided demonstrations, and handed out informative packets. The students were highly interested in the presentation and were very attentive during the demonstration. As part of the Sigma Theta Tau chapter, the members decided to exercise their leadership roles and educate children within their community. They decided to focus their teaching in preventing communicable disease in children. Such focus starts with proper handwashing technique.

Their first stop took place at Lindell Elementary School in Long Beach with the second grade class consisting of seventy-one children. Brigitie shared her experience by stating, "The students were excited and participated throughout the entire presentation by asking questions. They were also reinforcing the information that was taught by teaching other children. We were so pleased to be there and have decided to continue our teaching presentation with Lindell Elementary's third grade class on January 19, 2018." When asked about her experience, Ana Olivero said, "The students asked questions such as, 'Where do germs come from?' I loved how the children were engaged and raised their hands to participate. They also provided feedback on our handwashing teaching. The experience enhanced my learning skills by adjusting my communication skills to a level where the children can understand the message we want to get across. I hope that the teaching provided the necessary information for the children to practice good hand hygiene and prevent diseases. I am so grateful for the opportunity provided by Lindell to allow us to share our knowledge of handwashing.

PERIOPERATIVE NURSING

WRITTEN BY ELIZABETH GAMBO
MOLLOY COLLEGE

WHO ARE THEY?

Perioperative nurses are involved in preoperative, intraoperative, and postoperative care of the patient. They are the patients' advocates from pre-operative care to post-operative care. The perioperative nurse can work in hospital surgical departments, ambulatory surgery, clinics, and physicians' offices. They act as the liaison between the surgical team and the patient's family.



QUALITIES OF A PERIOPERATIVE NURSE:

- Team player
- Resilience
- GREAT assessment skills
- High energy and great attitude
- Self-reliant
- Good interpersonal skills
- Fierce patient advocacy
- Quick critical thinking skills



ROLES OF THE PERIOPERATIVE NURSE INCLUDE:

- ***Circulating Nurse:** manage the overall nursing care in the operating room and help to maintain a safe, comfortable environment
- ***Scrub Nurse:** select and pass instruments and supplies used for the operation
- ***Perianesthesia Nurse/ Recovery Room Nurse:** monitor patients who are recovering from anesthesia and medical procedures
- ***RN First Assistant:** directly assist the surgeon by controlling bleeding and by providing wound exposure and suturing during the actual procedure
- ***Pain Management Nurse:** help patients ease and manage their pain

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[HTTP://WWW.ASPAN.ORG](http://www.aspan.org)



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IN THE NEXT *STAT*
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