

STAT Newsletter



May 2024

Issue I

Let us never consider
ourselves finished nurses....
**we must be learning
all of our lives.**

– Florence Nightingale



Introduction

The purpose of the STAT Newsletter is to provide informative information about the nursing profession to current nursing students. The theme here is to continue to learn because in nursing, we are always learning from the first day of nursing school and through our entire career. It is so important to expand your knowledge because a lot of the time we may not know everything, What we know comes from experience and making the effort to add to our expanding knowledge base. NSANYS encourages you to learn from this newsletter and share this information with all nursing students! Enjoy this first edition!

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LETTER FROM THE STAT EDITOR

Hi future nurses! I hope you all have had an amazing spring semester! To start, my name is Victoria LoGiudice and I am the STAT Editor of NSANYS for the 2024-2025 term. I was the previous Regional Director Co-Chair and Midhudson Regional Director for the 2023-2024 term. I am a junior/going to be a senior, attending Molloy University and will be graduating in May of 2025. NSANYS has become a stellar part of my nursing school career that I enjoy dearly and I am thoroughly excited to be back on the board again working with my lovely board members!

This edition of the STAT Newsletter has some significant information on how nursing students can get involved in areas of nursing that we do not normally think of at first. In addition, this newsletter contains helpful tips to help you with the end of the semester as well as information on an important week to celebrate.

My hope is that you learn something new about the nursing career and takeaway the importance of learning as that is my theme. My duty is to help share as much information as I can and be a resource to nursing students so that you can grow and prosper with the knowledge you have learned.

Lastly, I would like to thank my fellow NSANYS board members and STAT Committee for all of their contributions to this newsletter.

It is my pleasure to present the first edition of the STAT Newsletter for the 2024-2025 term!

Please enjoy the read!

Wishing you all the best,

Victoria LoGiudice 



If you have a nursing experience or informational piece that you would like to share to other fellow nursing students, please feel free to email me at stat.nsanys@gmail.com.

PRESIDENTIAL UPDATE

Were you at the National Student Nurses Association's Annual Convention this past April? If not, we would like to inform you of some big news! First off, NSANYS is happy to share that we won the Winner Way Award, State Excellence Award, Most Outstanding State Website, and Image of Nursing Award from NSNA. Our resolution also passed the House of Delegates!

In addition, our own NSANYS President, Matthew Zender has been elected to serve as the Vice President of NSNA for the 2024-2025 term! As exciting as this new opportunity is, it is with great sadness that according to NSNA bylaws, Matthew is to step down from his presidential role on NSANYS. Matthew served as the previous NSANYS President from 2023-2024 and served as the Genesee Valley Regional Director from 2022-2023. His contributions to NSANYS have been nothing but exceptional! He has been an extraordinary leader to all NSANYS board members and has set a precedent that inspires us all! His drive to be a resource to his fellow NSANYS members is unmatched and we all will deeply miss him. However, we are extremely proud of all that he has accomplished and we would like for you all to join us in congratulating him on his new position and wishing him all the best on his future endeavors!

NSANYS would like to share that our new elected President of NSANYS will be our very own Vice President, Killian Dreisbach! We are so excited to see her step into this new leadership role. She has been an amazing asset to NSANYS through her first few months with us, and we look forward to seeing all of the incredible work she will do! We are cheering Killian on and wish her the best of luck as NSANYS President! Please join us in welcoming Killian as the new President of NSANYS!



**Matthew Zender,
Past NSANYS President**



**Killian Dreisbach,
Current NSANYS President**



The 17 Sustainable Development Goals of the United Nations: How Student Nurses Can Take A Stand

By: Killian Dreisbach, Farmingdale State College

April, a month celebrating our planet's vitality, invites us to explore how student nurses can embrace sustainability. Let's dive into how we can stand up for our Earth and make a meaningful impact. "In 2015, the United Nations envisioned a world characterized by harmony, abundance, eradication of poverty, and environmental vitality—an ideal we all strive for"(United Nations, 2015). They developed the 17 Sustainable Development Goals (SDG) with the aim of achieving them by 2030. These goals include , no poverty, zero hunger, good health and wellbeing, quality education, gender equality, clean water and sanitation, affordable and clean energy, decent work and economic growth, industry innovation and infrastructure, reduced inequalities, sustainable cities and communities, responsible consumption and production, climate action, life below water, life on land, peace justice and strong intuitions, and partnerships for the goals (United Nations, 2015).



As nursing students we are all taught about the social determinants of health. UCLA examined studies to determine what percentage of our health is affected by each social determinant of health. Note that 50% of our health is affected by socioeconomic and environmental factors combined! This shows the importance of being mindful of the 17 SDG while we practice as nurses. We all need to do our part to help these goals become reality. This will provide better living conditions for patients and will allow us to practice primary prevention of illnesses. The following are some goals and how we, as nursing students, can get involved.

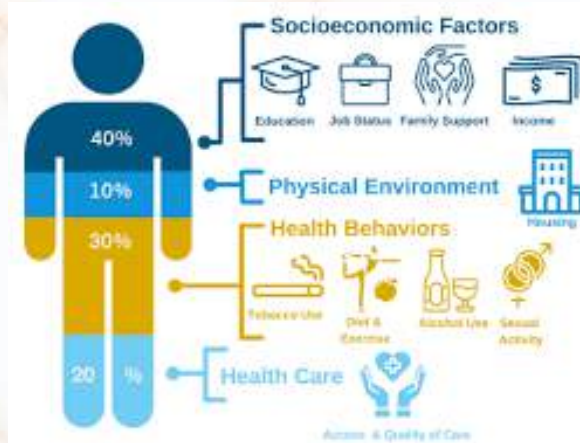
The goal of zero hunger is to “end hunger, achieve food security and improved nutrition, and promote sustainable agriculture” (United Nations, 2015). If your nursing school has an SNA you can organize a food drive to donate to your local food pantry or church. You can also volunteer at a local food pantry or soup kitchen to help organize donations and/or serve food to your community!

The goal of good health and well being is to “ensure healthy lives and promote well-being for all at all ages”(United Nations, 2015). This can be done while you are at clinical rotations by advocating for your patient’s expressed needs. This can also be achieved by practicing good health and well being for yourself; exercising, eating healthy, remembering self care, and de-stressing techniques. If you'd like to get your school involved you can host a de-stress event. This can look like many things such as deep breathing, incorporating aromatherapy, inviting local yoga studio instructors to come and talk about calming techniques, or partnering with your local animal rescue to provide pet therapy!



The goal of quality education is to “ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”(United Nations, 2015). New York state has the second lowest literacy rate in the United States in 2023 with only 77.9% of its residents being literate (Flynn, 2023). While we are students receiving a rich education, it is our responsibility to continue our education once we graduate to stay up to date on the best practices for our patients. It will also be our responsibility to have patience when teaching clients or family members; explain things fully and in a language that they understand, provide resources and answer questions. We are going to school for medicine, most of our patients are not. They may not be as knowledgeable in this topic, as we may not be as knowledgeable in other occupations like accounting, construction or mechanics.

The goal of reduced inequalities is to “ reduce inequality within and among countries”(United Nations, 2015). While this is a very large goal it can only be achieved by small actions. Each school and workplace must individually participate in order for this to come to fruition. As students we can ensure that our schools participate in equitable events. We can ensure that all of our fellow classmates are feeling included. We can also make sure that we keep in mind our own implicit bias when addressing peers and patients. Another way to help make this goal a reality is to get involved with professional organizations to advocate for equitable law in areas like pay within hospital systems. We can only advocate for others if we advocate for ourselves first. You can’t do your job if there is no job for you to go to. As nursing students we can also partake in lobby days which provides a safe place for us to learn how to change laws once we start our careers. Advocacy starts with us!



While the UN has big aspirations that seem like a pipe dream, if we all get involved and play our part, we can make those dreams a reality. As aspiring healthcare professionals, it's important to recognize that our patients' well-being is directly linked to the health of our planet. By actively contributing towards the 17 Sustainable Development Goals, we not only improve the world we live in, but also directly impact the quality of care we can provide. Let's embrace this opportunity to influence positive change, knowing that our efforts today pave the way for a healthier and more sustainable tomorrow.

Sources:
Flynn, J. (2023). US literacy rate by state [2023]. Zippia.
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United Nations. (2015). The 17 goals | sustainable development. United Nations.
<https://sdgs.un.org/goals>

Hyperbaric Nursing
By: Avary Kwai, Stony Brook University

Hyperbaric nursing involves caring for patients undergoing hyperbaric oxygen therapy (HBOT), a medical treatment where patients breathe pure oxygen in a pressurized chamber. These chambers are designed to simulate conditions found underwater, allowing the body to absorb higher levels of oxygen to promote healing. Hyperbaric nurses play a crucial role in ensuring the safety and comfort of patients during HBOT sessions. They assess patients before treatment, checking for any contraindications such as ear or sinus problems.

During the session, nurses monitor vital signs and provide support to alleviate any discomfort or anxiety. Education is a key aspect of hyperbaric nursing because nurses must educate patients on what to expect during treatment and how to equalize pressure in their ears to prevent injury. They also collaborate with other healthcare professionals to develop individualized treatment plans and monitor patients' progress. In addition to patient care, hyperbaric nurses maintain the hyperbaric chamber equipment and ensure its proper functioning. They adhere to strict safety protocols to prevent accidents and respond quickly and effectively in emergencies.

Overall, hyperbaric nursing requires specialized knowledge, critical thinking skills, and a strong focus on patient safety to deliver effective care during hyperbaric oxygen therapy sessions.



For more information, please refer to...
<https://pubmed.ncbi.nlm.nih.gov/23736671/>

Picture Source: <https://carle.org/newsroom/staying-healthy/2023/hyperbaric-oxygen-therapy-healed-patient%E2%80%99s-wound-a>

Empowering Nursing Innovation: Reflections from the 2024 ENRS Conference
By: Bethany Kim, Hunter-Bellevue School of Nursing



In early April, I had the privilege of attending the 2024 Eastern Nursing Research Society (ENRS) Conference, held in Boston, MA, where I had the opportunity to present my research. The theme of this year's conference was "Trailblazing Innovative Models of Care in Population Health through Nursing Science."

Over the past nine months, I have been working as a research assistant under the mentorship of Dr. Seo, a nurse researcher and faculty member at the Hunter-Bellevue School of Nursing. Our focus has been on investigating predictors of HPV vaccine uptake among Asian American college students, a critical area of study in promoting immigrant health and preventive care.

At the conference, I showcased our research findings through a poster presentation during Poster Session 2, where I engaged with esteemed nurse researchers and nurse scientists. The exchange of ideas and insights during this session was invaluable, allowing me to better understand the importance of nursing innovation and the continuous advancement of patient-centered care.

One of the highlights of the conference was the enlightening keynote address delivered by Dr. Sun Kim, a respected professor at the University of Massachusetts Boston College of Nursing. Dr. Kim pointed out fragmentation of care and the cost of care as challenges to our healthcare system, emphasizing the pivotal role of nurses in addressing these issues through research and innovation.

Nursing research serves as a cornerstone in enhancing the patient experience and optimizing the nursing process. As Dr. Kim underscored, it is through ongoing exploration, innovation, and collaboration that nurses can drive meaningful change and contribute to the advancement of healthcare delivery.

My experience at the ENRS Conference reaffirmed the profound impact of nursing research and the collective commitment of nurses to champion excellence in patient-centered care. As we continue to forge ahead as nursing students, let us remain steadfast in our dedication to trailblazing innovative models of care and shaping the future landscape of healthcare.

Note: OpenAI. Chat GPT was used to write a portion of this paper.

How to Destress During Finals Week: Tips from the NSANYS Board of Directors

Tip #1:

Erin Fechtig, NSANYS
Midhudson Regional Director,
loves to go for walks and listen to
music during finals season!

Tip #2:

Killian Dreisbach, NSANYS
President loves to cook and bake
during finals season because she
feels it is a great way to put your
mind at rest!

Tip #3:

Jiana Babu, NSANYS
Communications Director loves
adult coloring books and will
listen to some music in the
background as she feels this is
the perfect outlet for her to
destress and is an alternative to
spending time on her phone.

Nurses Week!

By: Victoria LoGiudice

What is National Nurses Week?

National Nurses Week is a designated week to honor the hardworking registered nurses in the world. This is a week to take the time to thank every nurse for their efforts to improve health care and be a part of saving the lives of millions of people.

When is National Nurse Week This Year?

May 6th to May 12th of 2024

How did this begin?

In 1953, Dorothy Sutherland who was a part of the U.S. Department of Health, Education, and Welfare requested a “Nurses Day” to President Eisenhower, which was ignored. However, in 1954 Nurses Week was celebrated in mid-October to mark Florence Nightingales’ Mission to Crimea. By 1974 the International Council of Nurses decided to designate May 12th as Nurses Day because this was Florence Nightingale’s birthday. President Nixon also designated a week to Nurses during this time. Then, New Jersey designated May 6th as the day to recognize nurses in that state. At this point, the American Nurses Association called for May 6th to be “National Recognition Day for Nurses”, and by 1982 this was official. The ANA wanted this to be a week long appreciation. By 1993, the dates of May 6th to May 12th became the permanent week to celebrate Nurses!



How Can You Celebrate?

Thank a nurse that helped you or a family member during a hard time. Make use of social media and show your appreciation for nurses! The American Nurses Association is honoring nurses this year with #NursesLightUpTheSky, by lighting up buildings and landmarks to show their appreciation.

Is There a Designated Day to Celebrate Nursing Students?

Yes there is! In 1997, the National Student Nurses Association requested there be a designated day to celebrate nursing students and their efforts to get involved in health care and be the next generation to expand the nursing profession. The ANA therefore designated May 8th as National Student Nurses Day. So, on May 8th, take the time to celebrate yourself and other nursing students for your hard work in pursuing one of the most gratifying careers!



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