



STAT NEWSLETTER

Fall Issue 2013

Letter from the Editor

Hello, STAT readers! My name is Kimberly Korn and I am happy to say that I am the new Editor of STAT and newly elected Board Officer for Nursing Students' Association of New York State (NSANYS)! I would like to say thank you to the rest of the NSANYS Board for their warm welcome.

I am a student at Adelphi University College of Nursing and Public Health and I love being in nursing school. I am in my Fundamentals semester currently so I am learning so much with all the new experiences that go along with nursing school. My experience has been fun and educational at Huntington Hospital, part of the North Shore LIJ Health Systems, where I attend once a week for clinical.

Although nursing school entails lots of studying, class time, and clinical hours, it is so important to stay involved in our community. Some of the articles featured in this issue recount the volunteer work and support of community events throughout New York by your fellow students. Hopefully this will inspire you to sign up for an event that is taking place near you. It could be anything from volunteering in a soup kitchen, to a 5K in support of an organization. You should be proud that you are becoming a nurse and that you can donate your time to represent yourself at these charitable events as a nursing student.

I hope this issue will inspire you to participate at more events this year, while staying on task with all your schoolwork.

Enjoy reading!

Kimberly Korn
Adelphi University
College of Nursing and Public Health



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Tackling Big Diseases with a Little Charity

by Darren Panicali, Hunter-Bellevue School of Nursing

The NSANYS Community Health team is hard at work giving back to the community. The board coordinates involvement in at least one charity walk per month, either through volunteering or participation. You don't have to be a board member or a nursing student to get involved! Everyone is always welcome.

We kicked off this year's involvement on July 20th at the NYC MoonWalk on Randall's Island. The MoonWalk is a marathon-long nighttime power walk to support breast cancer initiatives. Thousands of people walked NYC in decorated bras that night, and our board members congratulated them reward bags and water bottles at the finish line.

September 22nd brought the Run 10 Feed 10 10K run to stop hunger. Our NSANYS volunteers supported this cause, which feeds 10 people for every runner that completes the 10-kilometer run. Nearly 2,000 runners helped send out just under 20,000 meals! We helped participants registered and set up yoga mats so they could limber up after the race was over.



We also handed out sports hygiene products to help the runners stay in great condition after a hard but rewarding journey.

Our most recent volunteer event was the Step Out | Walk to Stop Diabetes on September 28th. Bringing in a crowd of eager Hunter-Bellevue nursing students, we worked in teams to help greet people, get walkers registered, and hand out walk guides and water bottles. More than 3000 walkers helped raise over \$300,000 to help prevent and cure diabetes that day.

All of our volunteers have been raving about their experiences, and they certainly honed skills that will prove useful back in the clinical setting. And the efforts aren't over yet! Help us tackle big diseases with a little charity. Join us at our next event!



NSANYS Board members, Alisa and Darren (above) pose for a picture at the event.



NSANYS Board members, Giselle and Darren take a group picture with Nursing student Volunteers (above).

NSANYS Board of directors (left).

Unbecoming a Nurse

by Stephanie Solares, Adelphi University College of Nursing and Public Health

The Long Island Chapter of National Association of Hispanic Nurses (NAHN) Brunch and Learn is a beneficial event to introduce people to gatherings that NAHN LI have and also in learning of many different topics out there. The Fall Brunch and Learn theme was "Unbecoming A Nurse." The guest speaker was the writer of a book titled, "Unbecoming A Nurse". Paula Davies Scimeca, RN, MS has a career that has spanned over three decades. The last decade, she has been solely devoted to chemical dependency in nursing.

Nursing is a wonderful career that is filled with many opportunities. One of the topics in nursing that is rarely ever heard of is chemical dependency. Just like in any part of life there may be a moment of weakness and how certain things can block that weakness or heartache and substitute it with relief, and joy. Nurses are people too, and for some, there are limits that they can tolerate. Paula Davies Scimeca, has spent most of her career helping nurses understand why they have a problem and to stop their addictions to certain substances. She has been very successful, and has two books published. Her books have information regarding the chemical dependency trap for nurses, and experiences of nurses who were caught up in it. Most of the stories do not have a happy ending, but there is a pure honesty in them that will go straight to the heart. Her books, and her experiences speak the truth of what happens when a nurse gets caught up in this addiction and how far they are willing to go with it. |



Paula Davies Scimeca, RN, MS presented her book, *Unbecoming a Nurse*, to NAHN-LI on September 22, 2013 at Adelphi University

Congratulations to 2013 NAHN Nurse of the Year Award recipient, Dr. Helen Ballestas !!!

Dr. Helen C. Ballestas, PhD, ANP-BC, RN is an Associate Professor at Adelphi University and the President of NAHN LI.

The award is given annually to a nurse who is a member of the National Association of Hispanic Nurses, and has developed a creative and innovative program, intervention, or strategy. Recipients are selected based on their contribution to the improvement of health care in the Hispanic community in any health care environment, sparking innovation, creativity, leadership and advocacy. (nahnnet.org)

Dr. Ballestas, (left) receiving her award at a reception at NAHN's office in Washington, D.C. on October 16, 2013



Busy Nurse Syndrome: An Epidemic?

by Nicole Robbins, Molloy College



If one was to describe the life of a typical staff nurse, a plethora of responsibilities can be named. Between administering medications, performing assessments, performing skills and documenting everything in an appropriate and accurate manner, the nurse can easily become preoccupied. Adding to this preoccupation is that fact that the nurse patient ratios at most hospitals are still relatively high. The nurse can become so distracted by all the necessary tasks that need to be done, so much so that he or she can lose sight of what matters most: the patient. This isn't to say that these busy nurses have lost the ability to care that made them so perfectly fit for the nursing profession in the first place. Simply, time has become an issue in the nursing profession.

The following clinical vignette portrays the issues described above:

Katherine is a nursing student who had gotten accepted into an externship program in her local hospital. As she is shadowing her primary nurse, she notices how rushed the setting of the hospital truly is, as for the first time in her career, she is taking care of more than one patient. Katherine feels discouraged at the situation she is presented with. The busy pace of the unit leaves her little time to care for the patient. The nurse she is shadowing even explains her own feelings to Katherine, saying that she wishes she had more time to care for the patients the way she thinks would benefit them most.*

Seasoned nurses and those that just entered the profession are feeling the pains of "Busy Nurse Syndrome". Those suffering from this condition feel trapped between the necessary tasks of the nursing profession and their undying inherent desire to care for their patients so that better healing can occur. With any other condition, this syndrome comes with primary preventive actions, which include remembering the following:

1. Time management is imperative to a high caliber of nursing care. During his or her years as a nursing student, one must make it a goal to become efficient in caring for their patients, without sacrificing time and patient welfare. **It is their onus to perfect the nursing process in a timely manner, as well as to become very proficient in the skills that seem to take up the most time on the unit** (i.e. making sure all the proper materials are gathered to perform a dressing change, insert a catheter, perform trach care, etc. and learning proper documentation techniques).
2. When the concern is a lack of time, it is essential to remember: every second counts. Make the most of the time you do have, and give it to the patient. Even if it is brief, every moment you share with the patient has the potential to become a special moment marking the next step to that patient's recovery. Ultimately, there is no such thing as too little time.
3. We are all in this profession because we care. Never lose sight as to why you became a nurse in the first place. Even under the busiest of circumstances, a caring heart and a warm presence will make a positive impact on your patients.

* Based on a true account of an externship experience. Name has been changed

Love For All; Hatred for None: Blood Drive Success

by Giselle Campos-Dominguez, Hunter-Bellevue School of Nursing

The Hunter-Bellevue Student Nurse Association (HBSNA) in partnership with the Muslims for Life Organization sponsored a Blood Drive. The Blood Drive, which took place on September 17th, was a complete success!! A total of 66 donations were collected.

In support of the NSNA 2013 Resolution, the student organizations raised awareness on the FDA ban on Homosexual and Bisexual male donors. Dozens of Nursing Student Volunteers collected a total of 646 signatures were collected to lift the ban.

To learn more about the FDA ban visit: www.fda.gov



HBSNA Student Volunteers

MNSA Making Strides

by Chrissy Kuzniewski, Molloy College



MNSA Students and Faculty Advisor

Molloy College and the Molloy Nursing Student Association (MNSA) participated in the American Cancer Association Making Strides Against Breast Cancer Walk. The 5k Walk promoting Breast Cancer Research and Awareness took place this past October at Jones Beach State Park in Long Island. The MNSA raised \$115, and the school's team raised over \$3,000! Congratulations Molloy College and MNSA for your hard work and Dedication!

To learn more about the American Cancer Association and Making Strides, visit: <http://makingstrides.acsevents.org>

Walk for Beauty: SBU Pre-Nursing Society

by Liana Yung, Stony Brook University College of Nursing

The Stony Brook University School of Nursing's Pre-Nursing Society participated in the Walk for Beauty. The Pre-Nursing Society E-board fundraised and participated in the 4K walk on October 20, 2013. Funds raised will be used to support efforts to provide wigs and prostheses for cancer patients as well as supporting breast cancer research at Stony Brook University.

To learn more about Walk for Beauty, visit: <http://stonybrookmedicine.edu/walkforbeauty>



Pre-Nursing Society E-board

Up Close with Giselle Melendez



Giselle Melendez is Presidential Advisor for NSANYS (nsanys.org)

Giselle Melendez has been actively involved with the National Student Nurses Association (NSNA) and the New York State Students Nurses Association (NSANYS) for the last 14 years. As a nursing student she had a professor who encouraged her to participate in the student nurses association. The mentorship and guidance by this professor has led to many leadership opportunities within her career. Giselle served as the Breakthrough to Nursing Director for NSANYS in her junior year of nursing school. At the annual convention that year, no board of directors were elected for the next year. She was the only board member that was not graduating. With the assistance of NSNA we reached out to the schools of nursing in New York to see if anyone would be interested in becoming a part the NSANYS Board of Directors. In her senior year of nursing school, Giselle served as the President for NSANYS and also was a member of the Council of State Presidents planning committee for NSNA.

She has been a nurse manager for the past five years. She has managed a NICU, Pediatric Hematology Oncology Unit and a Pediatric Emergency Department. Most recently, Giselle decided to return back to a clinical role and is now a Clinical Nurse Specialist for a NICU and Nursery. Through of all of this Giselle has remained actively involved with NSNAYS. She has served as the Presidential Advisor for the past eight years. She enjoys working with the students and has become a mentor and a friend to so many of the board members in the past eight years.

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Giselle is currently pursuing a Doctorate of Education at Teachers College, Columbia University. Despite her busy schedule, Giselle finds time to be actively involved with NSNA, NSANYS and Sigma Theta Tau – Epsilon Kappa. As a member of Epsilon Kappa she has started a mentoring program for newly inducted into Sigma Theta Tau.

Her advice for nursing students is to become actively involved with the Nursing Students Association. She credits a lot of her career opportunities because of connections she has made through the years. She was told in nursing school that she would never become a nurse. Look at her today – she is a nurse and has an excellent nursing career. If you work hard, dedicate your time and effort and set your goals you can achieve anything you put your mind to.

Diary of a First Year Nursing Student

by Emily Cheng, Stony Brook University School of Nursing

Diary Of A School Nurse



August 22nd – Orientation

Today was pretty amazing and nerve wracking at the same time! There were so much paperwork to fill out, so many procedures, and most of all, so many new faces! There were about 80 of us all anxious to find out what our classes would be like, when's clinicals, who's our professors, all the questions you always wonder about school. I didn't get all my questions answered that day, but I knew I was about to begin an amazing two years of making my dream become a reality.

August 26th – First day of school

I can't believe today was my first day of nursing school! It still feels like all of this is so unreal! We only had one class today, Professional Role Development in Nursing, but I was so psyched to just finally learn and absorb anything and everything nursing-related. No more chemistry, history, writing composition, non-nursing related of course! I've been waiting so long to finally learn what I needed to know to become an RN. If I had to choose one word to describe today, it would be: exciting!

August 30th – Pathophysiology Pt 1

Eeek! I already feel behind after my first pathophysiology class! I didn't know so much information could be taught in 3 hours. Right when I printed out the 79-slide lecture, I asked myself, "what did I get myself into?!" Atrophy, calcification, immunology, oh my! I need to revisit biology class. How many semesters ago was that? I barely remember! How does everyone remember all this information about cell injury? Boy, I have my work cut out for me!

September 4th, 2013 – First lab class

Today was our first day of lab class. We practiced bed-making, unoccupied and occupied,

bedpan, brushing teeth, and bed-bath. I didn't find the lab that confusing or felt lost because I'm CNA certified. I'm pretty glad for lab. I feel like I have a good grasp on it all...for now.

September 6th- Pathophysiology Pt 2

Thanks goodness I felt a million times better about pathophysiology today than I did a week ago. We learned about inflammation and infectious diseases. I had a pretty good grasp on all the material, and a huge plus was that there were only 52 slides this time. I can do this. Everything's going to be just fine.

September 9th- First full week of school & first quiz

This week's our first full week of classes. it's Monday, and I'm already exhausted! I guess I really have to get used to this three hour per class business. How will I ever survive when clinicals begin?? On the bright side, we took our first quiz in Med Math, and I'm pretty sure I aced it. Even though it was just a simple quiz, I was still a nervous wreck prepping for it!

September 28th- First Clinical

My first day at clinicals was exactly how I thought it would be: exciting, informative, slightly overwhelming, and yet extremely satisfying. I got to see and do a lot of things I didn't think I'd be doing so soon. The initial timidness kicked in of course, but by the end of the 8 hours, I was feeling accomplished and confident even if the most I did was just correctly attain vitals. I can't wait until my next clinicals. Hopefully I will be able to apply more things I've been learning in class such as setting up a sterile field. Oh, and can I just say I absolutely love my clinical professor?! I'm so excited to learn everything on the unit!



Emily Cheng, Nominations and Elections Director for NSANYS

SAVE THE DATE!
FEBRUARY 22, 2014

Nursing Student's Association of New York State
Invites you to our:
62nd Annual Convention

There RN'dless Possibilities: Nursing without Borders

February 22nd, 2014 – Holiday Inn Midtown – New York City

Hurst NCLEX Mini Review – ICAN Pharmacology Made Easy!
Exhibitors Hall – Career Panel – Resume Workshop



R.S.V.P.

www.nsanys.org

Advanced Registration is encouraged!

For more updates, like us on Facebook! www.facebook.com/NSANYS

REFLECTIONS

Students share their unique experiences working at various hospitals throughout the area

“Such an exciting atmosphere makes for endless learning possibilities.”



Sinai Strong: The Experience of a Student Nurse Intern

By Darren Panicali, Hunter Bellevue School of Nursing

Interning at Mount Sinai Medical Center this past summer was truly a once-in-a-lifetime learning experience. After a two-week orientation, I spent eight weeks functioning as a nurse on a Cardiac Intensive Care Unit (CCU). Working with such experienced and talented staff was unbelievable, and caring for patients with complex health problems was an experience I'll never forget.

Being on an ICU can get hectic. While the nurse-patient ratio is 1:2, it's completely warranted. EKG monitors, ventilators, feeding tubes, IV lines, arterial lines, triple-lumen catheters, colostomies, and tracheostomies...it's a lot to take in. And you have to monitor patients extremely closely. They never have just one problem. Their problems tend to be very serious. Things can change drastically minute to minute, so you must always be alert and completely aware of what's going on.

Defibrillators and crash carts are practically an arm's length away at all times. You never know what could happen!

Such an exciting atmosphere makes for endless learning possibilities. Assessment, documentation, EKG, phlebotomy, education, admission, discharge, daily care...you name it, I did it. And while I only had one or two patients at any given time, I still learned how to prioritize needs and manage my time among many different problems, thanks to my nurse preceptor.

Without a doubt, I have become more confident and competent since my experience at Mount Sinai. School's not out yet but I already feel ready to take on the full responsibility of a registered nurse, and that's an incredible feeling. I look forward to putting my new knowledge and skills to the test in the "real world"!



Darren Panicali is Community Health Director of NSANYS, nsanys.org

NSLIJ Lenox Hill Experience

by Giselle Campos-Dominguez, Hunter Bellevue School of Nursing

This summer I had the opportunity to work as a nurse extern in the Rita and Alex Hillman Foundation Partners in Practice Program at NSLIJ Lenox Hill Hospital. I joined a long line and rich history of "Hillman Scholars". The program included two weeks of orientation followed by four weeks of preceptorship with a registered nurse (RN). I was placed on a surgical step-down (telemetry) floor with a nurse-to-patient ration of 1:4.

I worked 12-hour shifts and I was allowed to take a very active role in patient care under my preceptor's guidance. Working as an extern allowed me to apply my nursing skill set and expand my clinical competency. I was fortunate to be placed with a certified Wound and Ostomy Care (WOC) Nurse Specialist and I had the opportunity to learn things I have not previously learned in school. Above all, I felt that I was a part of the team. My experience further supported my sense that nursing is the right career for me. I cannot wait to begin my career with fellow intelligent and diligent registered nurses.



Giselle Campos-Dominguez is President of NSANYS

nsanys.org

My Summer Externship Experience

by Alisa Jaganjac, Hunter Bellevue School of Nursing



Alisa Jaganjac is Vice President of NSANYS

nsanys.org

This summer, I was an extern on the Spine/Trauma unit of The Hospital for Special Surgery. I worked three 12-hour night shifts a week; following my experienced registered nurse preceptor's schedule. The Hospital for Special Surgery (HSS), a top ranked orthopedic hospital in the nation and a Magnet designated institution for excellence in nursing, was the ideal place to learn and practice the building blocks of my nursing career.

As an athlete, I was interested in learning more about orthopedics, since it is not a specialty covered in my nursing program. I really appreciated learning about body mechanics, pain management and how to care for complex orthopedic patients post-surgery. I was taught great customer service, and was able to apply everything I had learned from my nursing textbooks to real life patients.

Aside from the meticulous nurse-patient relationship and bedside manners, another exceptional aspect of HSS was the way the healthcare team worked together and remained supportive towards one another. This enabled me to take advantage of other learning opportunities, like surgery observation and physical therapy shadowing. Through this externship, I realized the value of progressive hospital culture, and its direct correlation to a positive work environment.

New York Presbyterian-Cornell

by Kate Garzero, Hunter-Bellevue School of Nursing



Kate Garzero is Legislative Director of NSANYS

(nsanys.org)

Over the summer I was fortunate enough to have a nurse externship at New York Presbyterian- Cornell. I applied along with the 100's of other students with a glimmer of hope that they would choose me. THEY DID! I was pleased to be placed on one of the busiest general medicine floors in the hospital and was assigned a preceptor to work with. Over the nine week program I learned more than I could have ever imagined. I expected to gain an abundance of clinical knowledge from the nurse and medical staff but what I did not expect to learn was the dynamics of a hospital unit and the importance of every single staff member.

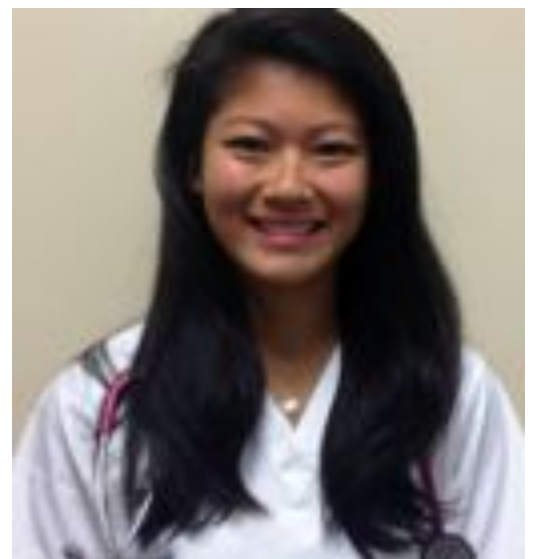
As nursing students we attempt to take in so much new information in a short period of time to the point of 'knowledge overload'. Studying for exams and lab practicum's are important but there is nothing like experiencing something first hand. The hands on experience that me externship gave me has better prepared me for a profession in nursing. I feel so much more comfortable talking to patients and performing nursing task from putting in a foley catheter to the proper procedure of administering blood product.

Some people say that 'Nurses eat their young' but I was thrilled to see that they do the opposite of that, they nurture them and support them until they are confident and even then are always there to lend a helping hand. I had such a great experience and did not want to leave my unit when the program was over. I came to understand that the staff of a hospital experience so much joy, stress and sorrow together that they end up weaving themselves into a family. Luckily I did not have to leave entirely. After my program ended I was offered a job as a nurse companion at NYP and am currently working with patients who require 1:1 safety monitoring.

North Shore-LIJ Forest Hills

by Deborah Lee, Hunter-Bellevue School of Nursing

I had the pleasure to extern at North Shore-LIJ Forest Hills Hospital. Within the six weeks at the hospital, I gained an incredible amount of confidence in my nursing skills. I worked in a general medical surgical floor for most of the six weeks but on occasion I got to go on "field trips" to different units of the hospital. I was able to work in the PACU, operating room, ICU and emergency department throughout my externship. One of the highlights of the summer experience was being able to go on rounds with the wound care nurse practitioner. I went with her throughout the entire hospital doing various wound assessments, which included pressure ulcers as well as surgical wounds. The biggest thing I took from my externship was the relationships I made with the nurses on my floor as well as with my patients. My preceptor was an amazing nurse that was really dedicated in teaching me. I got to do everything a real RN does and towards the end of the externship, I had my own patients to take of. My experience at Forest Hills is definitely one to remember!



Deborah Lee is Secretary of NSANYS,
(nsanys.org)

Externship at Visiting Nurse Service of New York

by Sanjana Kumari, Hunter-Bellevue School of Nursing



vnsny.org

“Patient Care is an inter-professional team effort”

Externing with the Visiting Nurse Service of New York was certainly an incredible one. This was my first exposure to homecare. It was this externship that elucidated the need for homecare in the recovery of patient after hospitalization. The relationship that is formed between the nurse, the patient and the patient's family is beautiful and difficult to put into words. This externship allowed me to be a part of the homecare process both in the hospital to the care being provided in one's home.

Orientation with VNSNY began with an introduction to homecare, the attitudes of VNSNY towards providing care and learning proper documentation to set up cases within the system. I was then stationed in Beth Israel Medical Central with a team of intake coordinators and nurses. This is where referrals by the social worker were made to the team. As an extern, I looked at those referrals and set off to the unit to conduct patient interviews. During the interview, it was up to me to determine if a patient was safe to return home, what services the patient would need and to set the expectations of home visits for the patient. During this step, I worked closely with nurses, physicians, surgical teams, social workers, physical therapists and nutritionists to ensure the patient's needs would be met once the patient has left the hospital. Patient Care is an inter-professional team effort. I would then document background on the patient and obtain authorization from insurance companies for the requested home care services.

On my home visits, I was able to see the services I set up for patients being carried out. I was able to go on home visits with a RN, a physical therapist, and a hospice nurse. I witnessed first hand how crucial these home visits are in getting the patient back to functioning as they were before hospitalization and maintaining their health. The patients looked forward to the healthcare workers coming over and giving them the care. It was a different type of bond that was created. The nurses and all other healthcare providers were able spend more time with the patient which was very therapeutic. There was a lot of patient education and family education. The care took place in an environment where the patient was comfortable and the patient was expressing all their concerns.

From intake and set up in the hospital to the care being provided in the home, this externship was a rewarding experience. I watched the whole process take place and see improvement in the patient's conditions. I realized that homecare is something I am now passionate about and will pursue further into the future. This level of care was completely new to me and I fell in love with it. I gained confidence in approaching patients, strengthened my documentation and assessment skills, improved my communication with other disciplines and enhanced my communication skills with patients.



Sanjana Kumari is Communications Director of NSANYS

Survival Guide: Tips to succeed in Nursing School

Nursing school can be tough. There are definitely ways to make it go more smoothly though! Here is a list of tips from senior nursing students!

Getting Organized

- Buy a planner. You'll have to keep track of what you need to accomplish – and there's a lot!
- Make to-do lists. They really do help! Checking things off feels really rewarding.
- Set events on handheld devices and put alerts on them. Alerts are great reminders!

Studying

- Study hard but don't forget to study smart. Prioritize what you definitely need to know and go over that first.
- Study one thing at a time. Otherwise it gets overwhelming.
- Review presentations before going to class, and refer to textbooks if something is unclear. If you can't do that on time, review right after class to boost your memory.
- Record lectures. Find a balance between writing notes and simply listening to the professor. Sometimes writing too much means losing key messages.
- Take breaks. Bulldozing through books for many hours straight doesn't work too well.
- Cramming is tempting, but you'll probably have more material to go through than ever before. Study consistently throughout the semester, and avoid waiting until the last minute.
- Explore different study styles. Some people study well in groups. Others study better on their own.
- Try out highlighters, flash cards, and practice questions to help you study. (Mark up these tips!)
- For each exam, paperclip all your notes together, or if you're rewriting key facts to review, put them all on a single page. The smaller the notes seem, the less intimidating.
- Spend time with family and friends. This can be a challenging time and studying can make it easy to feel isolated, so a strong support system is crucial.

- Set aside time for other activities, like exercising, watching TV, eating good food or hanging out with friends.
- SLEEP! All-nighters are often more harmful than helpful. Close your books and call it a night. Try to get an average of 7-8 hours of sleep each night.

Developing Clinical Skills

- Practice your newly acquired clinical skills on family and friends. Take pulses, listen to heart and lung sounds, take manual blood pressures, etc. This really helps boost your confidence!
- Acknowledge that feeling anxious about touching other people is normal. Work on losing that anxiety. See if your family and friends are willing to let you practice skills that involve touching to help you get more comfortable for when you're working with strangers.
- Your professional career begins now! Be assertive at clinical! Don't expect to be spoon-fed. Ask questions, and come prepared. Show your clinical instructor what you are capable of and how motivated you are to learn more. Talk to and help the nurses, CNAs and PCAs. Complete as many head-to-toe assessments as you can! Show everyone what you're made of!

Getting Involved

- Nursing school more than classes and clinical rotations. Make yourself aware of what you can do outside the classroom.
- Volunteer! You can volunteer at school, hospitals, community organizations, and other great places! Even if it's not always directly nursing-related, you'll develop transferable skills you can discuss during interviews
- Join student organizations! They offer opportunities to participate on various committees to promote community health and other important initiatives.
- Run for office! This is a great way to give back to your school, to build leadership, and to make yourself stand out!

- Remember: Everything you do to get involved not only helps out others but it can also pump up your resume and give you things to say at interviews. Another step closer to your dream career!

Other Tips

- Build a portfolio. Buy one NOW! Each time you get a certificate, an award, a publication, a letter of recommendation, or even just something you're proud of that could be valuable to show a recruiter later on, put it in! Bring it to interviews!
- Reach out to upperclassman or other nursing students (or recent graduates) you know. They are invaluable resources! Most are more than willing to help.
- Snack at school! Healthy snacks like fruit, veggies, yogurt, or oatmeal to maintain your concentration. Don't forget to drink water throughout the day! Limit your coffee intake where you can. Try tea as an alternative.
- Make friends! Reach out to your fellow nursing students from day 1. A simple "Hi! How are you?" goes a long way! They're facing many of the same challenges you are. Who knows, you may find you have a lot in common!

Good Luck!

-NSANYS Board of Directors



NSANYS Board of Directors at Molloy College, September 2013

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Attention Nursing Students! The STAT Newsletter is looking for you!

As a part of STAT you will write articles that are of importance to nursing students all over New York State, make connections with your peers from different schools, and have a great time doing it!

If you are interested, here are the ways you can become a part of the newsletter:

- If you are a writer or editor on your school's nursing newspaper, submit an article from your newspaper that you think would appeal to your peers.
- Send an email with an idea that you have in mind for an article that you would like to write. Articles can be about anything of interest that is related to nursing, for example school nursing events or current events in the field.
- Send an email with your name, school, and contact information if you would like to be assigned to an article to write.

For more information, contact Kimberly Korn, STAT Editor at stat.nsanys@gmail.com

Special Thanks to Stephanie Solares, Nicole Robbins, and Giselle Melendez for your contributions