



# STAT NEWSLETTER

## Fall Issue 2014

### Letter from the Editor

Dear STAT readers,

Welcome back to another year of nursing school! I'm glad to be spending this 2014-2015 school year with all of you as your new STAT editor. I hope to bring insight to readers as to what is going on in the nursing field and the great work student nurses are doing throughout the state.

Some of you are newly into nursing school, others are half way done, and some in graduate school. No matter what level you're in, we all have the same passion and love of nursing.

As a senior at Stony Brook University, I will be taking the journey along with you. Feel free to contact me with any questions or story ideas for an upcoming issue of STAT at [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com). I wish all STAT readers a great school year!

Sincerely,

**Stephanie DeLuca**  
**STAT Editor**  
Stony Brook University  
School of Nursing



Photo Credit: [www.gearylsf.com](http://www.gearylsf.com)

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# Community Health

## NSANYS Summer Leadership Convention Recap

**NSNA's Summer Leadership Conference**  
by Emily Cheng  
Stony Brook University School of Nursing



NSNA held its Annual Summer Leadership Conference hosted by Mt. Sinai on August 1. Over 20 students from different New York nursing schools including Hunter-Bellevue College, Borough of Manhattan Community College, Molloy College, Stony Brook University, and Wagner College came under one roof to learn more about NSNA and leadership. This was a great opportunity for students who were unfamiliar with NSNA to gain insight about the organization, for state and school associations to obtain additional knowledge on how to strengthen their chapters, and for nursing student leaders to exchange ideas with one another. NSANYS was so happy to see so many enthusiastic nursing student leaders and can't wait until we meet again at our Annual Conference!

# Save the Date



Photo credit: tripadvisor.com

## NSNA's 32nd Annual MidYear Career Planning Conference

November 6 - 9, 2014  
Hilton Portland & Executive Tower  
Portland, Oregon

# Global Initiatives

## Lending A Helping Hand Overseas by Veronica Pasha Hunter-Bellevue School of Nursing

Nursing students from the Hunter College Chapter of Global Medical Brigades embarked on a global initiative to Cocle, Panamá from May 24 - 31. The 33 independent student leaders helped provide basic health care to over 200 men, women, and children within the Guzmán community. This includes but is not limited to blood pressure and glucose readings, physician and pharmacological consultations, and education workshops. This was the first time any college has gone into this beautiful community.

The vision of Global Medical Brigades is “to improve equality of life by igniting the largest student-led social responsibility movement on the planet.” The mission of the organization is “to empower volunteers and under-resourced communities to resolve global health and economic disparities and inspire all involved to collaboratively work towards an equal world.” By participating in this volunteer mission, students are extending their boundaries through education, such as, learning the need for cultural competence in healthcare. In return, community members are able to visit to the doctor that they would not normally experience. Something that both the students and the native paisanos can take away from this experience is the idea of sustainability, which is the ability to continue a defined behavior indefinitely.

The staff that makes up Global Medical Brigades are locals to the respected country. For example, the doctors, pharmacists, group coordinators, and leaders are all Panamanian citizens. According to their website, “Projects need community members and local technicians to design and perpetuate them outside of brigades”. The volunteers bring enthusiasm and resources to help bring projects to the next level. Without volunteers donating their time and effort, the locals and community members would not have the proper resources to complete their mission.

As a co-president, along with Suchitra Nair, we were very determined to create a wonderful experience for the brigaders. Joining them were nursing

students from the Hunter-Bellevue School of Nursing and Caldwell University and pre-medical students on a biology and psychology track from Hunter College. All majors were accepted, the only requirement was to have a heart filled with ambition. Brigader Rebecca Chavez described the mission as “an unforgettable trip that will forever have a special place in my heart”.

Our first day in Panamá was considered an introduction day. We were brought to our compound, sorted medications, and received a small presentation of what to expect. As a club, we spent the next three days acting as a mobile clinic inside a local elementary school with intake, triage, consultation, charla (education workshops), and pharmacy stations. Charla topics included hand hygiene, dental hygiene, and the prevention of dengue, which is a virus transmitted by mosquitoes in the tropics. Toothbrushes, tooth paste, and dental floss were provided to the locals during the dental hygiene segment of charla. Our brigaders led the charla workshops. Our last day acting as a clinical was very emotional. The local PTA (Parent-Teachers Association) was so impressed by our handwork and dedication, they allowed us to paint our soaring Hunter hawk mascot on the side of their institution. The head teacher told us that not only have we motivated the community but we even sparked an interest in their children.

Why are global initiatives important? These opportunities help raise awareness about global health issues. These students were able to provide the best holistic care to a diverse population and came home with the idea of what it truly means to be culturally competent.



Photo credit: Veronica Pasha

# Global Initiatives

## SBU Visits Hospitals In Tanzania by Stephanie DeLuca Stony Brook University, School of Nursing



Photo credit: southcapecaterers.com



Photos credit: Stephanie DeLuca



Nursing students and other majors took the 20-hour journey half way across the globe last June to visit hospitals in Tanzania and explore their culture.

For three weeks, 32 students visited orphanages; slept at a community center created by an ex-Black Panther from Kansas City, MO; climbed Mount Kilimanjaro; and visited hospitals and nursing schools. As a country in East Africa, the majority of the natives lived in poverty. Children dressed in rags, men herding goats and cattle, and many people selling items and struggling to make a dollar (or shilingi) were something we saw on a daily basis.

The hospitals in Tanzania were unlike anything I ever saw. Just like Stony Brook University, their nursing school is inside their hospital. Each of us were paired with a nursing student/friend, also known as a rafiki, which grabbed us by the hand and showed us around the hospital.

Their hospitals consisted of a few buildings and large rooms where no one had privacy. Even women who just gave birth had to share one big room with about 30 other mothers. Although nurses do wear gloves and wash their hands between patients, contact precautions do not exist. Patient with tuberculosis are in an open area where anyone can come in and out of the room. There were no gowns or face masks like we see at home. The only time I saw a gown being worn was by a doctor who just finished with surgery. Sinks were placed throughout the hospital. However, there were no napkins to wipe your hands.

Nurses in the states have a computer system on wheels to do their documentation and hold their medications. Meanwhile, nurses in Tanzania use paper documents and all the medications were in one cabinet. Even IVs were done manually by calculation the drip rate.

I found it interesting to see how hospitals are around the world and compare it to what we have here. There were some similarities but many differences. I came home with a new insight on life. It made me realize that no matter how hard we may think our lives are, we should appreciate everything we have because there are others who are not as fortunate as us.

## Letter from NSANYS President

Dear Nursing Students of New York State,

I am honored to welcome you to a new year in nursing. Some of you may be masters students, some bachelors, some associates, and others pre-nursing. We all have the same goals; patient education, advocacy, and safety. Many of you will continue your education and learning and these may be just a few short years in your nursing career, but NSANYS really hopes to engage student nurses this year, by providing leadership opportunities from local to global levels.

NSANYS will be the first of many bridges the profession will offer for leaders and advocates of our communities. With resources like the STAT Newsletter and NSNA's *Imprint Magazine*, we offer the ability to publicize the critical work that student nurses complete as a part of their preparation for the professional nursing world. Starting with fall walks for causes closest to our hearts, all the way to state-level advocacy, we strive for nursing education and serve populations that are most in need.

NSANYS also offers the opportunities to volunteer for walks such as "Light the Night," which raises money for cancer; and health initiatives like "Healthy CUNY," which serve a student population of over 500,000 students in New York City. The National Student Nurses Convention in February, offers student nurses the opportunity to learn about policy, earn scholarships, run for student NSNA positions, and connects student nurses from across the globe.

In a complex time in our country's health history, NSNA offers the opportunity to network and connect with nurse leaders that are establishing new policies that will impact the years to come. I invite you to join NSANYS in meeting the needs of our future patients with a brave and compassionate heart.

Sincerely,

Ana Paola White  
President  
Hunter-Bellevue School of Nursing

## Surviving Nursing School

by Mica Angelic Batenga

Adelphi University, College of Nursing and Public

Welcome back! As the fall semester is already underway, you can't help to think about the stress and work-load that is piling up. Transitioning from summer vacation back to nursing school can be stressful. Whether you're beginning your nursing career journey or just a semester away from graduating, here are a few tips that can help you transition as easy as possible.

**1. Read and study ahead of time** – You should start reading ahead of time before you sit in the classroom. When the content is read before class, your professors are able to clarify information. In contrast, if you have not read before, the material learned the first time can easily be forgotten. Another helpful tip – MAKE FLASH CARDS!

**2. Form a study group – Make friends!** Study groups are great and they can act as your support system. Even if you prefer studying by yourself, remember that nursing is a cooperative career where you have to work with others to give the best care to your patients. Bouncing ideas and questions off of each other in group study sessions is a great way to understand new content. When you get stuck, your classmates may be able to help you out by sharing new acronyms, strategies, pictures, or other ways to remember something. Be careful how big your study group is – 4 or more can sometimes lead to distracting chit chat!

**3. Get a review NCLEX book – Questions, questions, questions!** Getting an NCLEX book your first semester will help you get past the shock phase of those crazy critical thinking questions for those who are more fact-based learners.

**4. Stay organized** – First semester students; I suggest buying a good calendar/planner. A well-organized planner is a MUST! During nursing school, you can be overwhelmed with assignments that you may often lose track with what is due. Be sure to keep track of all upcoming assignments, activities, and exams. Reserve time for lectures, extracurricular activities and even a little free time (yes, "me" time is always important), but always try to stick to your schedule.

**5. Start assignments early** – Doing a little of bit of each assignment ahead of time will not make you as overwhelmed. Do not start anything last minute! You will constantly be doing work, whether it is reading or getting prepared for your lectures or clinicals. Getting piled up with work can happen easily.

Getting to your back-to-school routine may seem like a hassle, but the more you do to prepare yourself, the more ease you'll have transitioning back. Believe in yourself! Work hard and stay on track. Have a wonderful semester!



# NSANYS Proudly Presents: Official NSANYS T-Shirts to Unite All Nursing Students in New York State!



We are happy to announce that we have now have an official NSANYS t-shirt that can be worn by all nursing students in New York State, at community outreach events, conferences, wherever you want to proudly represent where you are earning your degree to the best profession ever! Direct all questions and comments regarding t-shirts to Bena Du, treasurer, at [treas.nsanys@gmail.com](mailto:treas.nsanys@gmail.com). The t-shirt order form is available on our website: [www.nsanys.org](http://www.nsanys.org).

## Stay Connected with #NSANYS!



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## Pre-Nursing

### Why Nursing?

by Veronica Pasha

Hunter-Bellevue School of Nursing

Did you know that nurses make up the majority of the healthcare population? According to Johnson & Johnson, "Nursing is an emotionally fulfilling and rewarding career, and there are tangible benefits, too." Very few job occupations allow you to choose a specialty or choose which area you would like to work. As a nurse, you have the opportunity to work in a hospital, a doctor's office, a school, or for a non-profit organization across the globe!

There is always a need for nurses. Within these areas of work, you can specialize in numerous aspects of nursing; such as pediatrics, geriatrics, or community health. Some benefits of choosing this career path include flexibility, a stable career, a supportive salary, and continuing education. With health care evolving at such a fast pace, you are always learning. There are different types of nursing programs you can look into. For example, I am currently enrolled in a baccalaureate program at Hunter College. In May 2015, I will graduate with my Bachelors of Science in Nursing. There are also Associate Degree programs, and RN to BSN programs. Higher education programs include a Masters, Doctoral, and PhD programs. You can also take a special interest in law, education, and medicine. There "RN'dless" possibilities when it comes to this profession.

So why did I decide to become a nurse? To be quite honest, I wanted to go to medical school and become a doctor. My mother, who is also a registered nurse, sat me down one day and told me that I am a better fit as a nurse than a doctor. "Your compassion and willingness to help others makes you a better nurse than a doctor," she said. At 18 years old, just about to graduate high school, I had no idea what my mother was talking about. It wasn't until after I was accepted to the Hunter-Bellevue School of Nursing that I finally figured out what she meant.

Nursing school was the best decision I've ever made. The growth and strength you see within yourself is fascinating. In a way, it has made me a better person as a whole. I have always been a nurturing person, commonly called an "old soul," but nursing school has taught me flexibility, resilience, what it means to have integrity, and cultural competence. Overall folks, I choose to be a nurse because I want to make a difference in the quality of care rendered to patients. I have a special interest in the access to healthcare for underprivileged communities outside the United States and aspire to be a family nurse practitioner. Furthermore, as I just learned in my ethics class, "Modern medicine looks for the cure – fixing what is broken or it doesn't work. But modern nursing looks at the care – in a humanistic or holistic approach."



# Reflections

Nursing students share their personal experience

## My Clinical Experience And Tips For You To Score Your Own

by Samara Kravitz  
Stony Brook University, School of Nursing

Nursing school clinicals are a part of every nursing students' experience. Clinicals are when students are assigned to a patient and they spend their day taking vital signs, doing a full head-to-toe assessment, and tend to all of their patients' needs.

However, some students go outside of their curriculum and obtain a summer internship. During an internship, a student is assigned to a preceptor and learns directly from them on how to be a great nurse.

Clinicals are the perfect way for you to learn how to provide quality nursing care, because you have 8 to 12 hours to care for one patient. On the other hand, summer internships teach students about bedside nursing in today's health care field.

I had an internship at Stony Brook University Hospital last summer on a very busy medical telemetry and renal care unit – and I absolutely loved it. I was assigned two preceptors and I worked along their schedule, which meant working 12-hour shifts, sometimes on the weekends, and sometimes three days in a row. You would be surprised how fast 12 hours can pass when you have six patients! Some of them are going to dialysis, tests, and other procedures and they all have different needs. This internship taught me how to prioritize patients, how to organize my day, and how to work with a team of nurses and nursing assistants. The experience I gained from this internship was priceless and I highly recommend any nursing student to apply.

Here are some tips for getting an internship:

1) Start looking EARLY! Summer externships and internships are only available to students enrolled in a BSN program, entering their final year after the summer. Keep an eye out for applications deadlines.

2) Get ready to learn! We are all students – our job is to learn and be a sponge to new information. Be open to learning from the nurses, CNAs, nursing leadership, and anyone else working in the hospital. They all have valuable experience and you can learn a lot from them.

3) Be open to work on any floor. These internships are super competitive, because positions are limited to a certain number. These internships are designed to teach you about time management, prioritization, teamwork, critical thinking, and quality nursing care – you can learn these skills on any floor. You'll be surprised how much you can learn over the span of one summer!

If you want to hear more about my experience or have any questions, please e-mail me at metro.nsa-nys@gmail.com.



Photo Credit: Samara Kravitz

# Reflections

## Loving Nursing Through Learning by Yoomi An Hunter-Bellevue School of Nursing



I had the pleasure of working as an intern at New York Methodist Hospital and as an extern at Bellevue Hospital this summer. I was at the Surgical and Neuro Step Down at Methodist Hospital and Coronary Care Unit (CCU) at Bellevue Hospital. Spending time at these units have helped me realize that I highly enjoy the pace of critical care units as I am always on my feet and busily occupied. Moreover, the experience has solidified my love of nursing and my decision to pursue this career. I was able to see the difference that nurses make in the hospital every day. Being a nurse truly requires a lot of sympathy, patience, critical thinking, and compassion.

The nurses at both of the hospitals were very kind and enthusiastic to teach me a lot about nursing. They taught me how to assess, interact, and communicate with patients. I was able to observe many nursing skills from giving a variety of medications to cleaning a tracheostomy. It was fascinating to see skills that I have learned and read in nursing school being applied to real life. Unlike the popular beliefs we have about hospitals, in reality, they never run smoothly. It was clear that nurses have to use a lot of critical thinking and work with other nurses and healthcare professionals to make things work.

The teamwork that I have seen at the hospitals was truly efficient. Interacting with the patients and family members is also a skill that the nurses emphasized, as nurses have to teach and talk to them on a regular basis. Seeing nursing in action has made me excited to learn more about the field. I have learned so much this summer as a nursing student and I highly anticipate going back to the hospitals next summer to continue learning.



# Volunteering

## When One Door Closes, Another One Opens

by Emily Cheng

Stony Brook University, School of Nursing

Think about how many nursing students there are in New York State and throughout the rest of the United States. Now think about how many nursing externship or internship positions there are available to all of the nursing students out there. There are only so many positions for students. I was one out of many nursing students who did not have a nursing externship or internship this summer.

Last spring, I applied to 12 externship/internship positions, and after finding out that I had not receive a positions, I felt the world crashing down – as dramatic as that sounds. Naturally, I thought that this meant I was at a huge disadvantage in the future when searching for jobs. I didn't have a plan. So what now?

After seeking advice from many mentors, friends, and family, I eventually came to peace with the reality. The truth was that many positions were chosen by lottery and just because I was not chosen for a position, it did not mean I was not qualified. So many qualified students were not given the opportunity to extern/intern, and it was certainly not the end of the world.

One of my mentors suggested that I volunteer. I would still be able to be in a clinical environment even if I was not able to help with a bed bath. As much as I didn't want to just be a volunteer, I was surprised by how much I had learned. I was able to help the Nursing Station Clerk and learned about many aspects of the hospital and floor that I didn't get exposed to during my clinicals. It surprised me how much paperwork is still required in admissions, discharges, and in general. I had the chance to observe many things, and the nurses were very willing to educate me. Although there are certain limitations to volunteering, I am still so thankful for the



opportunity to have exposure and experience on a hospital floor.

In addition to volunteering, I also had the opportunity to do a non-paid internship at an OBGYN office in Flushing, Queens. The patients are predominantly of Chinese culture, and since I am a Chinese American, Chinese is not my first language. I am familiar with Mandarin, however, medical Mandarin is another story. The first few days were really discouraging because of the language barrier. However, after the first week, I became more competent and I even exhibited my skills as a certified phlebotomist. I learned so much about the Chinese culture, especially in regards to healthcare.

Even though I did not extern or intern, I feel so blessed in the experiences I had this summer, and I know that they will contribute to the future nurse in me. I am a “when one door closes, another door opens” believer, and I strongly encourage all students who don't get an externship/internship to keep your head up and to find other opportunities to be productive during the summer. If you ever need some encouragement, don't hesitate to email me at: [vicepres.nsanys@gmail.com](mailto:vicepres.nsanys@gmail.com).



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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 could 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 an article to write.

For more information contact Stephanie DeLuca, STAT Editor at [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com).