



STAT Newsletter

Fall 2016 Issue

A Letter from the President

Dear nursing students,

Welcome back to another semester to all our returning nursing students and congratulations to all the new students who are just beginning their journey in nursing school! My name is Jaclyn Malone, and I am the president of the Nursing Students' Association of New York State for the 2016- 2017 term. I am currently a senior in the nursing program at the Barbara H. Hagan School of Nursing at Molloy College, where I serve as the Co-President of the Molloy Nursing Student Association.

I absolutely love having the opportunity to be able to meet some of you and hear all your great ideas that we can incorporate into our goals for the year. A few of my personal goals as the NSANYS president are to increase students' participation in professional nursing organizations, such as the National Student Nurses' Association (NSNA) and the Nursing Students' Association of New York State (NSANYS), to expand on community service efforts around the state of New York, to promote networking amongst nursing students and professional registered nurses at our meetings and events, and to improve education and awareness on how students just like you can step up and become more active leaders!

In September, the NSANYS Board of Directors held our very first council of state leaders meeting, and we had a great turnout! We loved hearing everyone's voices and suggestions for what we can do to continue to build upon the successes of NSANYS. Please do not hesitate to reach out to any of our board members, including myself, with all your ideas; we would love to hear from you!

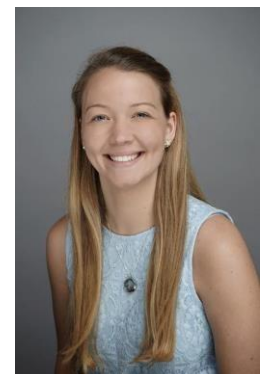
Our 2017 annual convention will be at the Wyndham New Yorker in NYC on February 18, 2016. Keep an eye out for convention registration and scholarship opportunities over the next few months; I hope to see you all there!

Sincerely,

Jaclyn Malone
Jaclyn Malone

IN THIS ISSUE

Community Health.....	2
Leadership in Nursing.....	5
Convention.....	6
Global Initiatives.....	7
Internship Experience.....	7
Nursing in the News.....	8
ANA-NY Convention.....	9
Student Activities.....	10
Life After Nursing School.....	11
NSANYS Board of Directors.....	12



Stony Brook University Flu POD

by Leslie Lindenbaum
Stony Brook University

On October 4, 2016, Stony Brook School of Nursing students took part in an annual hospital-wide influenza immunization POD (point of dispensing). Senior basic and accelerated baccalaureate students used nursing skills acquired in lab, simulation, and clinical to administer intramuscular deltoid injections to hospital employees and health sciences center students.

By participating in this exercise, students learned about how care is delivered in an emergency setting (for instance: an epidemic, act of terrorism, or national disaster), where medication and resources might not be readily available. As staff members and students wishing to receive the shot entered the immunization area, they were greeted and triaged, in a combination assessment known as “griage”. They

were issued a form to complete, with questions screening for past medical history of adverse reaction to the immunization, as well as contraindicative allergies (eggs) and current febrile illness. After filling out the form, patients proceeded to the student-managed screening station, where they were cleared to receive the vaccination. Upon receiving their injections from nursing students, participants were directed to debrief at the discharge table. A medical consultation station was available to assess questionable patients and provide immediate care. Faculty members manned the command center, which oversaw the operation at a central vantage point. Students and faculty wore vests with clearly marked roles to simulate an actual disaster scenario. The process was extremely efficient, with an average door-to-discharge time of 6 minutes. Over one thousand people received their influenza immunization over the course of 12 hours. As a result, Stony Brook University Hospital (SBUH) employees responsibly reduced their risk of acquiring and transmitting this preventable disease.

To deliver patient care at SBUH, employees must receive their annual vaccination. The alternative is to wear a mask for the duration of flu season. By giving injections at the flu POD, nursing students performed a service for fellow healthcare workers, while building clinical skills, learning about emergency management techniques, and preparing for their future role as nurses.



Photo Credit: Leslie Lindenbaum

Stay Connected with #NSANYS!



Instagram: @NSANYS

Twitter: @_NSANYS

Website: nsanys.org

Facebook: facebook.com/NSANYS



New York City American Assembly for Men in Nursing

By Mamunur Rayhan
Hunter-Bellevue School of Nursing

On October 5th 2016, the American Assembly for Men in Nursing (AAMN) held their monthly chapter meeting and Mr. Charles Tilley presented the topic of end of life issues for veterans. The take home point from the presentation was that we could apply evidence-based palliative care into any clinical practice or field that we were in. Oftentimes, we had the misconception that palliative care was synonymous with hospice, but palliative care could be given regardless of age or prognosis.

Palliative care is an interdisciplinary team approach to patient-centered care; provided by a team of professionals that may include: doctors, nurses, social workers, pharmacists, nutritionists, counselors and others. Palliative care doesn't replace primary care, rather they are longitudinal. With palliative care, there is a focus on treating discomfort, symptoms, and stress of illnesses to improve quality of life and provide relief. With this enhanced quality of life, it can positively influence the course of the illness and can prevent side effects of the illness such as exhaustion, anxiety, and depression.

The AAMN was formed in December of 2013 to support the professional growth of men in nursing. Don't let the name fool you, AAMN also has a broader objective, to advocate for the pursuit of healthy living on the individual, community, and national levels. If you walk into any chapter meeting you will see a whole variety of different people and backgrounds: male and female, professionals and students, seniors, and freshmen. Chapter meetings always are on topics that everyone can learn from and they always serve delicious refreshments!



Hunter-Bellevue School of Nursing Students at the NYC Men in Nursing October Meeting

The 2016-2017 Board of Directors Were Invited To Participate in the Closing Bell Ceremony at the New York Stock Exchange During National Nurses' Week Thanks to Johnson & Johnson's Campaign for Nursing's Future



Nursing Students Heather Lim, Michelle Sun, Christopher Alexander Jr., Jaclyn Malone, Samantha Maier, Yiwan Wu, and Leslie Lindenbaum with Dr. Diane Mancino, Executive Director of NSNA



Minutes after closing the Stock Market for the day- 5/12/2016



Christopher Alexander Jr. and Jaclyn Malone with Dominic Caruso, Chief Financial Officer of Johnson & Johnson



Christopher Alexander Jr., Jaclyn Malone, Heather Lim, and Michelle Sun flaunting their "Nurse's Stethoscopes"



Nursing Association of the Counties of Long Island's (NACLI) Annual Awards Dinner – November 2016



Molloy College Nursing Students/ Molloy Board of Directors Stephanie Jorgensen, Katelyn Finnegan (NSNA Imprint Editor), Jaclyn Malone, and Philip DeSena



Jaclyn Malone and Amanda Schlesier

Holy Apostle's Soup Kitchen-Community Outreach



Yulia Borisova and Stephanie Chang Volunteering at a Community Soup Kitchen in NYC

NSNA Summer Leadership Conference 2016

By: Michelle Sun
Hunter-Bellevue School of Nursing

The National Student Nurses' Association (NSNA) held its annual leadership conference on July 29, 2016. The conference took place at Mount Sinai Medical Center and was free-of-charge to attend. The conference is held every year so that attendees can gain a better understanding of NSNA's mission and programs and take back ideas to their organizations to create stronger school and state chapters.

This was my first time attending the conference and I was impressed and inspired. The day began with continental breakfast outside the registration booths. We were then

presented with a welcome from NSNA Executive Director, Diane Mancino, and Dr. Frances Cartwright, a chief nurse officer at Mount Sinai. The presentations included NSNA leadership tools, resources to increase NSNA membership, scholarship opportunities and various presentations from NSNA board of directors. Although the tour of Mount Sinai did not occur, we were presented with a panel of nursing directors from different specialties including ED, Pediatrics & NICU, ICU, Labor & Delivery, Oncology, and Psychiatry. They each provided insight on their specialty and field opportunities for new grad nurses at Mount Sinai.

My highlight of this conference was the networking opportunities. There were many student leaders

from all over the East Coast, including state board of directors and school chapter executive board members. Even nursing students who didn't hold a position were engaged and eager to learn more about NSNA and becoming involved in leadership. It was great meeting and interacting with other students from various states. I was able to learn about their ideas and past projects and events and took inspiration for my own state board.

I want to encourage all nursing students and pre-nursing students to attend a leadership conference, including the New York State annual convention on February 18, 2016 at the Wyndham Hotel. We are all potential leaders and the first step is to be involved!



Photo Credit: Michelle Sun

Want to be featured in the next edition of *STAT*?

Let us know!

Email us at

stat.nsanys@gmail.com



NSANYS 65th Annual Convention

BREAKING DOWN BARRIERS: THE POWER OF YOU

Date: Saturday, February 18, 2016

Time: TBA

Location: The Wyndham New Yorker, NYC

Address: 481 8th Avenue, New York, NY 10001

This Year's Convention Will Include:

Networking, Resume Review, NCLEX Review, Educational Resources, Scholarship Opportunities, Pharmacology Review, Leadership Opportunities, Nursing Panels, Focus Sessions, & more!

REGISTRATION FEES: EARLY BIRD SPECIAL (Late registration price in parentheses)

Breakfast, lunch, and light snacks will be provided! ~ Registration past deadline is done at the convention. We will accept cash & credit/debit payments.

NSNA Members including Pre-Nursing Students that are NSNA members

Full Day Pass WITH NCLEX & PHARM REVIEW \$75 (\$85)

Full Day Pass WITHOUT NCLEX & PHARM REVIEW \$65 (\$75)

Non-NSNA Members including Pre-Nursing Students that are not NSNA members

Full Day Pass WITH NCLEX - \$85 (\$95)

Full Day WITHOUT NCLEX - \$75 (\$85)

Help Wanted: Impending Nursing Crisis

By Samantha Maier,
Stony Brook University

Currently, three million nurses make up the largest healthcare professional workforce, according to the Bureau of Labor Statistics. Though registered nurse employment has increased in the face of recent recessions, a large gap in the amount of nurses needed and the amount available exists. Between an increase in the number of patients over the age of 65 and a growing nursing workforce looking to retire, multiple factors culminate towards a nursing shortage.

As pointed out in Kathryn Paez examination of chronic conditions, the need for health care services increases dramatically with an aging patient population, many suffering from chronic conditions. This increased health care service demand, in combination with the 1 million registered nurses over the age of 50 looking to retire in the coming decades following the recession, create an impending crisis. According to the Bureau of Labor Statistics, between 2014 and 2022, 1.2 registered nurse vacancies will potentially open.

Not only do we need to fill the positions of the retiring nurses, but we also have to hire the nurses that will meet the increased health care service demand required by the aging population.

Though there are more new nurses each year, nursing education programs cannot expand adequately to compensate for the future need. Many institutions push for higher levels of education and training, exacerbating the potential shortages. As Heather Janiszewski Goodin discussed in her literature review of the nursing shortage, the registered nursing workforce that is looking to retire are not only at the bedside with their patients, but they are also educating the future workforce. With their impending retirement, many nursing education programs will be left with fewer instructors, putting even more stress on the nursing shortage.

With this nursing shortage, nurse to patient ratios soar and patient safety ultimately could suffer. As described by the American Association of Colleges of Nursing, increased nurse-patient ratios is not only unsafe, but also leads to fatigue and possible burnout, which can decrease the overall quality of care, indicated by a variety of measures:

medication error incidence, hospital readmissions, and patient mortality. Vanderbilt University nursing researchers examined registered nurse employment in 2009, pointed to strengthening the current workforce, improving the role of foreign-born RNs, and expanding the long-term supply of registered nurses as potential actions to fight the nursing shortage. By improving access to nurse education, especially in high-need communities lacking nurses, and increasing nurse educator incentives, a variety of solutions could help the nursing shortage.

References

American Association of Colleges of Nursing (2014). Nursing Shortage. American Association of Colleges of Nursing. Retrieved from <http://www.aacn.nche.edu/media-relations/fact-sheets/nursing-shortage>

Buerhaus, P. I., Auerbach, D. I., & Staiger, D. O. (2009). The recent surge in nurse employment: Causes and implications. *Health Affairs*, 28(4), w657-w668.

Janiszewski Goodin, H. (2003). The nursing shortage in the United States of America: an integrative review of the literature. *Journal of advanced nursing*, 43(4), 335-343.

Paez, K. A., Zhao, L., & Hwang, W. (2009). Rising out-of-pocket spending for chronic conditions: a ten-year trend. *Health affairs*, 28(1), 15-25.

USA Department of Labor (2002) Registered Nurses. *Occupational Outlook Handbook*. Retrieved from <http://stats.bls.gov/oco/ocos083.htm>

My Internship Experience

By Jaclyn Malone

For eight weeks over the summer I worked as a Student Nurse Intern where I shadowed an experienced nurse at Winthrop University Hospital on Hoag 5, a Medical Surgical unit that also has several rooms allocated for patients with trach collars and chronic ventilators. Being able to connect and incorporate knowledge from lecture into the clinical setting with six to eight patients was such an invaluable experience. I loved having Med Surg patients and some more critical patients, like the ones who became a "Rapid Response" and the ones with tracheostomies. It was so nice to be able to apply knowledge from my nursing classes on multiple patients at a time, which is more realistic for the type of nursing I am interested in. I was absolutely amazed at how much I learned from my preceptor and the patients over the course of the internship. I loved being able to assist with the nursing interventions and charting for each patient.

This internship confirmed that I would like to work on a Med Surg unit, if not Hoag 5, and also made me realize my passion for patients at the end of their life. Either down the road or as per diem, I would love to work as an RN with patients on hospice and palliative care due to my experience with a patient who I followed through the very short duration of her disease. Until then, I will be pursuing this passion by volunteering for Good Shepherd Hospice. I highly recommend all students to apply for internships so that they can gain experience and personal growth, it will definitely be beneficial for us while we are working on our own after we graduate!

WINTHROP
University Hospital

Your Health Means Everything.™



Preceptor
Christine Kilcullen, RN BSN
with Jaclyn Malone

Nursing in the News

By Yulia Borisova
Hunter-Bellevue School of
Nursing

The AAP reports that “approximately 3500 infants die annually in the United States from sleep-related infant deaths, including sudden infant death syndrome.”

In October the AAP updated their recommendations for preventing Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths.

Here are the 19 recommendations:

1. It is imperative to put babies to sleep on their backs
2. Use a firm mattress covered by bedding and no other extra objects, soft mattresses can increase the chance of suffocation
3. Breastfeeding (regardless of duration) reduces the risk of SIDS
4. The infant should sleep in the parents’ room, however they should be in their own crib, not on the parents’ bed – it has been proved that it decreases the risk of SIDS by 50%
5. The infants’ sleeping environment should be free of pillows or blankets to reduce the risk of SIDS, suffocation, strangulation and entrapment
6. Pacifiers at nap time and bedtime are protective against SIDS – this unclear mechanism has demonstrated that they have a protective effect even if they fall out of the infant’s mouth
7. Avoid exposing baby to smoke
8. Avoid drugs and alcohol during and after birth
9. Avoid overheating and head covering in infants – signs of overheating are sweating or a hot chest
10. Regular prenatal care for pregnant women is essential.
11. Vaccinations have a protective effect against SIDS
12. Use of commercial devices who claim to reduce the risk of SIDS and are inconsistent with safe sleep recommendations should be avoided
13. Cardiorespiratory monitors (pulse oximeter, etc.) should not be used – they have not shown to decrease SIDS
14. When awake, babies should get some “tummy time” to aid development and to prevent plagiocephaly
15. Swaddling presents a high risk of death if an infant rolls to a prone position
16. Health care providers should encourage parents to follow these recommendations from birth
17. Manufacturers and media should follow safe sleep guidelines
18. “Safe to Sleep” campaign which provides educational recommendations to parents should be continued – a special focus is recommended for black and American Indian/Alaskan Native populations due to the higher incidence of SIDS in these populations
19. Research and surveillance on SIDS and other sleep-related deaths should be continued

References:

SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment TASK FORCE ON SUDDEN INFANT DEATH SYNDROME, Pediatrics; originally published online October 24, 2016; DOI: 10.1542/peds.2016-2938

ANA-New York Conference Reflection: What did you think?

I was lucky enough to win the lottery in which the Stony Brook Student Association (SBSNA) sponsored the attendance of one student to the annual American Nursing Association of New York conference. Below I have made short summary of the highlights of the day.

Leadership Development workshop: led by a professor at the NYU Rory Meyers College of Nursing, who was also featured on "The View" to speak on behalf of nurses after the "Nursing as a Talent" controversy.

- The power of saying "YES." Being open to opportunities and creating room for activities outside of your normal schedule.
- Fun fact: only 4 people participated in the lottery for the opportunity to go to the conference.

We are on the greener side of the grass: After listening to how things are done at other schools I felt extremely lucky to have such supportive faculty and a strong SBSNA at Stony Brook. Student leaders from the nursing schools of Adelphi, SUNY Plattsburgh, Molloy, LIU Brooklyn, SUNY Orange and others were present.

Voting and Participation: for the past elections of the NYS ANA out of 4000 active members only 192 voted.

- An interesting quote that was shared. "We in America do not have government by the majority. We have government by the majority who participate."

Lunch: During lunch, I was lucky enough to sit at the same table as the NYS ANA president and some very interesting nurses. I met the 1st Nurse to receive CPR training at Brookhaven hospital, she was literally their rapid response team. It was very interesting to hear about the world of nursing before CPR was considered standard practice.

Why are New Graduates Leaving Nursing: During this panel discussion two new graduate nurses shared insight as to why they feel new nurses leave the profession. Main points were: high stress, lack of training, differences between baby boomers and millennial's, and workplace bullying. Experienced nurses were thankful for the sharing that took place and ideas were shared in a constructive method.

Networking: Although I didn't collect business cards because I was focused on listening, I met so many interesting nurses. I had the opportunity to have very meaningful conversations on end of life care, the significance of clearly explaining a DNR order to a patient, and to accept that if I ever perform CPR I am doing the best I can. The nurses were very warm and welcoming and they were delighted to have young blood there. They repeatedly said to me that they need young people like ourselves in their ranks and encouraged me to invite all of you to next year's conference 9/15-9/16 of 2017.

Final thoughts: This was one of the most impactful days for me in our program so far. It was an eye-opening meeting experienced and retired nurses and hearing about their experiences. The level of comradery was very high and I felt very welcomed and lucky to have chosen a career with such wonderful people. With that being said, please save this date **February 18th, 2017**. Members of our very own are organizing a state conference for student leaders. I implore you to come with us and to share this experience with your fellow classmates



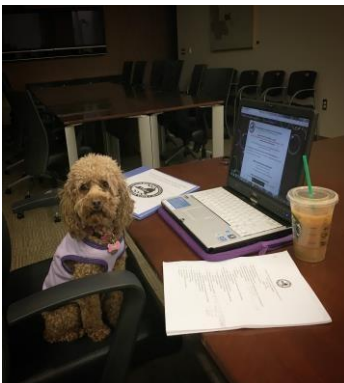
Photo Credit: Amanda Schlesier

Raul Toloza
Stony Brook University

Other Student Events & Activities



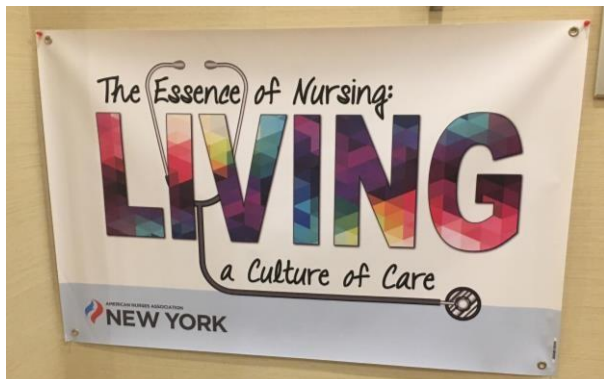
Christopher Alexander Jr. and Diana Wilkonski, Co-Vice Presidents at a Board of Director's Meeting



Special Guest, Carmel Migliaccio, helping to make executive decisions at an NSANYS Board of Director's Meeting

Send Pictures of Your Schools' Fundraisers and Events to stat.nsanys@gmail.com to be Featured in our Next Edition of the STAT Newsletter!

Nursing Students Raise Awareness for Suicide Prevention



American Nurse's Association's New York Chapter's (ANA- NY) Fourth Annual Nursing Conference featuring Nursing Students and NSANYS's First Annual Council of School Leaders Meeting



Nicole Sparacino and Jaclyn Malone at the American Foundation for Suicide Prevention's Out of the Darkness Walk in memory of their loved one

The Molloy College Nursing Student Association and NSANYS members raised a total of \$723.00 for the American Foundation for Suicide Prevention!



Molloy Nursing Students/ NSNA members Katelyn Finnegan, Jaclyn Malone, Ali Merenstein, Stephanie Jorgensen, Teresa McDavid, and Rachel White, Nursing Professor- Dr. Geraldine Moore, Psychology Student Eve Kaczmarczyk, and Instructor Theresa Foders at the "Kickbox to Kick Suicide Out of the Question" Fundraiser



Helen Pham, Elizabeth Gambo, and Jaclyn Malone



Nursing Students in Attendance:

Kezia Varughese	Maryann Thomas
Alexander Klotsche	Courtney Lee
Annie Nelson	Megan Quinn
Ali Merenstein	Stephanie O'Neil
Christine Quashie	Heidi Bendick
Raul Toloza	Helen Pham
Jaclyn Malone	Yulia Borisova
Christopher Alexander Jr.	Heather Lim
Diana Wilkonski	Elizabeth Gambo
Amanda Schlesier	Stephanie Chang
Michelle Sun	Samantha Maier



The 2016-2017

NSANYS Board of Directors

Jaclyn Malone, President

Christopher Alexander, Co- Vice President

Diana Wilkonski, Co- Vice President

Yulia Borisova, Treasurer

Samantha Maier, Secretary

Amanda Schlesier, Communications Director

Stephanie Chang, Community Health Director

Michelle Sun, Breakthrough to Nursing Director

Heather Lim, STAT Newsletter Editor

Elizabeth Gambo, Policy and Education Director

Leslie Lindenbaum, Nominations and Elections Chair

Giselle Melendez, MS, RN, Presidential Advisor

Larry Slater, PhD, RN-BC, CCRN, Professional Advisor

We have ONE vacant **Professional Advisor Position!**

If you are interested, please email pres.nsanys@gmail.com

Minimum Requirement: Bachelors of Science in Nursing Degree