

NURSING STUDENTS' ASSOCIATION OF NEW YORK

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STAT NEWSLETTER

SPRING 2018 ISSUE



LETTER FROM STAT EDITOR 2017-2018

Dear STAT Readers,

I present you NSANYS STAT Spring issue of 2018. In this issue, you will find memorable experiences of several attendees for NSANYS 66th Annual Convention, as well as several sponsors that helped make this event successful.

I hope you guys will enjoy this issue, and even inspire you to attend future NSANYS events. It has been my pleasure to be the STAT Editor for NSANYS this past year. I will now pass on the role of STAT Editor to the aspiring, Katherine Kacherosvsky, who is also from Hunter Bellevue School of Nursing.

Enjoy the rest of the semester, and have a great summer!

Sincerely,

Katy Chen

STAT Editor, NSANYS 2017-2018



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LETTER FROM THE PRESIDENT

Dear NSANYS Members,

Iwould like to thank you every attendee who joined us in celebrating the 66th anniversary of Nursing Students' Association of New York State in February! It was incredible to see over 300 student nurses, faculty, and exhibitors networking and having a blast. The Wyndham-New Yorker Hotel was filled with inspiration and excitement as everyone poured into the different workshops and throughout the exhibit hall. The previous Board of Directors did an outstanding job planning our 66th Annual Convention; a huge congratulations to them for a successful year and a special congratulations to 2017-2018 Co-Vice Presidents Paige Denney and Erica DeBobs.

I would like to update you that the 2018-2019 Board of Directors and Regional Directors have been successfully transitioned, with the help of their predecessors. We are all set to soak up all of the new knowledge at the NSNA's 66th Annual Convention in Nashville, TN. We are thrilled to bring back new information and innovative ideas to implement within our state association. Our goals for this term are to create a stronger relationship with local NSNA chapters through effective communication, to aid in creating more NSNA local chapters and to inspire as many student nurses to attend our Annual Convention in February 2019, location TBD. I encourage you to reach out to the Board of Directors, Regional Directors and myself; we are your resources whenever you need us!

I am beyond grateful of you for giving me the opportunity to learn from and to grow as I serve in my new role as President for the 2018-2019 term. I began my journey with NSANYS as the 2017-2018 Community Health Director as a freshmen; I have grown as a person and as a leader in this past year. As future nurses, we need to be able to acclimate to change and this is the change I needed to become a better leader and the best future nurse I can be.

Check out our website (<http://www.nsanys.org>) and follow our social media accounts to stay updated with NSANYS. Please feel free to reach out and contact me at pres.nsanys@gmail.com at anytime. I would love to talk to you to hear about your chapter's accomplishments and how you are doing. I hope to hear from you soon!

Yours truly,
Helen Pham

President, Nursing Students' Association of New York State 2018-19



GRACE ANN CROCKETT MOLLOY COLLEGE

My experience at the Annual Convention this past Saturday was truly eye opening for me. At Molloy College, we were encouraged to attend this convention from day one. As a Junior, I was finally able to take advantage of the opportunity to attend. I was exposed to so much networking within the Nursing world and was inspired by both the the speakers and the members of the Nursing Students' Association of New York State Board of Directors through hearing about their experiences. I was so inspired that I ended up running for and being elected as the Co-Vice President of NSANYS. While listening to the presentations throughout the day I was very back and forth as to whether I should run for this position or not. I got to the point where I felt that the presenters were speaking to me when saying to "try new things, step out of your comfort zone, and not to be afraid." From seeing the motivation and dedication of the current board members and the difference they have made on the community and the impact they had on me as a nursing student coming to this convention, I wanted to be able to contribute to the impact on the growing number of Nursing students that comes to this convention each year! I hope that from this convention I can motivate students to make the best out of their time as a Nursing student and start moving along the road to becoming a successful, intelligent, charismatic nurse. The road to success truly does start now.

ERICA LENGDELD MOLLOY COLLEGE

I attended the 66th Annual Nursing Students' Association of New York State on February 24th, 2018 as a delegate representing Molloy College. I was extremely proud to say that Molloy had the most delegates in attendance. We also helped combat hunger in New York state, as we were the College that donated the most amount of food items for the food drive competition. **This convention was such a great experience.** I was able to talk to recently graduated nurses about what the interview process was like when applying for a job. I especially enjoyed the workshop that informed us how to write a resolution for the national convention. It was an honor to represent my school and I would definitely recommend the experience to my fellow nursing students.

NSANYS' EXPERIENCE

SASHA JOSOVICH

MOLLOY COLLEGE

The 66th Annual NSANYS Convention was my first one, and it was an absolutely enlightening experience. I wasn't sure what to expect, but the things I learned and the people I met exceeded my expectations. I was honored to represent Molloy College and be a delegate, where I got the privilege to vote for the Board of Directors who would lead NSANYS for the upcoming year. I attended the various workshops offered including a panel of nurses who spoke about their individual specialties. I also was exposed to volunteer programs, and I was so intrigued that I decided to go on a nursing mission trip to Dominican Republic this summer! I feel such a passion for nursing and that passion only expanded when I got to meet students from all over New York State who feel the same passion. I spoke to students from Hunter-Bellevue and Stonybrook University, and I'm happy to say I made new nursing friends! One particular fellow student that I met, said something that resonated with me. She told me that her professor taught her "Being a nurse is more than a job, it's a way of life." This quote inspired me to achieve greatness and motivated me to graduate nursing school so I can finally devote my time to care for others. I had a fantastic time, see you next year NSANYS.

ANEESAH YASIN

Hunter Bellevue School of Nursing

Attending NSANYS was an exciting experience, because it was my first time going around to different workshops to listen about nursing specialties. Additionally, I was able to learn how to get involved in nursing advocacy. As a junior, it was inspiring to meet other nursing students of New York State, to understand various ways on how to review for the NCLEX, as well as being able to see possible graduate options. Overall I had a fun and cool experience, especially for the food and friends!

Kathryn Scarfo

Wagner College

I was fortunate to be able to attend the 2018 NSANYS Convention on February 24th at the Wyndham New Yorker. It was a great way to spend my day and I had an amazing experience. I was able to learn so many new entities of nursing and the nursing student association as a whole. I enjoyed meeting nursing students from other colleges, sharing ideas, networking and speaking with them. Through this convention, **I learned many new ways to help my chapter of NSNA in Wagner College grow and make a bigger impact on our members and our community.** I am so excited to incorporate all I learned from the NSANYS convention into my own chapter. I hope to attend the convention again next year and look forward to other similar events. Thank you to all that worked to make this day a success for myself and all who attended.

PICTURES



****For more pictures please visit: <http://www.nsanys.org/2018-convention-photo-gallery.html>****

NSANYS HONORABLE MENTIONS

NSANYS WOULD LIKE TO GIVE A **BIG THANKS** TO ALL
EXHIBITS THAT MADE THIS EVENT POSSIBLE!

PLATINUM



GOLD



SILVER



KAPLAN
NURSING

BRONZE



NAHN
National Association
of Hispanic Nurses



PACE
UNIVERSITY



Delhi
STATE UNIVERSITY of NEW YORK



FNR FEUER
NURSING
REVIEW



HURST
REVIEW SERVICES



picmonic
picmonic.com



PennState
World Campus



CHAMBERLAIN
College of Nursing



MERCY
COLLEGE



JOHNS HOPKINS
SCHOOL of NURSING



SHOW ME YOUR
STETHOSCOPE
A NATION of NURSES

NSANYS Food Drive 2018



WE WOULD LIKE TO GIVE A **BIG THANK YOU** TO ALL THE SCHOOLS WHO PARTICIPATED IN NSANYS Food Dive!

MOLLOY COLLEGE, STONY BROOK, AMARILLO COLLEGE, JOHN HOPKINS, DR. MANCINO, ASA COLLEGE

NURSE ANESTHETIST



WHAT IS A CRNA?

A CRNA is a certified registered nurse anesthetist. Being a CRNA means being a professional in the tasks of administering anesthesia to patients and clients in diverse environments. Additionally, they also make sure patients are safe and stable during their procedures, making sure there are no complications. There is a demand for these highly skilled personnel, and to be one requires practice and additional education.

WHAT ARE THE EDUCATION AND EXPERIENCE REQUIREMENTS FOR A CRNA?

CRNAs have a minimum of 7 to 8 years of education and training specific to nursing and anesthesiology.

- A Bachelor of Science in Nursing
- A current license as a registered nurse
- At least one year of experience as a registered nurse in a critical care setting
- A masters' degree from an accredited nurse anesthesia program*
- Pass the National Certification Examination following graduation

* The nurse anesthesia program must be accredited by the COA (Council on Accreditation of Nurse Anesthesia Educational Programs)

FACTS & STATISTICS

CRNAs:

- Are the primary anesthesia providers in rural America
- Consist of 59% females and 41% males in the United States
- Are qualified to administer every type of anesthesia in any healthcare setting
- practice with a high level of autonomy
- help reduce costs to health insurance companies and patients because they are less costly to educate and train than anesthesiologists
- administer approximately 43 million anesthetics to patients each year in the United States

Reference

Education of Nurse Anesthetists in the United States - At a Glance. (2017, September 27). Retrieved from <https://www.aana.com/membership/become-a-crna/education-of-nurse-anesthetists-in-the-u.s>



YULIA BORISOVA RN, BSN

HUNTER-BELLEVUE GRADUATE OF 2017 LIFE AFTER NURSING SCHOOL

AFTER GRADUATION

I took the NCLEX in July, 2 days after my birthday. I spent a month studying for the nclex. I used UWorld and the Saunders book. I took the NCLEX with one of my best friends from the nursing program. I'm not going to lie I was nervous during the whole exam, but I just kept telling myself that I just need to do my best. The whole time me and my friend felt like we were making an educated guess. Our tests both shut down at 75 questions. We both thought we failed, but on the contrary, we both passed! Bottom line is just trust your gut and keep going. Don't rush and don't change answers.

FINDING A JOB

I was hoping the process would be easier but it wasn't. I held a lot of leadership roles during nursing school so I thought that finding a job wouldn't take that long. However, it did take some time. Believe me when I say that I probably submitted 100+ applications online, went to 3-4 recruitment events and still didn't manage to get a job in a hospital. My first job was at an endoscopy center, I got it a month after taking the NCLEX. And then one day I accidentally found out about the residency program that I am in right now. A nurse from this program randomly added me on LinkedIn and told me about this ED residency. I went in person and applied the same day. One day later, I had an interview and was hired on the spot. I was the first one interviewed in the group of 9 interviewees. At first, it was intimidating, but I prepped well, so I was starting to feel more confident. So my advice for interviews is to prepare!!

STUDENT TO RN TRANSITION

Since we never got to do clinicals in the ER, I wasn't sure exactly what to expect. The ER I work at is a Level I Trauma center meaning that we are able to handle the most critical patients. We serve a vast area and we get all the patients having an emergency at the airport. Some days we get people with complaints varying from cough to STEMI or to stab wounds. Time management and prioritization are key for the ER. At times people will be asking you for food trays while you need to start administering blood for a critical patient. It is impossible to please everyone due to the fast pace of the ER and the workload. However, I always try to provide the best quality care possible. Questioning doctor's orders is another very important thing. If something doesn't make sense, go to the Doctor and ask he/she why it was ordered. The other day, a doctor ordered a medication cocktail for hyperkalemia (calcium gluconate, dextrose and insulin) for a patient whose blood work showed a normal potassium level, and whose EKG was normal. So I asked the doctor why he ordered it and turns out he was in such a rush he put the order for the wrong patient. Sometimes these things happen, but if you don't agree with something that is ordered, make sure to speak to the doctor and the charge nurse. I feel fortunate having a great preceptor and a lot of opportunities to learn. So my advice would be learn as much as you can and don't be afraid to ask questions! And before you know it you will start feeling comfortable in your new role as an RN!

ANNOUNCEMENTS

1) NSNA's SUMMER LEADERSHIP CONFERENCE

DATE: FRIDAY, JULY 27, 2018 FROM 8:30AM-5:00PM
MOUNT SINAI MEDICAL CENTER, MADISON AVENUE AND EAST
99TH STREET, NEW YORK, NY

2) NSANYS 3RD ANNUAL COUNCIL OF STATE LEADERS MEETING (HELD IN CONJUNCTION WITH ANA-NY's ANNUAL MEETING)

DATE: SATURDAY, OCTOBER 20TH, 2018
8:00 AM - 5:00 PM
LOCATION: ALBANY CAPITAL CENTER

FOLLOW US ON:

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OUR WEBSITE: WWW.NSANYS.ORG

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MEET THE NEW BOARD OF DIRECTORS!



BACK ROW LEFT TO RIGHT: Sarah Ebrahim (Community Health Director), Helen Pham (President), Grace Anne Crockett (Co-Vice President), Megan Scali (Co-Vice President), Nicole Contreras (Breakthrough to Nursing Director), Mary Andrews (Nominations and Elections Director), Julianne Martin (Treasurer) **FRONT ROW LEFT TO RIGHT:** Kezia Varughese (Secretary), Ali Merenstein, Katherine Kachеровsky (STAT Editor).



NOMINATION AND ELECTIONS COMMITTEE (REGIONAL DIRECTORS), BACK ROW LEFT TO RIGHT Ashley Schuette (Northeast RD), Michele Nardi (Mid-Hudson RD), Max Amestegui (Central RD), Megan Pfundstein (Genesee-Valley RD) **FRONT ROW LEFT TO RIGHT** Nina Malusay (Metropolitan RD), Mary Andrews (Long Island and RD Chair), Stephanie Mejia (Western RD).