



# STAT NEWSLETTER Spring Issue 2014

## Letter from the Editor

Dear STAT readers,

I hope you all successfully made it through finals and are continuing towards your nursing student career success.

Although this will be my last issue of *STAT*, I am happy to report that I will be a member of the NSNA Board of Directors 2014-2015 as *Imprint* Editor. I just completed my orientation and can't wait to begin my work with NSNA.

I'd like to remind you to keep up with your nursing involvement throughout the summer. I have included some information in this issue for the Annual Summer Leadership Conference taking place this August right here in New York! It is an excellent opportunity to learn more about NSNA and starting or maintaining local chapters.

Best of luck to my fellow New Yorker nursing students! It has been an honor and pleasure to serve on NSANYS.

Sincerely,

**Kimberly Korn**  
**STAT Editor 2013-2014**  
Adelphi University  
College of Nursing and Public Health



**Transition Issue**  
**2014-2015 STAT Editor,**  
**Stephanie DeLuca as**  
**Guest Editor**

***Congratulations RN, BSN Graduates***  
***Class of 2014!!!***



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# COMMUNITY HEALTH

## 62nd Annual NSANYS Convention Recap

### My NSANYS Convention Experience

by Samantha Clarke-Thyme  
Mercy College

NSANYS sponsored a convention entitled “There RN’dless Possibilities: Nursing Without Borders” at the Holiday Inn hotel in New York City on Feb. 22. I attended with several of my classmates from my school along with my school’s dean. The event truly lived up to its name with the endless possibilities available to future RNs.

We listened to the keynote speaker discuss her clinical research. Afterwards, we looked at the various exhibitor tables offering information including the US Air Force and the US Army. Schools such as Mercy College, CUNY School of Professional Studies, and Walden University gave out information on their bachelors, masters, and doctorate nursing programs. Test preparation companies such as Hurst, Feuer, and Kaplan were in attendance for those who were interested in using one of their NCLEX-RN preparation services.

There was a career panel discussion where recruiters discussed what RN graduates need to include in their resumes when looking for a job. After lunch, the event held smaller discussions called “breakout sessions.” The first breakout session focused on how important it is for nurses to get involved in leadership positions. I found it interesting that the panelists were able to hold nursing positions, whether in the hospital or in teaching positions, while at the same time actively participating in organizations such as Sigma Theta Tau International Honor Society of Nursing, The National Association of Hispanic Nurses, and The Emergency Nurses Association. Finally, the second breakout session discussed nursing specialties. I was especially fascinated with two particular panelists in that session; a Family Nurse Practitioner, who specialized in bone marrow transplants and oncology, and a Nurse Clinician who specialized in perforator flap breast reconstruction.

All in all, the convention was engaging and informative. I learned about some of the nursing specialties that I can try as an RN, and I also learned about the numerous leadership positions within nursing. I definitely look forward to attending the event next year.

**What did YOU think of convention??**

**Tell our new Vice President, Emily Cheng at [vicepres.nsanys@gmail.com](mailto:vicepres.nsanys@gmail.com) to help her and the NSANYS Convention Committee plan for next year’s event!**





## Stony Brook University's 4th Annual Relay for Life: It Get's Personal

by Emily Cheng

Stony Brook University, School of Nursing



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On April 26th, 2014, Stony Brook University hosted the 4th Annual Relay for Life event starting from 6PM till 6AM outside on the Campus Recreational Fields. This 12 hour event is to fundraise for the American Cancer Society based upon celebrating, remembering, and fighting back against cancer. The reason behind the overnight event is that cancer does not sleep, so the participants won't either as a symbol of the stand taken against cancer. This year's Relay had 72 teams and 539 participants that fundraised over \$42,000. These funds will go towards groundbreaking cancer research that leads to a hopeful future, and services for cancer patients such as the Hope Lodge® facilities, where cancer patients that must travel far from their homes who need immediate treatments can stay free of charge. The School of Nursing and Pre-Nursing Society showed a strong presence on the very rainy and cold night to fight for this important cause.

Relay for Life was brought during my freshman year, and I have been an active participant for all four years. I came to Stony Brook as a Division I Swimmer, and a few months into my first season, my head coach, Dave Alexander, announced his cancer diagnosis. Our women's and men's swimming and diving team competed whole heartedly under his coaching until June 2012, when our coach passed. Since the 2011-2012 season, our team has been on a competitive hiatus due to a stagnant pool renovation, and this entire experience has really shown me about the twists and turns that life takes you on. Despite all this adversity, we have found the silver lining in our situation, and our team has dedicated every year's Relay for Life in his honor as well as all the other brave souls who battle cancer worldwide and daily. I am proud to say that in the four years that our team has participated in Relay for Life, we have raised over \$20,000 for the American Cancer Society, and personally, I have raised \$7,938. I am hopeful that we are on our way to a future with more birthdays and less cancer!

**On May 18th, NSANYS Board members and nursing students volunteered at AIDS Walk New York, the biggest AIDS Walk in the nation. We nursing students cheered for 45,000 walkers!**



Bena Tianqi Du (NSANYS Treasurer-elect) and Darren Panicali (Community Health Director 2013-2014)



facebook.com

## Getting Fit For Summer

by Hira Iftikhar

Molloy College Division of Nursing

Summer is right around the corner. The sun will be out, the weather will be warm, and we all want to look our best. One thing that is important to looking your best is feeling your best. You can accomplish that by being healthy. There are many diets out there that are tried and tested. However, all of them have the same problem. They don't last. The Centers for Disease Control and Prevention offers some tips and tricks to losing weight the healthy way and keeping it off; so you can look and feel your best not only in your favorite swimsuit but all year round. Here are some easy steps that can help you reach your ideal weight!



### Step 1: Consult your Doctor.

Before joining any program, it is important to get the OK from your doctor. Your doctor can check your height, weight, and weight-related risk factors. It is also important for your doctor to track your progress. This way, you know what you need to do to make your body a healthier one.

### Step 2: Make a commitment.

You want to decide how much weight you want to lose and when you want to lose it by. The general rule of thumb is to lose 1 to 2 pounds per week. One resource that is beneficial and cost effective is the online site, MyFitnessPal.com, an online site where you can track your progress, record your food and exercise diary, and also keep track of your nutritional intake. Other resources include Weight Watchers, gym memberships for as low as \$10/month (Planet Fitness), and smartphone apps such as Couch to 5k (c25k), which helps beginners run a 5k in a few short weeks.

### Step 3: Make realistic goals.

It is easy for anyone to say, "I'll be healthier," or "I'll lose weight," but it is not a realistic goal. A goal should be something that is measurable. For example, "exercise more" is not a specific goal. By stating, "I will walk 15 minutes, 3 days a week for the first week," you are setting a specific and realistic goal.

### Step 4: Lifestyle Changes.

Everyone has a different body type. Some lifestyle methods may work for some people but not for others. For

example, some people may find it easier and more helpful to eat six small meals a day instead of three large meals. However, there are other people who need to have one big protein and carb-packed meal during the day, and eat small snacks the rest of the day.

Whichever eating plan you prefer, here are some healthy eating tips and tricks that you can incorporate into your busy lifestyle.

1. Pack your lunch and snacks the night before – This will prevent that morning rush of having to prepare a lunch and will take one thing off your morning to-do list.
2. Snack on vegetables. If you're not a big fan, start with baby steps. Try having a vegetable on the side with your lunch and dinner. It doesn't have to be cooked. You can have some baby carrots or slice up a tomato. In no time, it will be hard to resist the fresh taste of vegetables with your meal.
3. Or you can snack on fruits. Try and incorporate one cup of fruit into your daily intake. Lucky for us, these are readily available at supermarkets!
4. If all else fails, go for a shake! A protein shake with fruits and vegetables is a foolproof way to having a healthy snack or post-workout replenishing snack.

### Step 5: Have fun with it.

Losing weight or changing your lifestyle shouldn't be something difficult or stressful. It should be a way for you to feel good about yourself. And if you feel you are plateauing, change it up!

Reference:

[http://www.cdc.gov/healthyweight/losing\\_weight/getting\\_started.html](http://www.cdc.gov/healthyweight/losing_weight/getting_started.html)



Photo credits: fitsugar.com



### 3 Nursing Students x 8 Inches = 24 Inches for Children with Cancer

by Emily Cheng

Stony Brook University, School of Nursing



facebook.com

On April 23rd, 2014 Stony Brook University hosted a St. Baldrick's event in their Student Activities Center. The St. Baldrick's Foundation is based on the idea of shaving heads for donations to raise funds for children with cancer. 53 students and faculty donated their own hair so that children losing their own through cancer treatments can feel a sense of normalcy, and \$8,474.93 was raised by the event.

Having seen many of my loved ones lose their hair as adults has been difficult; I can't imagine what it's like to be a kid going through that experience. I've always wanted to donate my hair for cancer, and this opportunity was perfect timing since my hair was just long enough to make the 8 inch cut. I was pretty

indecisive about whether I wanted to go bald or just donating the minimum of 8 inches, but ultimately, I decided to do the 8 inches and save going bald for another time. Doing the cut with my nursing friends and classmates Sandy Ren and Justyne Passarelli made an awesome thing even greater as we donated a total of 24 inches, with 8 inches from each of us. To have the choice of going bald is a luxury that kids with cancer don't have. I would like to honor and commend these brave souls one day by gaining enough courage to go bald.

To find a St. Baldrick's near you go to:  
<http://www.stbaldricks.org/>

Join NSANYS with participating in a Community Health event!

**Katie's Run 5K Run/2 Mile Walk**

Sunday, June 22, 2014 at 9 AM

New Hyde Park

The Katie McBride Foundation honors families of childhood leukemia victims, raises awareness, and funds for the Ronald McDonald House.

Register here: <http://www.katiesrun.com/register.htm>

Hope to see you there!



katiesrun.com

# GLOBAL INITIATIVES

## Adelphi in Costa Rica

by Christine Nastasi and Cassie Farrell

Adelphi University College of Nursing and Public Health

Over Spring Break, twenty Adelphi University College of Nursing and Public Health students traveled to San José, Costa Rica to provide healthcare to the underprivileged, and expanded their global perspective. While the goal of the trip was service-oriented, opportunities to explore the historical city and bio-diverse rainforest were also provided.

Over the course of three days, Adelphi nursing students set up free clinics, coming prepared with all of the materials necessary to complete head to toe assessments, blood glucose screenings, breast exams, eye exams, and more. A total of 188 patients were seen under the leadership and guidance of Dr. Helen Ballestas and Professor Beth Heydemann. Major focuses in care included screening for chronic illnesses, and patient education. While many new patients were seen, some had even returned from previous years, seeking the services the students readily provided.

While the majority of students utilized their nursing skills in the clinics, a few students had the opportunity to do home visits with Dr. Ballestas. This provided a unique look into Costa Rican culture, as well as community-centered nursing. The patients and their families welcomed Adelphi's future nurses into their homes, and embraced the care the students had to offer.

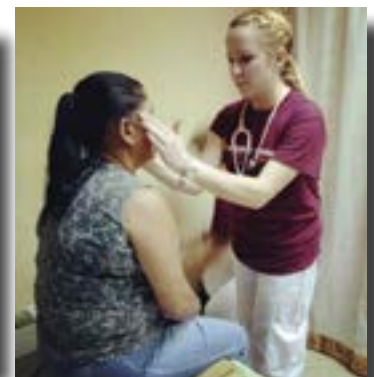
Although the students provided healthcare services to many Costa Ricans, the trip included many recreational activities as well. The students began their cultural immersion by spending the first day exploring the inner city with a guide, who brought them to shops and to a restaurant for a delicious lunch. The students spoke with the local residents and learned a great deal about the Costa Rican society and language.

On the last day, activities included white water rafting and cliff jumping along the river. Many students enjoyed a rest as well, where river guides sliced up fresh pineapple on the shore bank for everyone to enjoy. Afterwards, the Adelphi group traveled up the river on a cruise boat to a restaurant that was hidden in the trees. They enjoyed their favorite homemade meal of the trip, followed by a visit with horses out back, and a walk through a beautiful butterfly garden. Students then relaxed in hammocks or on wooden swinging benches while sipping on cups of fresh Costa Rican coffee.

This opportunity provided the perfect balance of educational opportunities and adventure. After the trip, the students felt more in touch with the culture of a society quite different from their own.



Photo credits: Cassie Farrell and Christine Nastasi



NSNA member, Theresa Jenulis at the clinic in Costa Rica  
Photo credit: Kristina Klavan

# TRANSITION

## Letter from the Guest Editor

Dear STAT readers,

My name is Stephanie DeLuca, the new STAT newsletter editor for 2014-2015. I'm currently studying at Stony Brook University and pursuing a baccalaureate degree in nursing.

I previously attended St. John's University and graduated in 2008 with a bachelor's degree in journalism. After college, I diverged from the field and worked for a law firm for almost a year. Due to my passion for journalism, I began doing a number of internships including writing articles for online site TheCelebrityCafe.com and the local paper *The Queens Chronicle*. While attending St. John's, I was also a beauty intern for *Good Housekeeping* magazine. In 2011, I landed my first reporter job at *The Long Islander Newspapers*. However, I felt the need to change career paths and pursue nursing.

I believe I made the right decision to attend nursing school. It's the most rewarding career that has many life changing benefits. As your new editor, I hope to inform pre-, current, and post-nursing students of all the amazing events occurring, the great community work students are doing, and giving advice to all readers.

I look forward to working with the members of NSANYS and having another great year!

Sincerely,

**Stephanie DeLuca**  
**STAT Editor 2014-2015**  
Stony Brook University, School of Nursing



The new NSANYS Board at their June meeting at Adelphi  
Photo credit: Ana Paola White

### Congratulations to NSANYS Board of Directors 2014-2015!

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**Western Regional Director is vacant.**

Visit [nsanys.org](http://nsanys.org) to apply!



# IMAGE OF NURSING

## NSANYS Where Are They Now? An update on past Board members

compiled by Giselle Campos-Dominguez,  
NSANYS President 2013-2014

Mr. Jason Leung, BSN, RN is a recent graduate of the Hunter-Bellevue School of Nursing. He was an active member of the National Student Nurse's Association, Hunter Student Nurse's Association, and Nursing Students' Press. As an Asian American Studies minor, Mr. Leung founded the Asian-Pacific American Nursing Student Association at the Hunter-Bellevue School of Nursing. He also served as the Communications Director on the 2012-2013 Nursing Student's Association of New York State Board of Directors. Mr. Leung is currently a Registered Nurse at Mount Sinai Beth Israel and the Publicity Chair on the Alpha Phi Chapter of the Sigma Theta Tau International Honor Society of Nursing.



Jason Leung BSN, RN



Raphael Brian Buyo BSN, RN

Raphael Buyo was the Community Health Director for the Nursing Students' Association of New York State for the 2012-2013 school year. During school, he also served as the president for the Hunter-Bellevue chapter of the National Student Nurses' Association and the secretary for the American Assembly for Men in Nursing – City University of New York (CUNY) chapter. After passing NCLEX in August of 2013, Raphael spent two months on tour with his New Orleans-inspired ensemble, the Lucky Chops Brass Band, and traveled on a month long cross-country road trip, reaching as far west as Los Angeles, California and as far south as Austin, Texas. After returning from his adventure, he worked as the health coordinator at CUNY City Tech where he approved health clearances for the undergraduate nursing students. At the same time, he continued his involvement with professional organizations as he was appointed the membership chair of the Alpha Phi chapter of Sigma Theta Tau International. In this position, he successfully planned and performed a benefit concert for typhoon victims in the Philippines; over \$1,200 was raised for nursing students at the college of nursing at the University of San Carlos. Currently, he works at New York Methodist Hospital on a 29-bed surgical unit. As his career begins, Raphael continues to advance himself as he is also enrolled in a Masters program at Benedictine University for nursing education to pursue his two passions in nursing: teaching and mentoring.



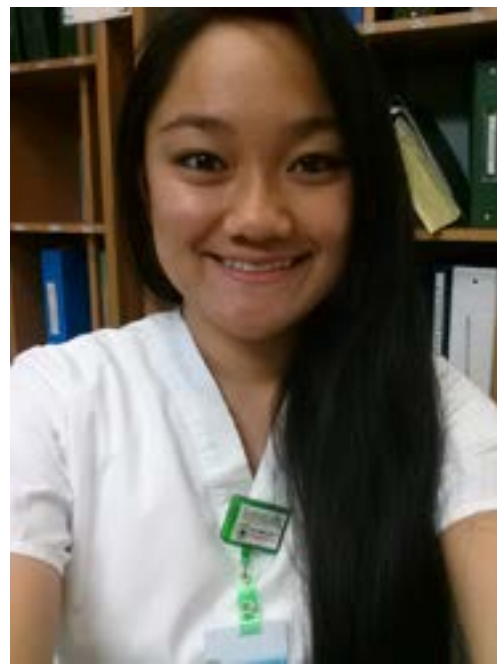
## NSANYS Where Are They Now? An update on past Board members



Vanessa Buyo BSN, RN

Vanessa Buyo served on the NSANYS Board of Directors as Secretary for the 2012-2013 school year. In addition to serving on the NSANYS Board of Directors, Vanessa was President of the Nursing Students' Press at the Hunter-Bellevue School of Nursing and was Happenings Reporter for the NSNA's Imprint Magazine. Vanessa attributes her ability to communicate and work effectively in a team to her involvement in these organizations. She believes that NSANYS has given her invaluable experiences with networking and developing her professional identity. As of April 2014, Vanessa will be beginning her career as an RN at Memorial Sloan Kettering Cancer Center on the Head and Neck unit. She looks forward to this new beginning and hopes to continue being involved in professional organizations throughout her career.

I'm Kristine Santos, past 2nd VP of NSANYS, currently working as an RN at a rehab facility in Coney Island, NY. I am the charge nurse of a 50 bed sub-acute unit. Some of my responsibilities entail delegating responsibilities to LPNs and CNAs on the unit, parenteral medication administration, wound care, and pain management. Many of my patients are status post resections, amputations, some with external fixators and casts. It is an amazing experience being part of someone's life changing journey. True, they may yell and scream at me at times, but it's important to remember that they are frustrated and in pain. They come to me with a broken spirit and a lost limb, but with time and much effort, you see them regain their confidence and appreciation for life. Being a nurse is not just a job, it's a unique opportunity to heal the body, mind, and spirit simultaneously.



Kristine Santos BSN, RN

# SAVE THE DATE!

**NSNA  
SUMMER LEADERSHIP CONFERENCE**

Friday, August 1, 2014  
8:30am-4:00pm  
The Mt. Sinai Medical Center  
Goldwurm Auditorium  
1425 Madison Avenue  
(98th Street and Madison Avenue)  
ICAHN Building First Floor

NSNA staff and other invited guests will present and discuss ideas on NSNA Programs and Activities at the Annual Summer Leadership Conference. The Conference will be held at the Mt. Sinai Medical Center, New York, NY, Friday, August 1, 2014. The Conference is held each year so that attendees can gain a better understanding of NSNA's mission and programs; they can take back ideas to their organizations to create stronger school and state chapters; and to problem solve and share ideas. (nsna.org)

**Spread the word! Invite school chapter board members, school constituents, and classmates who want to know more about NSNA! Come one, come ALL!**



Photo credit: nytimes.com

Register for FREE by July 25TH

<http://www.nсна.org/Meetings/SummerConferences.aspx>



Photo credit: tripadvisor.com

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

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

# REFLECTIONS

## Students share their clinical experiences

### Reflection on Nursing Clinical

by Lorenzo Brown

NYU College of Nursing

At the beginning of my first semester I did not have a clear understanding of what it meant to be a nurse. I once believed that the role of a nurse was to take orders from the doctor, but I learned that I had greatly underestimated the responsibility that nurses hold. From my experiences in the hospital, I have learned a great deal about therapeutic communication and the importance of being a patient advocate. The most notable change that occurred in me is that I have become more appreciative of the things I have. This change makes me feel like I can be an effective nurse because I will do everything in my ability to help a patient who cannot perform activities of daily living independently. My increased appreciation for the ability to perform tasks independently has also enhanced my drive to become a nurse because I realized that nothing is more rewarding than being able to help a person in their most vulnerable state.

Every day I hear tragic stories on the news about people who are not sure whether they will live to see another day. The thought that one of these tragic stories could involve me never crossed my mind. Clinical in the hospital made me realize that anything can happen. A case that opened my eyes involved a person with a severe back injury. This injury was so bad that they could not walk. Seeing a person with such impaired mobility was very scary. As I watched the patient being taken to the operating room I remember thinking that they would never have the abil-

ity to walk. On my fifth clinical day I saw the same patient walking with the physical therapist. The impact that the interdisciplinary team had on this patient's life was invaluable. I can't express the joy I felt for her successful recovery. At this moment I knew that nursing was the perfect career for me. This was not the only great experience I had in the hospital but it was the most memorable.

As I reflect on the semester, I am amazed at the amount of information I learned in such a short amount of time. I have a slightly better understanding of what it means to be a nurse now. Although this experience has changed me as a person, I have a long way to go before becoming an expert. The change that occurred in me this semester is just the beginning of a long journey and I know that my appreciation for life will continue to grow.



Lorenzo Brown , NSANYS Western Regional Director 2013-2014  
(nsanys.org)

### A Lesson in the Philosophy of Nursing

by Nicole Robbins

Molloy College Nursing Division

I had the opportunity to care for a woman in her early 50's who knew she was dying of breast cancer. She had metastases to the bone and brain. There was no hope for a cure. I remember walking into a room of sad faces, and there was no way to quell the depression on this woman's face. She had just found out that her doctors were trying to send her to a palliative care facility. I left clinical that day knowing that I'd have to take care of this woman the next day, and the thought devastated me. I woke up the next morning in tears, knowing I didn't know how to take care of someone with the full awareness of her impending death. However, when I got to the hospital, I knew what I had to do. I took the time out of my day to point out the little positive things that were still part of her particular existence. I spoke to her about

how her ability to move the right side of her body was still there, though weakened by her brain metastases. I emphasized how her family and friends had always come to visit and how much love they all brought to her. She may have been dying, but nonetheless, she was still living.

What did I gain from the experience? I was not only witness to the patient's perseverance, but I also learned an important lesson in the philosophy of being a nurse. One day, you're all going to be nurses and you may face a situation where you will be taking care of a terminally ill patient. The decision is yours to give compassion and bring happiness to others. We are all projecting ourselves toward the ultimate end of death. It is up to each and every one of you to individually make the most of it, both in respecting the process of dying and encouraging each patient to make the most of their lives, even in the most trying of circumstances.



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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 Stephanie Deluca, STAT Editor at [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com)

### STAT Committee

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### Special thanks to:

Samantha Clarke-Thyme  
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