



STAT NEWSLETTER

Summer Issue 2015

Letter from the Editor

Dear STAT readers,

Now that summer is finally here, I hope all of you have some time to put the books down and enjoy the sun before the fall semester starts up again.

It was my pleasure to be a part of this board for the 2014-2015 school year and now it's time I pass the torch to the new STAT Newsletter Editor Isabel Faringer-Perez of Stony Brook University School of Nursing.

Best of luck to my fellow readers on the rest of their nursing journey!

Sincerely,

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



Transition Issue
2015-2016 STAT Editor,
Isabel Faringer-Perez
as guest editor
Congratulations Class of 2015



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Community Health

Serving the NSANYS neighborhood

SBSNA Lending A Helping Hand To Their School And Community

by Katrina Llanto

Stony Brook University School of Nursing

Article from Stony Brook University's *SBSNA Insider*



This spring semester has proved to be an extremely busy, yet rewarding semester for Stony Brook's Student Nursing Association (SBSNA). SBSNA has successfully participated in at least one walk/run for every month of the semester, the largest being Relay for Life. These walks are very important to the community as it helps raise awareness and funds for research for particular diseases while bringing the local communities together. Furthermore, each month, SBSNA continued to distribute dinner to the community at the Trinity Evangelical Lutheran Church in Rocky Point as well as at Our Daily Bread in Setauket. Many of the clients expressed their gratitude and loved to see Stony Brook nursing students helping out in as many ways as they could. It was rewarding to see how much our time and dedication is appreciated by the staff and clients.

Additionally, SBSNA showed their community support in many other ways. Our blood drive was able to help out Stony Brook Medicine's blood bank during the slower donor months, the campus wide bone marrow drive was able to register 196 new donors, the prom drive raised more than 50 dresses and prom accessories, and the "Re-Use Your Shoe" drive collected countless pairs of sneakers that will be utilized to create soft playground padding.

The projects mentioned here are only a handful of what SBSNA has accomplished. There are many projects that can be taken on as a group both within the campus community and locally. Community Health is such an important component in our nursing school career and will continue to be for many years to come. Even with the harsh winter, SBSNA was able to come together and give back. To those that are graduating, I hope you continue to lend a helping hand to the community, inspire others to give back, and encourage each other to pay it forward. Good luck to you and wish you all the best in your future career as nurses!

Community Health

Professional Growth After Graduation

by Stephanie Fahrback

Stony Brook University School of Nursing

Nursing students in New York State are given a great opportunity to serve our community and develop professionally through the Nursing Student Association of New York State. Becoming involved in the professional nursing associations is equally important once one becomes a nurse. Professional associations enable nurses to be involved in current trends within nursing and the medical community.

The New York State Nurses Association (NYSNA) is an example of an organized group of nurses that work together to improve patient care and maintain the highest level of safety. One of the initiatives that has been taken by this association is the improvement of staffing for patient safety. This has been a major concern for many hospitals across New York State. Currently, thousands of nurses are advocating the passing of the Safe Staffing for Quality Care Act. This law will set nurse-patient ratios in all healthcare facilities in New York State. With the support of all these nurses, hopefully this can be passed in the near future to improve the care for our patients.

In addition to advocating for change and various causes in nursing, NYSNA provides a wide range of opportunities for nurses. This association provides information relevant to nurses about infectious diseases and policies in nursing practice. In the past year, Ebola was a major concern and this association kept nurses in the know with the most up-to-date information. NYSNA also enable nurses to serve the community in times of emergency or need. A recent example of this was the volunteers necessary for caring for the people affected by Hurricane Sandy.



Photo Credit: www.nysna.org/2014-nysna-biennial-select-reviews#.VYic8_IViko

TRANSITION LETTER

Letter From The New 2015-2016 STAT Newsletter Editor

Dear STAT readers,

My name is Isabel Faringer-Perez and I am pleased to be your new STAT editor for the 2015-2016 academic year! I am currently a senior at Stony Brook University, pursuing a baccalaureate degree in nursing. It is an honor and privilege to be a part of the nursing profession, witness the truest sense of humanity, and care for individuals in their greatest time of need.

This year I will also be the President of the Stony Brook Student Nurses Association. Last year as SBSNA's Second Vice President I founded the SBSNA Insider, a biannual newsletter to inform our members of recent events, accomplishments, and endeavors, motivating them to continue making our organization as strong and beneficial to students as possible. I received a lot of positive feedback regarding my work on this project and I am very excited to bring the same energy and commitment into editing the STAT newsletter! I hope to provide all NSANYS members with an overview of our community service projects, professional development opportunities, and current events related to the nursing profession.

As a future nurse, I enjoy serving others to benefit their physical and emotional health. I have found personal peace and enjoyment from traveling to Honduras and Tanzania to work with those who need much greater help than imaginable and learning first hand about various peoples and cultures. I value the importance of people as complex, unique, and creative beings and serving them is the most humble and rewarding experience I could ask for. I look forward to working with NSANYS this year and creating a newsletter that effectively represents this wonderful organization!

Sincerely,
Isabel Faringer-Perez
STAT Editor 2015-2016
Stony Brook University
School of Nursing



Photo Credit: <http://atelielalgodaodoce.blogspot.com/2014/12/nursing-stethoscope-heart.html>

Get Your NSANYS T-Shirt Today!



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 Rachel White, treasurer, at treas.nsanys@gmail.com. The t-shirt order form is available on our website: www.nsanys.org.

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Global Initiatives

Is There A Nursing Shortage?

Rewritten by Isabel Faringer-Perez

Stony Brook University School of Nursing

The New York Times published an op-ed article entitled “We Need More Nurses” by Alexandra Robbins about nationwide nursing shortages and their detrimental effects on patient safety last May.

Robbins is an author, journalist, and speaker who recently published her book, “The Nurses,” which tells the story of 4 nurses working in different hospitals and the trials and tribulations associated with their daily work. Robbins devoted herself to divulging the truth about nursing, good and bad, in order for the general population to be more informed of the realities that these men and women face. She interviewed hundreds of nurses in the United States and abroad in order to be a well versed and knowledgeable resource and advocate.

In her op-ed article Robbins points out many shockingly disturbing statistics. She describes situations where one nurse was assigned to seven or nine patients at a day, when four patients to one nurse is the recommended ratio to ensure patient safety and satisfaction. One character in Robbins’ novel - who represents a real life nurse that she interviewed -

was once assigned a shocking twenty patients with non-life-threatening conditions.

The most devastating fact, however, is that nurses are completely aware to and reluctant of these circumstances but face many brick walls when trying to confront the problem. As Robbins points out, nurses have been threatened with their job security, intimidated, and hushed by their employers and hospital directors. Hospitals are willing to risk patient safety with large patient to nurse ratios, but if a problem were to occur or if a lawsuit was presented, very often hospitals do not back up their accused nurse appropriately.

This is a huge problem that America and other countries are facing. If more efforts come forward to shine a light on the underappreciated profession of nursing, hopefully these issues can be more widely addressed.

The original article can be found at http://www.nytimes.com/2015/05/28/opinion/we-need-more-nurses.html?_r=1&referrer=.



Photo Credit: <http://www.nursingprograms.com/>

Global Initiatives

Alternative Spring Break: Costa Rica

by Marilyn Thomas

Adelphi University, College of Nursing and Public Health



Photo Credit: Marilyn Thomas

Eleven students and two professors from Adelphi University's College of Nursing and Public Health set off for San José, Costa Rica last March. For the next week, we would be living, exploring, and setting up a makeshift health clinic in a small, impoverished district known as La Carpio.

Upon entering the village of La Carpio it was very apparent that this area was unlike much of the city of San José. While San José, the capital of Costa Rica, held a much larger urban population and thrived in culture, diversity, money, and people—La Carpio was the polar opposite. It was largely composed of Nicaraguan immigrants, very tightly packed streets, and poverty filled the area. The homes were shantily made of tin, wire, and/or bricks. The large dirt roads which winded down to inner streets were filled with stray dogs, trash, manure, and other sources of pollution. As transportation was costly, children walked for what seemed like miles in hot, humid temperatures to attend their local schools and clean, distilled water or a functioning bathroom wasn't a very high priority.

On days 3 and 4, we setup a makeshift health clinic in both a church and bar setting. Many families, largely

women and children, seen at the clinic were impoverished, with little to no income, and were not properly insured. Maintaining proper health and hygiene was an afterthought due to economic conditions and the lack of education/knowledge about such practices. However, we were able to teach proper hygiene i.e. dental hygiene, developing good eating habits, safe sex and protection, self breast examination, and more. Day 5 was spent walking around La Carpio and visiting the children's daycare program. Additional days were left to us students to explore the city of San José, go white water rafting, and venture onto an exciting boating trip.

Overall, this trip to Costa Rica was an extremely eye-opening experience. Although we all know about poverty in some way, shape, or form, it never truly hits home until you have experienced or worked in such an environment. These people who had little to nothing tried to make the most of their situation. I hope as a future nurse this experience is something that I can truly take back and learn from. There is so much we take for granted, but that shouldn't be the case. We are very fortunate to have the availability of a great health care system within the U.S. I also believe this phrase comes to mind: Your passion has purpose. Thank you, Costa Rica for teaching us that we can make an impact abroad and within our communities, even in a small way.

If you would like to lend a hand to the organization we partnered with for the duration of our trip "The Costa Rican Humanitarian Foundation." Please feel free to donate the website: <http://www.crhf.org/>.

Pre-Nursing

Applying To Nursing School

by Katelyn M. Finnegan

Molloy College School of Nursing

Applying to nursing school can be an intimidating process. With all the forms, transcript requests, envelopes, and tests it can be extremely nerve-racking. Here are some tips to help you navigate through the application process.

1. Nursing is a science based major. Before you even step foot into a nursing class, you will be required to take a series of prerequisites. These prerequisites vary from school to school but in general they include: biology, chemistry, statistics, microbiology, Anatomy and Physiology I and II, nutrition, genetics, and developmental psychology. If you plan on transferring into a nursing program, make sure you know which classes your program requires and take them before you apply that way you can start directly in nursing classes. Keep in mind, universities generally require you to receive at least a “C” in the class in order for the class to transfer.

2. See if the program you are applying to requires you to take an entrance exam. The Test of Essential Academic Skills (TEAS) is a very common test that many programs require as part of your application. The TEAS is comprised of different sections including: mathematics, reading, science, and English language and usage. There are many resources available to help you prepare for the TEAS. Many bookstores, such as Barnes and Noble, have study guides and books to help you study. If you prefer studying on your computer, atesting.com has several products that allow you to test and practice for the examination.

3. Resumes are important. This shows the reviewer other aspects of your life that is not in the application itself. Show relevant work experience or past job positions. If you do not currently volunteer at a hospital, consider becoming one. Not only it is a great experience that allows you to see different types of nursing but it also looks amazing on your resume. Networking is an important aspect of nursing so it is important to start as early as you can.

4. Stay organized! Create a nursing school applications binder with all your applications, financial aid information, and scholarship applications. Request extra copies of your confidential transcripts so you can quickly send them out upon request. Being organized removes a lot of the anxiety and stress from the application process.

5. Every application requires an essay explaining why you want to attend their program. Make the essay personal. This is your opportunity to shine and tell your reader why nursing is your passion. It is here that you can write about your relevant volunteer experience or tell a personal story about how you were personally affected by nursing. The essay is a crucial part of the application process because it takes the evaluator away from your grades and test scores and allows them to see you as a future nurse.



Photo Credit: thejointblog.com/wp-content/uploads/2014/07/app.jpg

Pre-Nursing

Tips For A Successful Nursing Interview

by Katelyn M. Finnegan

Molloy College School of Nursing



Photo Credit: personalexcellence.co/blog/30-tips-to-rule-your-job-interview/

As nursing schools become more selective many are requiring interviews as part of the application process. In order to be as successful as possible here are some tips on aching your interview:

1. Dress for success. Research shows that we form our opinion of someone within the first few seconds of meeting someone. Therefore, you want to make the best impression you can as soon as you can. Wear business casual clothing. Do not wear something you would wear out on a Friday and avoid open heeled shoes. Also, avoid wearing any strong perfumes, keep nails short with clear polish or none at all, and keep hair pulled back.

2. Be on time. One of my nursing professor's motto is: "If you're early, you're on time. If you're on time then you're late, and if you're late

then you don't care." Get to the interview early. You never know what sort of circumstances that could pop up on your way to the interview. Traffic, you miss your train/bus, you spilled coffee on your skirt and now you have to re-plan your entire outfit. Give yourself ample time to get to the interview. If you drive, you'll also have to account for finding a parking spot. Locating where the office is on campus might take longer than you anticipate. Many schools have maps of their universities online which could help save you time the day of the interview.

3. Know about the school and mission statement beforehand. Know what is important to them, their motto and how you have a skill set that goes along with said motto. Know how the school is involved in the nursing community using specific examples. For

example, if the schools motto is something like: "Health, Wellness, Community, and Knowledge" explain how you have a passion for health and are actively involved in educating the community about wellness. Try and find out who your interviewer is and find out what type of nursing interests them. The more prepared you are, the more relaxed you will be which we lead to a better interview.

4. Ask a question at the end of the interview. Don't ask the interviewer something that can be easily looked up on the internet. Ask an intelligent question. This makes you look interested in the program.

5. Always send a thank you note. Regardless of whether or not you get into the program thank the person who took the time to interview you. You never know when your paths may cross again.

63rd Annual NSANYS Convention

The NSANYS board would like to thank each and every one of you who came to the 63rd Annual Convention at New York's Hotel Pennsylvania last February. There was a lot of hard work that went into this convention and it was all worth it because of everyone who came out to support NSANYS.

We would also like to give a special thank you to all the speakers, exhibitors, and volunteers who participated in the convention. This day would not have been possible without each and every one of you.

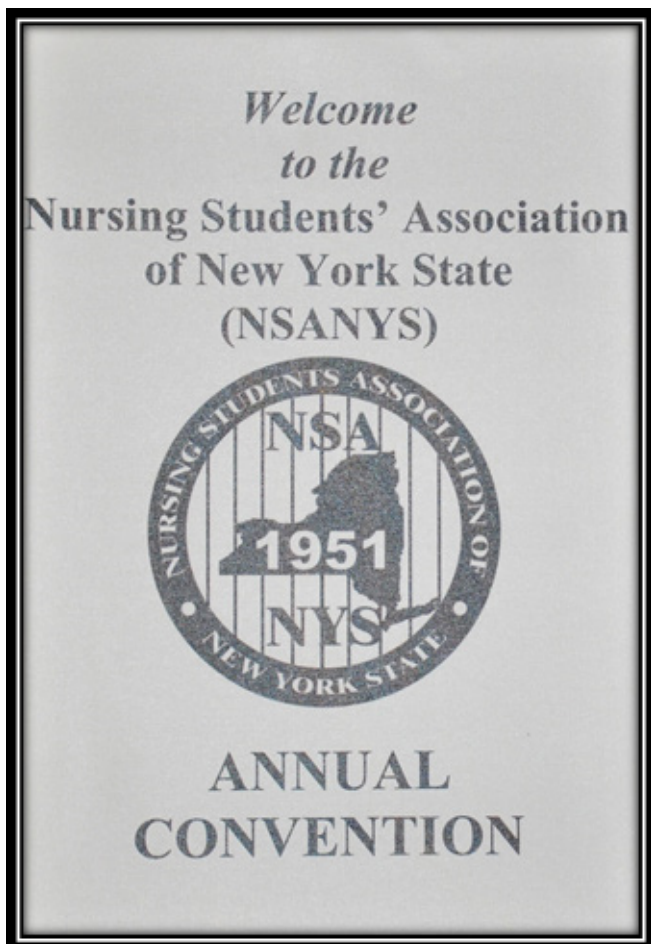
Speakers

Kateri Allard
Perpetua Auguste
Karyn L. Boyar DNP,RN, FNP BC
Lindsay Buckheit, BSN, RN
Maria Bune
Dr. Lorraine Byrnes
Donna Cardillo RN, CSP
Giselle Campos-Dominguez
Gloria Chan
Merry J. Fontenot, RNC
Madalyn Frank-Cooper, MSN, RN, CNL
Laura Giacomelli, BSN, RN
Lorie Goshin, PhD, RN
Dorothy Grasso RN, MS, CCRN, FNP
Katie Huffling
Kimberly H. Korn
Samara Kravitz
Kelly LaMattina
Mary Ellen LaSala
Loretta Manning
Melissa Marrero
Dr. Mona Stecker
Therese MoselySaunders
Shanna Murphy, BSN, RN
Darren Panicali, BSN, RN
Tara Price, RNC, MSN, WHNPBC, CNS
Raissa Lynn Sanchez
David J Schnabel, Jr., BSN, RN

Timothy Shi
Larry Slater PhD, RNBC, CCRN
Denise Snow JD, RN, CNM, NP
Janet Standard
Daniel M. Suarez, MA, RN
Kevin Watkins
Dorothy Wholihan, DNP, AGPCNP-BC, ACHPN
Chelsea Wollman
Liana Yung, BSN, RN
Dr. Susan Zori

Exhibitors

Adelphi University
American Nurses Association of New York
Binghamton University
Hurst
I CAN Publishing, Inc.
International Service Learning
Kaplan
Long Island University Post
Mercy College
NCBSN Learning Extension
Nurses' Lounge
Pace University
Stony Brook University
SUNY Downstate Medical Center College of Nursing
University of Pittsburgh
Walden University





Many exhibitors, including Hurst review services, provided beneficial information to future nurses.

Kaplan hosted one of the many workshops offered at the convention.



Nursing students had the opportunity to get their resume reviewed by professionals.

Future and past NSANYS board members.



Students mingled and networked over lunch.



Reflections

NSNA's 63rd Annual Convention Edition

NSANYS flew five hours to Phoenix, Arizona last April to NSNA's 63rd Annual Convention to represent our state. While at the conference within the Phoenix Convention Center, we had a fantastic opportunity to sit in on workshops, network, and become a part of resolution history. It was amazing to see thousands of nursing students across the globe come together and support a profession we all believe in.

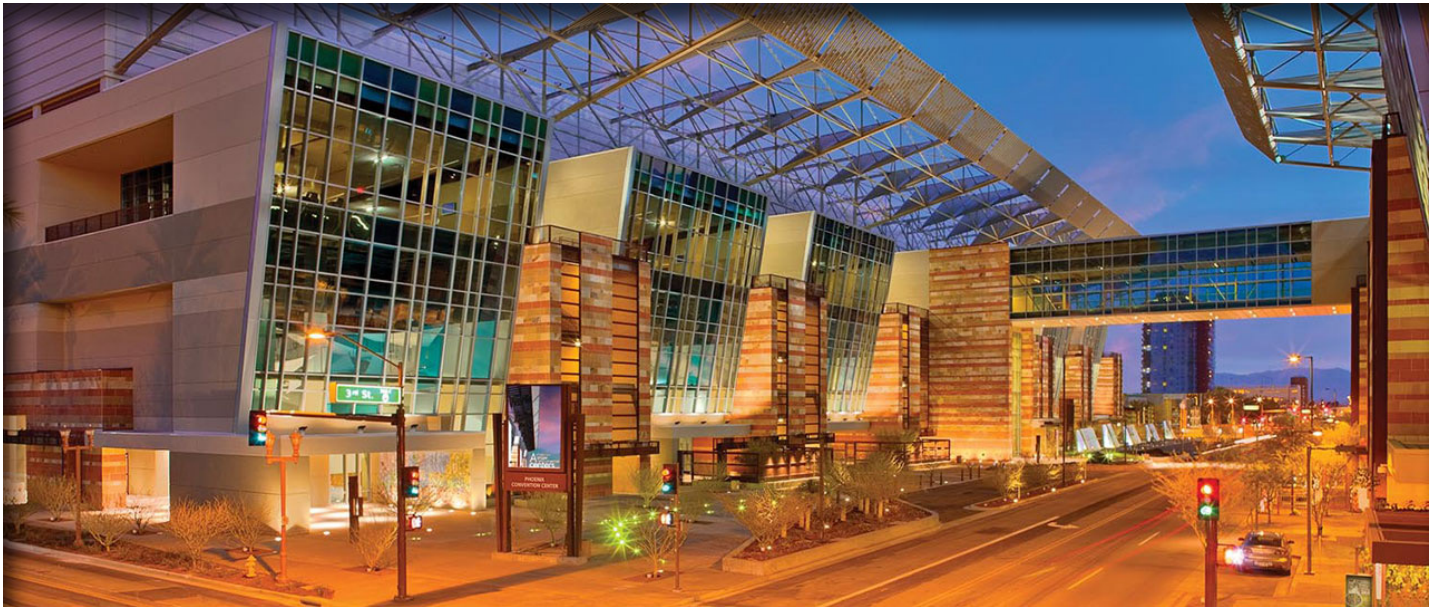


Photo Credit: <http://huntconstructiongroup.com/projects/convention-centers/phoenix-convention-center-expansion/>

Reflections

What Does Fracking Have To Do With Nurses?

by Ana Paola White

Hunter-Bellevue School of Nursing

"When my grandmother can light her water on fire out of her faucet, her drinking water, fracking is a problem; when my grandfather goes to collect eggs from his hen house and there is an earthquake because of fracking.... this is a major, major health issue and we need to be aware of it," stated Kathleen Lancaster, a representative from Clovis Community College in Clovis, NM, in favor of the Nursing Students' Association of New York State's Resolution.

Hydraulic fracturing (HVHF), or fracking, is a technique designed to recover gas and oil from shale rock, which stirred up controversy because of public health concerns. New York Governor Cuomo banned fracking from the state last December.

Nursing Student Association of New York State (NSANYS) board members Ana Paola White, Veronica Pasha, and Alisa Sponton wrote a resolution to support increased awareness and assessment of environmental health hazards in nursing education. The board presented their resolution to National Student Nurses' Association's (NSNA) House of Delegates at the 63rd annual convention.

The purpose of this resolution was to engage student nurses in the conversation about environmental health risks and urge NSNA to adopt a position on encouraging student nurses to advocate for

their communities and themselves by becoming literate in current environmental risks to the public health.

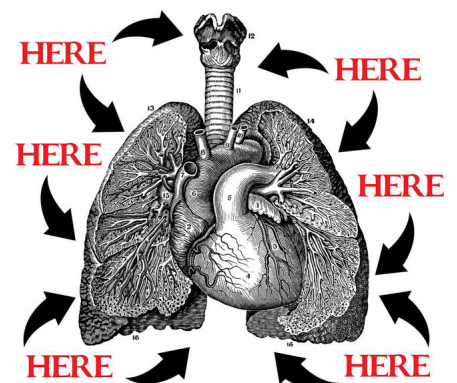
"In 1998, I was diagnosed with cancer," said Justin Alexander, a delegate from Arkansas State University in support of the resolution. "St. Jude's, where I was treated, actually did a study, and within 5 years, 100 kids within a 50 mile radius of where I lived were also diagnosed with cancer...and this was mainly attributed to environmental hazards..."

The resolution passed with 272 votes in favor to 94 opposing. "We just don't know enough about the effects of fracking, to teach people about them," stated one representative from Pennsylvania, in opposition to the resolution.

Several student representatives opposing the resolution made it clear to NSNA's House of Delegates that the issue was controversial and relevant to health issues occurring in our nation.

With the recent Executive Order by the federal government mandating regulation on hydraulic fracturing, NSNA student nurses will be the first organization to formally adopt a statement on fracking-related assessment skills and prepare over 400 future nursing leaders from across the United States, to address this public health issue.

**GAS COMPANIES PLAN TO
FRACK**



**QUIT FRACKING
LOCK THE GATE**

Photo Credit: <https://www.pinterest.com/pin/173599760610670439/>

Reflections

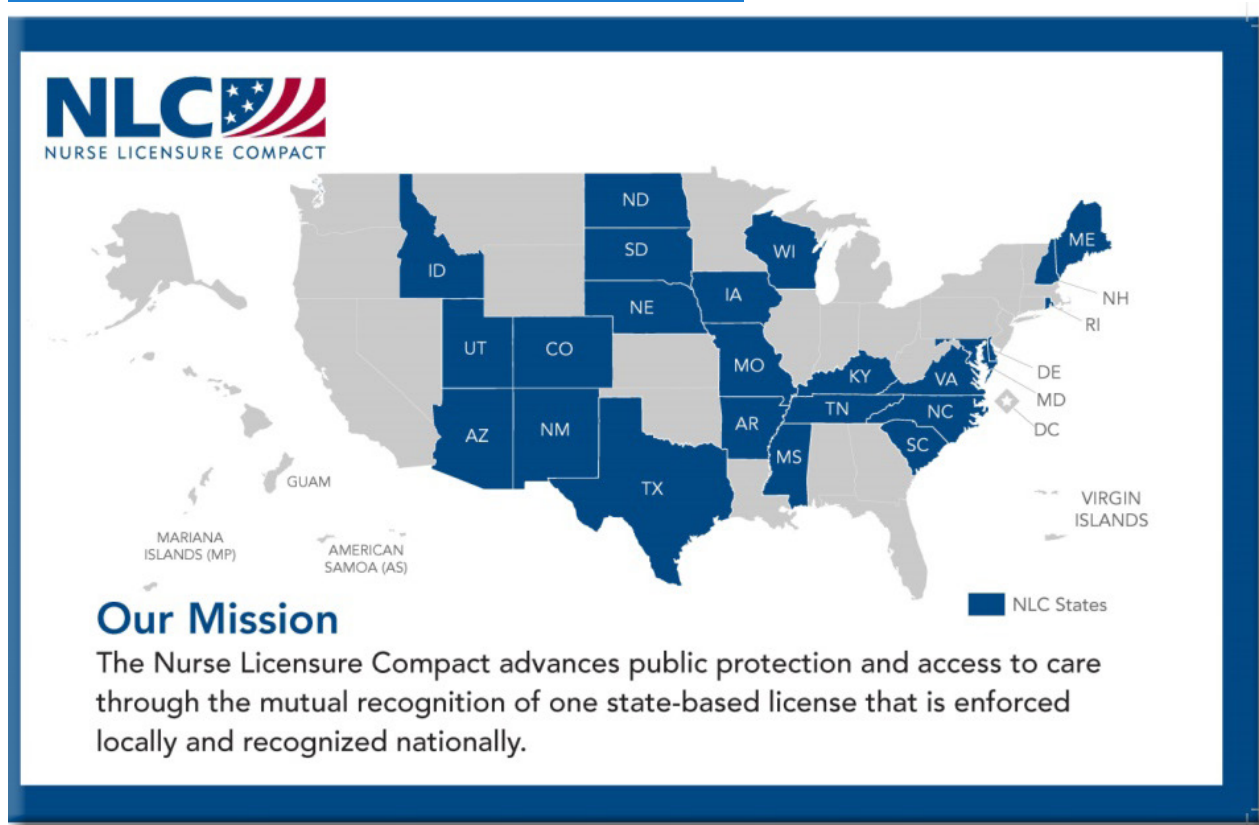


Photo Credit: https://www.bon.texas.gov/licensure_nurse_licensure_compact.asp

What Is A Compact State?

by **Stephanie DeLuca**

Stony Brook University School of Nursing

One of the many workshops offered during the convention was regarding compact states. Walking into the room, I had no idea what the lecturer was going to talk about but I was interested in getting to know more about what a compact state is.

The Nurse License Compact allows nurses to obtain one multistate license so that they can practice in both their home state – the state where they hold a driver's license – and another compact state. Currently, there are only 24 states throughout the United States that are considered a compact state – New York is not one of them. Although, according to the National Council of State Boards of Nursing website, New York's legislation is pending.

Residents of noncompact states are not eligible for a multistate license. If these residents wish to obtain a license in a compact state, they have to obtain a single-state license. As a resident of a noncompact state, nurses may hold as many licenses from any state but they will be all single-state licenses. As a resident of a compact state, nurses may only hold one compact license but can hold as many noncompact single-state licenses as needed.

Speaker Jim Puente said that it is their goal to have all 50 states on board with being a compact state. This would make it easier (and cheaper) for nurses to obtain a license and practice in any state they choose without reapplying for another license.

Reflections

What NSANYS Has Done For Me

by Rachiel Cabiling

Hunter-Bellevue School of Nursing

When I first started my nursing career at the beginning of my sophomore year, school was my only priority as a student. I had convinced myself that I should not get involved in any activities outside school work because it would distract me from excelling. It wasn't until the beginning of my junior year that I had unexpectedly become involved in a nursing organization that changed my whole perspective.

In the fall of 2014, I was talked into joining the Nursing Student's Association of New York State (NSANYS) by a friend who was already on the board. I was appointed into the position as Central Regional Director, where I was responsible for communicating with nursing students and schools located into the central region of New York. The position broadened my perspective of being a nursing student within a small school in New York City to feeling involved in a larger community of students just like me.

Looking back at the experience, it was one of the best things I have done for my nursing student career. NSANYS has given me the opportunity to work with the most amazing nursing students on the Board of Directors and reach out to many others across the state. Being involved in creating the nursing student community within New York State this past year has strengthen my leadership skills to become the best future nurse I can be. It is such a pleasure to know I will be working as the Breakthrough to Nursing Director on the 2015-2016 Board of Directors during my last year as a nursing student.

As the new Breakthrough to Nursing Director, my advice to all future and current nursing students is to become involved with some sort of nursing organization during your time as a student. I promise that it will do more for you than you think!





NSANYS BOARD OF DIRECTORS 2014-2015

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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 contact STAT Editor Isabel Faringer-Perez at stat.nsanys@gmail.com.