



# STAT NEWSLETTER Winter Issue 2015

## Letter from the Editor

Dear STAT readers,

Happy New Year to all the future nurses. I hope that everyone had a great winter break and is settling into the spring semester!

In this issue of STAT, NSANYS board members and nursing students shared the great opportunities they have been doing on a local as well as global level. This issue also provides you with advice on furthering your education and externship/volunteer opportunities.

Furthermore, I will be putting together a special issue to commemorate NSANYS 63rd Annual Convention on February 21, 2015. If anyone wants to get involved with STAT, you can send pictures of friends having fun at the event, the awesome breakout sessions, and/or the amazing guest speakers to [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com).

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



Photo Credit: [community.advanceweb.com/blogs/cp\\_1/archive/2009/12/03/ideas-for-your-holiday-nursing-gifts.aspx](http://community.advanceweb.com/blogs/cp_1/archive/2009/12/03/ideas-for-your-holiday-nursing-gifts.aspx)

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# Community Health

Serving the NSANYS neighborhood

## Bringing Nursing To East Islip

by Veronica Pasha

Hunter-Bellevue School of Nursing



Photo Credit: Veronica Pasha

Breakthrough to Nursing Director (BTN) and former East Islip High School student Veronica Pasha brought her love of nursing to her alma mater by presenting an informative nursing career workshop last fall. Pasha, along with 20 nursing students from Stony Brook University, spoke to the Medical and Health Technology Career Academy students about the nursing profession and why they should consider a career in this field. Volunteers also included NSANYS Board Members, Emily Cheng, Stephanie DeLuca, and Lisa Ferrara.

Following the information session was a hands-on activity where the high school students learned how to take a manual blood pressure. About 60 students attended the event. More than half the students were not aware of all the endless possibilities within this aspect of healthcare. The high school students were extremely receptive of the information and as a result of the positive outcome, East Islip asked Pasha to return with another program for the newly incoming members of the medical academy.

Mentorship is important when looking into a prospective career field and sometimes our youth just needs that little spark to light their fire. One of Pasha's main goals as BTN director is to inform today's youth to learn from, grow with, and inspire each other to be extraordinary. Pasha plans to return to East Islip in April and expand the workshop to other educational institutions such as Queensborough Community College.

# Community Health

## The American Nurse: Educating The Masses About The Nursing Profession

by Sharmila Samwaru

Adelphi University , College of Nursing and Public Health

New York University College of Nursing presented Carolyn Jones' documentary titled, The American Nurse, last December. Based on the book that was published in 2012, The American Nurse extracted 5 out of the 75 nurses that were featured to be in the film in order to have a more in depth perspective of what exactly it is nurses do in their day-to-day lives. Controversial debates about the image of nursing have long been a major concern to nurses worldwide. However, through properly educating the public and encouraging the accurate portrayal of nurses in media can we push the profession of nursing in a positive direction.

The American Nurse ventures into the lives of Sister Stephen, Brian McMillion, Naomi Cross, Jason Short, and Tonia Faust to examine the true essence of nursing. These five individuals may have very different reasons for becoming a nurse but one theme stays consistent throughout their stories: the self-satisfaction from being able to help those in need. Despite leading different lives and working with various populations, there was an expression of gratitude and a willpower to overcome personal obstacles in order to assure the best outcome for their patients.

Following the presentation of the film, a panelist that consisted of several individuals, spoke about their thoughts regarding the film and the future of the nursing profession. These individuals include Susan Apold, PhD, ANP-BC, FAAN, FAANP; Shannon Carroll, MSN PMHNP-BC, CPT; Lydia Alicia Cristobal, MS, LNHA, RN-BC; Edwidge J. Thomas, DNP, ANP-BC; and Moderator Fidelindo A. Lim, DNP, CCRN.

During the discussion, one of the major points that was reiterated was the fact that what the general public thinks of the nursing profession is not only due to the inaccuracy of television shows such as Grey's Anatomy, House, and Nurse Jackie but also due to the fact that nurses themselves need to be at the forefront correcting these misconceptions. Progress has been made judging by the fact that nurses have been teaming up to advocate for their rights within the workplace, within their scope of practice, and most importantly, towards the public. Students and educators were able to walk away with one crucial point in mind: individuals that will be joining the nursing profession within a few years or even a few months will have to take responsibility for their career and there was no better time than start than now.



Photo Credit: [www.statref.com/disciplines/nursing.html](http://www.statref.com/disciplines/nursing.html)

# Community Health

## Community Trains In Narcan

by Lisa Ferrara

Stony Brook University School of Nursing



Photo Credit: [manasquanems.org/narcan-initiative](http://manasquanems.org/narcan-initiative)

Narcan has made its mark on society after more and more police officers are using the medication to save lives. Community members are now offered free courses to obtain their own Narcan.

A number of nursing students as well as other community members attended a Narcan training program last January. The program included some information about the growing problem with opiates, such as prescription pain killers and heroin, which are accounting for an alarming increase in overdoses and deaths. One woman at the training program recounted the story of her son, who recently passed away from a heroin overdose. Her story made others aware of what an opioid addiction can do to a family.

The panel of experts explained how the Narcan worked – it essentially binds to the same receptors as opiates do and thus bumping off and preventing opiates from exerting their effects. The audience was given pouches with the nasal spray form of Narcan. The panel reviewed the steps necessary in order to effectively give the drug. To be able to administer the Narcan, a doctor must prescribe the medication and a card is kept with the kit to provide proof of training.

I believe that this is a great training tool that hopefully I never have to use but is great to have to potentially save someone's life.

## MLK: Day Of Service

by Nazish Khalid

Molloy College School of Nursing

On this national day of service honoring Dr. Martin Luther King Jr., volunteers from Bronx, Brooklyn, Manhattan, Long Island, and Queens volunteered in service projects to support Middle Schools 354 and 334 in Brooklyn.

We partook in projects such as painting murals, supporting student and parent financial literacy workshops, interviewing local senior citizens, and helping create hand-made items for community donations. Nazish Khalid, along with 4 other NSNA members, were assigned to help paint a computer lab for the public school. By partaking in this volunteer activity, we aided in the students' academic and social learning experience and environment.

Dr. Martin Luther King Jr. once said, "Everyone has the power for greatness - not for fame but greatness, because greatness is determined by service." We learn so much about ourselves through serving others; by serving those that can do nothing for us. One major aspect of nursing is doing for those that can do nothing for you.



Photo Credit: Nazish Khalid

# Global Initiatives

## Nursing Abroad: Why It Matters

by Sharmila Samwaru

Adelphi University , College of Nursing and Public Health

Students that enter the nursing profession may have the preconception of working solely within a specific hospital or facility upon graduation. What many individuals may be unaware about is the fact that nursing is part of a global responsibility, whether it's at the local region, state, country, or world at large. Student nurses can become active on a larger scale from subscribing to nursing journals and volunteering in community health events to traveling abroad to aid individuals in developing countries that do not have the benefit of accessible healthcare.

Being placed outside of your comfort zone in a country made up of various cultures and traditions is the best way to learn about cultural competency, prominent disease processes, and especially the heart of nursing - the power of compassion. Deciding to study abroad as an undergraduate shows your commitment to expanding your horizons and demonstrates your ability to take risks to further your knowledge. It also allows you to stand out as a potential employee when looking for jobs. While diving into a distinctive experience may at first seem

frightening, it opens your eyes to a completely different way of life and allows you to return home with a newfound sense of appreciation and gratitude.

My experience traveling to Guatemala in January 2013 has forever impacted the individual I am and the type of care I will deliver to my future patients. Many of the people that I came into contact with over my one week experience did not have the funds to maintain their health seeing that most of their salary went directly to feeding their families. Medications such as Tylenol and Advil were rare and individuals were deeply grateful when they were able to receive such painkillers.

One crucial element about my study abroad experience that had a lasting impression was the genuine appreciation of every single patient that I took care of. It allowed me to gain perspective of world around me and the contributions that I will make as a nurse. It has also solidified my commitment to global health nursing and has made me a stronger student nurse knowing the influence I can have on my patients.



Photo Credit:  
Sharmila Samwaru

# Global Initiatives

## Service Trip To New Orleans

by Nazish Khalid

Molloy College School of Nursing



Photo Credit: Nazish Khalid

It is said that nursing, service, and learning go hand-in-hand. I experienced this when I went to New Orleans, Louisiana last year over spring break.

Ten nursing students and I worked in a rebuild/homeless shelter. We spoke to Hurricane Katrina victims and others who are still suffering after the 2005 disaster. We sat down next to these individuals and heard their stories, their experiences, their pain, and journeys. I realized that they wanted their voices heard. They wanted to tell somebody how terribly it hurt them to lose their family, pets, homes, and lives to Hurricane Katrina.

In addition, we helped the nuns who ran the rebuild shelter prepare and served breakfast and lunch to those in need. There was also a doctor who volunteered his time to see some of the shelter visitors. We assisted him in conducting head-to-toe physicals and administering prescribed medications. We also treated these individuals to back massages and got down on our knees to wash their feet. Community service reminds us of what is truly important, especially since it is so easy to lose sight of this in the midst of our very busy and chaotic lives.

As nurses and nursing students, we go above and beyond to be there for individuals who are going through health issues that sometimes considered life altering.



Photo Credit:  
Nazish Khalid

# Global Initiatives



Photo Credit: Samara Kravitz

## Lending A Helping Hand To Haiti by Samara Kravitz Stony Brook University School of Nursing

I did not understand the true meaning of global health, until I volunteered for a medical mission to Haiti with Foundation for Peace and Sigma Theta Tau International, Region 14. For one week in January, I worked with a team of 35 nurse practitioners, nurses, and nursing students to set up clinics in villages, displacement camps, and orphanages. Every day, we woke up early, drove over an hour to the countryside, and work all day to provide basic, primary health care to people who rarely have the opportunity to see any health care provider. We were able to see over 1,500 people and donate toiletries and medical supplies to four different communities. The experience was truly rewarding.

Our team gained a better understanding for an individual's overall health. Sanitation, access to clean water and food, and living conditions are larger pieces of the primary health care puzzle. For example, we can give out pain relief medications for headaches, but that doesn't solve the fact that

the headaches are caused by dehydration – creating easy access to clean water would help solve that problem.

I highly recommend nurses and nursing students alike to participate in a medical mission trip, because there is so much to experience through working in clinics all over the world. You are able to learn about a different culture, hone your nursing skills, and become resourceful with limited supplies. This trip ignited a passion for me to go on more global medical mission trips and I want to make medical mission trips a permanent part of my nursing career. There is so much more to learn about public health at home and around the world. I am looking forward to the next opportunity to volunteer abroad again!

If you have any questions about the organization, global health medical trips, or any other comments, please email me at: [metro.nsanys@gmail.com](mailto:metro.nsanys@gmail.com).

# Pre-Nursing

## Higher Education For Nurses

by Katelyn M. Finnegan

Molloy College School of Nursing

Hospital employees are required to wear an ID that has their picture, name, and job title. However, after working in a hospital for a few years as a unit secretary, I noticed many Registered Nurses with various abbreviations on their IDs, often indicating they have obtained a post-graduate degree. With so many post graduate programs available, it can be difficult to sift through the listings and figure out which specialty is one that interests you. Below are a list of nursing graduate programs to help you choose which one is right for you.

### **Nurse Anesthetist (Abbrev: CRNA)**

Nurse Anesthetists work under an anesthesiologist in a hospital, dental facility, or office location. It is a flexible career and is also the highest paying nursing specialty.

*Requirements:* BSN, one to two years (depending on the program) of ICU experience, some programs require advanced undergraduate science courses.

*Pros:* Higher salary (median salary for a CRNA in Nassau County according to salary.com: \$184,335), flexible shifts, in high demand.

*Cons:* Many of the programs require their students to become full-time for the 2 – 3 year program and highly recommend not working. The American Association of Nurse Anesthetists, has released a statement that they are in support of a doctorate being the entry level degree for Nurse Anesthetists by 2025.

### **Nurse Practitioner (Abbrev: NP)**

Nurse Practitioners use their skills and educational background to properly treat and diagnosis patients. Depending on each state's legislature, they may or may not be working under the supervision of a physician. In nineteen states and the District of Columbia, nurse practitioners can practice independently. New York is not one of those states.

*Requirements:* BSN

*Pros:* Higher salary (median salary for Long Island according to salary.com: \$108,071), flexible schedule.

*Cons:* The American Association of Colleges of Nurses is endorsing a Doctor of Nursing Practice (DNP) as the entry level degree for becoming a practicing Nurse Practitioner. However, this has not been finalized. Many NPs also share the burden of being on-call certain days.



Photo Credit: [afandlove.blogspot.com/2013\\_08\\_01\\_archive.html](http://afandlove.blogspot.com/2013_08_01_archive.html)

### **Informatics**

Informatics is the “up and coming” field of nursing. Obtaining a master’s degree in informatics would allow you to create the computer programs that are used in hospitals.

*Requirements:* BSN

*Pros:* According to indeed.com, average pay is \$74,000.

*Con:* Sometimes required to be on-call during all hours, some jobs require you to travel around the country for weeks at a time.

(Continued on page 9)



# Pre-Nursing

## Higher Education For Nurses (con.)

### **Doctor of Philosophy, Doctor of Nursing Practice (Abbrevs: Ph.D., DNP)**

Ph.D. in nursing and DNP in nursing are different based on your educational background. Someone who has obtained graduate level work (i.e. masters) in education, informatics, administration, etc., would apply to for a Ph.D. program. Someone who is a nurse practitioner would apply for the DNP program. The two programs also differ in that a DNP is clinical-based, and a Ph.D. is research-based. Both would allow you to become a professor and/or researcher.

*Requirements:* Masters or higher

*Pros:* According to salary.com, the median salary for professors of nursing is \$85, 773. It is also important to note that professors have off for much longer periods of time than other professions (winter

break, summer break, etc.). If you are interested in educating but are weary of going for your doctorate, you can get your masters in nursing education and become an “educator” in a hospital. An educator is someone who educates nurses about specific procedures or new hospital protocol. If you have your master’s degree, you can become an adjunct professor at many colleges. However, in order to become a full-time professor at a university, most schools require that the professor has obtained their Ph.D. or DNP.

*Cons:* Investing in a Ph.D. or DNP program is a large commitment. It requires a lot of time (most programs are four years), patience (there is a tremendous amount of reading and Ph.D. programs require you to think in an abstract way), and money.

## Externship And Volunteer Information

Need a little help looking for an externship or volunteer opportunity? Here’s a list from Hunter-Bellevue School of Nursing to help get you started. Remember to continue to monitor websites and make phone calls to obtain the most up-to-date information regarding program descriptions and deadlines.

### **Bellevue Hospital Center Volunteer**

462 1st Ave, New York, NY 10016  
Contact: Anne Bove, Student Nurse Externship Program Coordinator, Anne.Bove@bellevue.nychhc.org, 212-562-3119

Looking for a student nurse volunteer, Surgical ICU Volunteer, OR Volunteer, and CV PACU Volunteer

### **Hospital for Special Surgery**

535 East 70th Street, New York, NY 10021

Contact: Eileen Rowland, Human Resources, Email: rowlande@hss.edu

### **Lutheran Medical Center**

150 55th St., Brooklyn, NY 11220  
Student Nurse Extern Program, Volunteer Program with flexible scheduling. Contact: Lucy Engler, Nurse Recruiter, Phone: 718-630-7071, Email: lengler@lmcmc.com

### **Maimonides Medical Center**

4802 10th Avenue, Brooklyn, NY 11219  
Nursing Student Summer Extern Program  
Contact: Mary Ann Radiolo, RN, MA, Director, Nurse Recruitment & Retention, Phone: 718-283-8082, Email: nurses@maimonidesmed.org

### **Memorial SloanKettering Cancer Center**

1275 York Ave. New York, NY

10065

Clinical Assistant Program Get paired with a nurse on your floor for the summer and perform the nurse aide role for nurses patients as well as assisting your nurse with patient care.

Contact: Tashia Smith, Talent Acquisition Specialist, smitht@mskcc.org or tsmith@mskcc.org , 646-2272540

### **Montefiore Medical Center**

111 East 210th St., Bronx, NY 10467

Summer Program for Clinical Assistants (Paid Internship) requires a letter from the Dean verifying graduation date, apply in March Contact for 2014: Alice Schenkel, Phone: 718-920-2242, Email: jobs@montefiore.org

# Reflections

## My Time As A Nursing Companion

by Rachiel Cabiling

Hunter-Bellevue School of Nursing

Nursing students share their personal experience

The role I have experienced doing one-on-one care has given me the confidence needed to interact with others as a future nurse. Before I was hired, I did not know a one-on-one constant care and supervision position existed. For those unfamiliar with what the job entails, usually you are responsible for keeping your eyes on a patient for your entire shift. The purpose for all the focus on one patient may be for many reasons, usually being safety, psychological issues, or suicide watch.

Initially, I was worried that I would not be able to do my job to the best of my ability due to my lack of experience working in hospitals. It wasn't until I was paired up with one patient who changed my perspective. They were put under one-on-one supervision for being at high risk for falls, combative, and hallucinating. Every person I received report from on the patient automatically used the "they're old and confused" explanation. I was told I should expect disrespect with maybe a few hits thrown at me. When I finally entered the patient's room, I was terrified from what I heard.

I immediately spoke to the patient about how they were feeling, trying to be as gentle as possible. To my surprise, I did not receive any combativeness or anger. Instead, I heard a patient's voice filled with fear. The patient spoke about their experience and frustration with what was going on. Turns out, what the patient really needed was for somebody to listen and I was the first person to try. By the end of my shift, many had noted that the patient's mood had completely shifted from the night before.

The incident was a reminder to keep an open mind and remind ourselves that patients are still humans who need all the care and support they can get. I left feeling that I was a part of making someone's day a little better. My job as a nursing companion has given me the strength and confidence to really be a part in the patient's overall care.

## My Time As A Nursing Companion

by Rachiel Cabiling

Hunter-Bellevue School of Nursing

My life as a nursing student completely changed last October. I began a nursing attendant position at Columbia New York Presbyterian Hospital. I am in what the hospital calls a float pool which gives me the opportunity to work in different areas including the intensive care unit, cardiac, oncology, surgical, and rehabilitation floors.

A nursing attendant assists other health care professionals with basic day-to-day tasks such as take vital signs and clean beds. Although I have only been working for three months, I never expected to gain so much knowledge from a simple job. Every day I find that I learn something new. Even though my job description is limited, the knowledge and experience I receive is endless.

Many of the nurses are eager to let you observe what they do once they hear you are a nursing student. I have not only learned many nursing skills but I have become more comfortable dealing with the many different types of patients that come through the hospital.

Even when nurses face difficulties, it is always important to put yourself in the patients' shoes and never forget our mission; to be their advocate. I believe that it is important for every nursing student to get out there and volunteer or find a job in a hospital because it is the best way to get over the clinical jitters that many of us have. You will not believe how much you can learn outside of the classroom.

# Reflections

## The Flip Side Of Nursing: Research

by Alisa Sponton

Hunter-Bellevue School of Nursing

I walked into nursing research with a similar view as many of the other students around me: this class was going to be a bore. I did not understand the importance of learning about conducting research to a bedside nurse.

It was not until a few weeks into the semester when I was hired as an assistant for research on preconception healthcare that I found out why. Research gives nurses a new angle to view patients from, allowing us as caregivers to really discuss concerns more in depth. With this new knowledge collected from a number of patients we can possibly help millions of patients around the world with similar problems.

While providing care at the bedside is intimate and can provide an abundance of information that will help care for your future patients, research is collected and compared with a pool of similar subjects to view patterns and understand occurrences which will ultimately help a larger audience.

Everything that we will do as nurses is based off of research that was done by nurses before us and since healthcare is an ever-changing field it is necessary to teach students early of the importance of nursing research.

The only way for students to know if they would like to participate in research is by allowing them to do it for themselves, which many schools do not provide the opportunity to do so. Applying to be a Research Assistant can provide the necessary exposure to the field and allow students to make important connections while also making a little extra money. As a Research Assistant I get to assist with conducting research by meeting with candidates and asking them open-ended questions while truly listening to the concerns they face on a daily basis.

My job definitely helps further my nursing career by giving me the skills needed to get information efficiently while at the bedside, while maintaining a comfortable setting for patients.

## 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 Bena Du, treasurer, at [treas.nsanys@gmail.com](mailto:nsanys@gmail.com). The t-shirt order form is available on our website: [www.nsanys.org](http://www.nsanys.org).



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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 Stephanie DeLuca at [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com).

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