



## Nursing Students' Association of New York State

# STAT NEWSLETTER

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FALL 2017 ISSUE

## Letter From the Editor

To all STAT Readers,

I would like to thank you all for visiting the NSANYS website and taking a look at 2017's Fall STAT issue. Please enjoy and read through the articles submitted by your board members and nursing students from all over New York State.

In this issue, nursing students describe their experience at COSL, discuss their involvement in community events, global initiatives, and explore a unique nurse specialty.

If you would like to be featured in our next issue, please continue to submit articles to [stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com). We would love to hear what you are doing in your school!

Thank you and happy holidays!

Sincerely,

Katy Chen, *STAT Editor 2017-2018*  
Hunter Bellevue School of Nursing

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# SAVE THE DATE

NSANYS 66TH ANNUAL CONVENTION

**TOMORROW BEGINS WITH US**

FEBRUARY 24TH, 2018

THE WYNDHAM NEW YORKER

481 8TH AVE, NEW YORK, NY, 10001

# COSL EXPERIENCE



WRITTEN BY PAIGE DENNEY  
SUNY PLATTSBURGH

The 2017 Council of Student Leaders in Albany, New York, proved to be an amazing opportunity to network with students and nursing professionals by using open dialogue and interactive activities. As a student, it can be difficult to gain professional confidence and autonomy in one's education. For me, this conference gave me the tools to better carry myself as a student and as a nurse. This conference pushed me to present myself and my position on the NSANYS board in front of other colleagues, giving me pride in my work.

Through round table discussions, I learned how other schools are successful within their organizations and how I could improve within my own organization. The ideas that other student leaders came up with at the conference helped me to be more efficient and productive in my organization. Aside from learning valuable leadership skills, my favorite part of these conventions is getting to meet new people from different types of programs and schools from all over the state. These conferences are not only empowering and uplifting, but also provide a strong motivation for me as a student nurse.

# COMMUNITY HEALTH

## GETTING INVOLVED WITH THE COMMUNITY

WRITTEN BY HELEN PHAM

MOLLOY COLLEGE

As the 2017-2018 Community Health Director, volunteering has always been an important aspect of my life. Volunteering is an opportunity for all to get involved with new experiences and to make new friends all the while, giving back and helping others. It's a win-win! From little to big gestures, it all counts. When volunteers unite together, we are creating healthier communities for all. Isn't that what we, as nursing students, want?

Nursing school is definitely stressful. I get it. You're probably asking yourself, "If I can't have a social life (because I have ATIs to do, tests to study for, etc), how can I make time to volunteer?" I have asked myself that question too. But the benefits do outweigh the "risks," trust me. Here are a few reasons why you should volunteer today:

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1) Volunteering is a fun way to give back to your community. My tip would be to identify what you are really passionate about. Find an organization that you can help out that's related to your passion and make it an event on your campus. Your local non-profit organizations need more hands to help out than you think. For example, if you are passionate about raising money and awareness of childhood cancers, you can chair a lemonade sale at your school and donate the proceeds to "Alex's Lemonade Stand Foundation."

2) Networking is essential for getting a job. When you volunteer, you meet people and make new friends and can possibly meet a future employer. Employers want to see that you are giving back to the community outside of work. The professional relationships you create when you volunteer could lead you to your dream job. For example, when you participate at awareness walks, you can meet future employers.

3) Last but not least, there are no risks! If you are managing your time well, there should be more than enough time to study and volunteer on occasion!

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Whether it's just inviting your friends to participate in an awareness walk with you to just making cards for veterans, giving time to your community is fun! When others see you taking the initiative, they will follow. It's important to take the lead and guide others to give back, too!



# WAGNER COLLEGE—SNA IS MAKING STRIDES AGAINST BREAST CANCER

WRITTEN BY SAMANTHA GOON  
WAGNER COLLEGE



The Making Strides Against Breast Cancer event was held on October 15th, 2017 at South Beach on Staten Island. This event is held in areas throughout the nation, and is focused on celebrating survivors, having fun, and raising funds and awareness for the American Cancer Society's efforts in saving lives from breast cancer. The events raise money to fund innovative research, provide free information and support, and to help people reduce their breast cancer risk or find it early when it is most treatable.

Team Wagner College Nursing had over 50 participants walking in the event this year. Weeks before the event occurred, the team leaders prepared ideas to fund-raise money for the school. After creating and successfully selling over 130 T-shirts to Wagner College nursing students and families, and over one hundred \$1 flyer cards, the total amount raised for Team Wagner College Nursing was \$1,517. Additionally, the event on Staten Island raised a total of \$258,836 this year from fundraising!

The Making Strides against Breast Cancer event is a great foundation and benefits future nurses to get involved in the community. The Wagner College Nursing program has made it an annual tradition to participate in fundraising, and walking in this event. Staten Island has the highest incidence of breast cancer in New York City, so it is imperative that we continue to contribute our time and efforts in helping



# COMMUNITY HEALTH

## HUNTER NURSING STUDENTS AT TCS NEW YORK CITY MARATHON

WRITTEN BY ASKA SHERPA & MCKENZIE BECK-ESMAY  
HUNTER-BELLEVUE SCHOOL OF NURSING



Several Hunter nursing students had the privilege of working as medical volunteers at the TCS marathon—an event that is second to only the Olympics as having the largest medical team for an athletic event in the world. Throughout the day, the medical team helped to treat everything from blisters and cramping muscles, to patients with hyponatremia, dehydration, hypothermia, hypovolemia, and shortness of breath.

Most of Hunter's nursing students were placed at the first of five medical tents at the finish line, which meant they saw the most acute conditions in medical tent P1. While many students were assigned to one of the five medical teams within the tent (named for each borough of New York), some were also instructed to assist with triage and transport of patients as they arrived. At triage, nurses quickly assessed patients to determine if their condition was either critical (requiring immediate critical assistance), medical (sent to one of the rotating five teams), or fast track (needing ice or a PT massage for cramping and expected to be discharged quickly). If sent to medical, the patient was seen by one of the five teams. Each team had an attending as a team leader, and each team included resident physicians, nurses, physical therapist students, and nursing students. The students helped with taking history, taking vital signs and charting while the residents assessed and diagnosed the patients. Every team member played a role and worked simultaneously—while physical therapists massaged patients, students took vitals and charted, and nurses set up IVs when needed. The goal with each patient was to address their diagnosis with interventions and consistent evaluations. It demonstrated in a small scale of what happens in a real life setting as patients were admitted, treated, and discharged. It was a learning experience for all nursing students involved, and an amazing opportunity to take part in an elite athletic event.

# GLOBAL INITIATIVES

## VOLUNTEERS AROUND THE WORLD: DOMINICAN REPUBLIC

WRITTEN BY JULIET KIM  
HUNTER-BELLEVUE SCHOOL OF NURSING

This past summer, I went on a medical outreach trip in Jarabacoa, Dominican Republic with Volunteers Around the World. The experience was incredibly rewarding and really cemented my desire to join the Peace Corps after I graduate nursing school. Many of the volunteers were nursing students from Hunter-Bellevue School of Nursing, pre-med students from University of Central Florida, and pre-med students from Stony Brook University.

We set up the clinics in various locations in Jarabacoa such as a classroom of an elementary school, a church, and even outside a local's front lawn. Each volunteer was able to learn how to properly take a patient's



Volunteers, including Hunter nursing students, Vivian Huynh, Ofelia Eumana, Evelin Gonzalez, Juliet Kim, Joy Luam, Sarah Gross, and Sarah Ebrahim, and physicians gather round on their last clinic day in Jarabacoa.



Hunter nursing students Sarah Ebrahim (left), Sarah Gross (middle), and Juliet Kim (second right)

history (in Spanish!), measure vital signs, monitor blood glucose levels, shadow licensed physicians, and give prescribed medications to patients under the supervision of a licensed pharmacist. We saw at least 500 patients in total and each person was so appreciative and grateful for our time.

I think this experience was more valuable than any of us could have ever imagined. It is very different from seeing a picture of a town that is visibly poor and actually being immersed in a community that is in need of adequate health care. To truly and experience the culture and lifestyle of the Dominican

Republic was one of my favorite things about the trip. The trip was not only humbling, but it also made me consciously thankful to this day. I miss seeing at least 70 patients a day.



# NURSE SPECIALITY

## FORENSIC NURSING

WRITTEN BY CASSANDRA (RILEY) BUTLER  
HUNTER-BELLEVUE SCHOOL OF NURSING

### What is Forensic Nursing?

Forensic nursing is currently the most exponentially growing subspecialty of nursing. Those who have experienced trauma or abuse require specialized care, which forensic nurses can provide. Some tasks of a forensic nurse include evaluating and documenting wounds; collecting blood, tissue, or semen samples; and managing trauma.

There are different types of forensic nursing, such as working with victims of abuse or assault, death investigations, human trafficking, or even the aftermath of a natural disaster. They are an important link between the medical field and the justice system, and must be adept at identifying signs of a crime and gathering evidence to use in court. These nurses most often work in emergency rooms or urgent care centers.

### What are some reasons to go into forensic nursing?

Forensic nursing is an extremely holistic field of nursing. Not only will you be focusing on the physical and mental health of your patients, but also on consultation with legal authorities, safety planning, and community partnerships to make sure the patients are able to recover and get the justice they deserve. If you yearn for getting to know your patients on a deeper level, this field is for you. You will be a voice for your patients, and may even help them regain control over their lives.

Health needs include not only the physical, but the psychological as well. Forensic nursing recognizes the importance of both. Some wise words from a current forensic nurse: "Violence is a healthcare issue, and forensic nurses are one way that we can address that within our healthcare System."



Photo Credit: <https://bloximages.chicago2.vip.townnews.com/fredericksburg.com/content/tncms/assets/v3/editorial/a/5e/a5e63f91-7bbf-55ff-b0de-db751d5deb57/575cd7d30ac3c.image.jpg?resize=1200%2C800>

### For more information visit this site:

International Association of Forensic Nursing:

<http://www.forensicnurses.org/>



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Do you or your school want to be featured in the next STAT newsletter?

Let us know and email  
**[stat.nsanys@gmail.com](mailto:stat.nsanys@gmail.com)**

Let us know what your students or school is up to!

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