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The Oregon Student Nurses' Association

Oregon Student Nurses' Association Annual Convention 2014 Building a Stronger Foundation of Care; Empowering The Future of Nursing

Hello OSNA members! Please join us for the Annual Convention, on Saturday, February 22nd, 2014 at Portland Community College, Sylvania Campus, 12000 SW 49th Avenue Portland, OR 97219

- ❖ SNA Food Drive with Prizes
- ❖ Run for Office
- ❖ Over 20 speakers
- ❖ Kay Carneigie President, OSBN
- ❖ Jesse Kennedy President, NSNA
- ❖ Over \$2000 in prizes, including 5 NCLEX reviews
- ❖ 6 mini NCLEX review breakout sessions
- ❖ Free Lunch if you signed up by February 10th

For more information, or to register for the convention, please visit our Website: www.oregonsna.org

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Wendy Mundell, FIGHTS HUNGER! OSNA Community Outreach



Hi, please join OSNA in our fight against hunger. We invite you to join in a friendly competition between Student Nurse Associations. We will be hosting a food drive at our annual convention February 22nd. The school with the most food donated in their name will win a pizza party for their SNA.



Look forward to seeing you there!

Jonathan Bruce OSNA Treasurer encourages you to run for office!



Serving as the Treasurer for the OSNA has been an amazing and enriching experience for me. I am given plenty of opportunities to tackle new challenges and make significant and lasting changes for the benefit of the organization. It's been a pleasure working alongside my other board members and their continual support, encouragement and advice is not only appreciated, but essential to my accomplishments. I am grateful to have worked with such a professional and dedicated group of people that are still able to have a lot of fun!

This year, I worked on obtaining the non-profit 501c3 status for our organization. This has been a year-long project that has taken many twists and turns. I hope to finally have it completed by the end of my term. Additionally, I worked to provide general liability insurance to protect the assets of our organization. All the while I kept track of the OSNA finances by implementing and using online financial management software. This has provided the OSNA with a powerful tool to track income and expenditures quickly and easily. This system also provides a high degree of transparency to add another layer of security to our finances. I took financial security a step further by researching and accepting a credit card offer for the OSNA. This too increased financial security and streamlined the purchasing process of the OSNA. I also worked on the online file management system that the organization uses to provide a higher degree of organization and integrity to the file system. Finally, I hope to have improved the budgeting system and financial policies of the OSNA to protect the assets of the OSNA long into the future.

My professional conduct was improved by the networking and communicating I had to do with other professionals. My work with the OSNA added to my professional network and contributed to the many job offers I received after graduation. There were days where I certainly felt overwhelmed or like I couldn't contribute anything, but those days and those

challenges molded me into the person I am today. I hope that the next treasurer is able to have as much fun as I did and feel the pride and satisfaction that comes after a big accomplishment. Yes, it is intimidating, and there are days where you will want to quit, but in the end it's totally worth it. You can do it! Your other board members are there for you!

OSNA Media Director Christina Carmichael, advocates for amazing nursing students!



As Media Director for OSNA, I learned to manage a website, develop advertisements, and publish a newsletter in three formats. I want to encourage students to run for office and enhance their academic experience. OSNA is a great organization to be part of because you get to step on to a respected platform and advocate for students and vulnerable populations. During my term, I have been blessed to meet so many wonderful students and I am encouraged by their generosity of spirit coupled with their professional skill. I want to thank OSNA for allowing me the opportunity to publish stories from courageous nursing students. If you are passionate about advocacy and you have a little knack for computers, I encourage you to run for office of Media Director. I promise to support and mentor the next Media Director. I plan to remain active on the Media Director committee. I will be available during the convention to answer questions about the position. No need to be a computer genius, I set things in place to make this position less technical and more user friendly.

Conklin's Story of Courage by Christina Carmichael



I would like to present Murray Conklin and share his story of courage. Murray is a pre-nursing student at Western University. He decided to pursue a career in nursing after a courageous recovery from a traumatic brain injury (TBI). He has worked hard to overcome life threatening injuries sustained in a 1996 auto accident. With his passion for helping people, mad study skills, and a competitive nursing school application; Murray enters the race to breakthrough into nursing. He wants to encourage nursing students to work hard and find the tools you need to achieve. He says “even with a TBI you can be a productive member of society”. Murray has used various resources and therapies to remap and regenerate his neural pathways. Please join me in celebrating students like Murray and others that are overcoming amazing odds! Kuddos, I support and applaud you in all your future endeavors. For helpful resources on traumatic brain injuries visit one of my favorite sites the Brain Injury Alliance of Oregon at www.biaoregon.org.

**“even with a TBI you can be a
productive member of society”**

Students please help keep the momentum going and share your story of courage! Email oregonsnamedia@gmail.com

What Nurses Need to Know About Chickenpox by Abbigale Foster

According to National Health Interviews, before 1980, there were an average of 4 million cases of chickenpox every year (Zhang, 2011).

Chickenpox is a viral infection in which a person develops extremely itchy blisters all over the body. Chickenpox is extremely contagious, but from the most part is a non-threatening disease. It used to be one of the classic childhood diseases (Zhang, 2011). Now, with the

advancements in medicine, chickenpox is not nearly as common in childhood age as it was in the past. Chickenpox is caused by the Varicella Zoster Virus (VZV), and the clinical manifestations of Varicella infection are: rashes, skin lesions, and dehydration. Chickenpox can advance into herpes and shingles as an adult (Zhang, 2011).



Chickenpox is for the most part a self – limited disease, but can cause dangerous complications. One of the most important facts to teach a patient about is how chickenpox can manifest into other more severe diseases. For example, chickenpox affects the nerve ganglia in the sensory system and can be reactivated

after the chickenpox has been dormant for a long time (Zhang, 2011). This can cause Herpes and Shingles. Shingles can be very painful, and the elderly have a higher risk of contracting it. Chickenpox can cause hemorrhagic conditions in some patients. Chickenpox can also be very dangerous if pregnant. During the pregnancy, adverse conditions can occur. They can often be very dangerous for the fetus. The fetus can contract congenital varicella syndrome (Zhang, 2011). If the patient is taking aspirin for pain while suffering from chickenpox, it can lead to Reye's Syndrome. In some cases, chickenpox can ultimately lead to death. The death rate is associated with persons with compromised immune systems, Pneumonia, Central Nervous Systems Complications, and Encephalitis.
