

The Oregon Vitals News for Busy Student Nurse Leaders

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Meet Your 2015-2016 Board of Directors

Featured Article: The Oregon Nurses Association

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Want to find out more about us or send us an email?
Check out the webpage: www.oregonsna.org

What we've been up to...



Our NSNA Annual Convention take away in next issue's segment, "Pulse"
Prepare for Tachycardia...



Isela Garcia
OHSU La Grande
Class of 2017

Membership Spotlight

Favorite portion of school: Pharmacology & Clinicals
Speciality of nursing you are considering: FNP, MSN, or Community Health Outreach

Volunteer and Leadership positions held: NSNA Delegate 2015, SNA sophomore senator, Rita Monahan 5k Entertainment Committee member, volunteer at the flu vaccine clinic, speaker at the Pre-Nursing Information Session, student volunteer at the admission interviews this year

Goals for the upcoming year: My main goal for this upcoming year is to increase involvement of my school chapter in OSNA and NSNA. I would like to bring awareness to my chapter on the newest issues regarding student nurses and how we can take action.

Why did you become an OSNA member: I became an OSNA member through my school's requirements. I did not know what OSNA was or what they did. I attended the OSNA Conference in Portland this year and I loved it.

What is your favorite thing about OSNA: What I love most about OSNA is the inclusive and safe environment for members to express their concerns. As a student from Eastern Oregon this is the most important aspect of OSNA. The board of directors are extremely approachable and friendly as well.

Featured study/self care tip: I like to take care of myself and that includes pampering. I love getting my hair done, massages, and exercising. In order for me to focus on my studies I need to be relaxed and comfortable.

Any other info you think we should know: I believe it is very important for people to know that achieving your dreams are possible as long as they turn them into goals.

"Believe that you can and you will."

Help someone become next issues
Membership Spotlight.

Fill out the following questionnaire and send with a picture to: oregonsnamedia@gmail.com

Name:

School:

Graduation year:

Favorite class/portion of school:

Speciality of nursing you are considering:

Volunteer and Leadership positions held:

Goals for the upcoming year:

Why did you become an OSNA member:

What is your favourite thing about OSNA:

Featured study/self care tip:

Any other info you think we should know:

Top 10 reasons People join OSNA

1. To Share the Experience - So join your fellow students now.
2. Passion for the Profession - Helps develop your professional and leadership skills.
3. To Have a Voice - Support students speaking on your behalf.
4. Broadening Knowledge - Get updates from us, specific to nursing students.
5. Leadership Opportunities - Shows that you are committed to the profession.
6. Career Building - Employers are interested in the fact that you are part of a national organization. Great networking opportunities.
7. The Convention - Attend seminars and take the opportunity to network.
8. Benefits - Many to be listed on website in the near future.
9. Access to Professional Role Models
10. Community Outreach - Volunteer opportunities are available.



Victoria Watson Steel
Membership Director
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Imagine graduating from your nursing program and successfully landing a job at Providence, St Vincents. After working hard and learning a lot, you notice your time card is being tampered with. You're not getting paid for the extra quarter hour you had to stay while giving your hand off report. Other nurses seem to notice the same thing and after discussing it with managers, everyone is told they need to clock out earlier or "donate" their time to the hospital. This is one of the employment issues the Oregon Nurses Association assists in resolving.

With the collective power of the Oregon Nurses Association, repayment for these lost hours was negotiated. Although a court case broadened the outcome and delayed the results, it's valuable to consider the ally we all have in the ONA.

It can be read about here: <http://www.oregonrn.org/?page=STVGrievTimecard2014>

However, the ONA does more than collective bargaining. They also work with the Oregon State Board of Nursing on setting licensing and certification requirements as well as defining and interpreting our Nurse Practice Act. To have this representation protects us by allowing influence that builds our profession. The ONA also has consultants available for concerns or questions that nurses often encounter while in practice.

Another benefit is that the ONA offers members free or reduced rates on continuing education. By taking advantage of this we can also tailor our educational updates to current health care events like the Ebola virus. The ONA provides members with evidence based research to help us keep current on best practices. With healthcare reimbursement changing so that Medicare will not pay for in house CAUTI or pressure sores, it's even more important to prevent them.

As future nurses, we aspire to uphold the ideals of the ANA code of ethics that direct us to strengthen health care systems and advocate for the health and safety of our patients. To do this we need safe nurse to patient ratios and enough rest between shifts. One of the significant pieces of legislation put forward by the ONA does just that, SB469.

You can read about it here: <http://www.oregonrn.org/?page=113>

I urge you all to write your representative in support of this bill.

Being student associates of the ONA through the Oregon Student Nurses' Association we get an amazing bonus, reduced price to join this amazing organization for our first year just after we graduate. Even more, as student affiliates we are also encouraged to apply for scholarships through the ONF.

Check out the application here: <http://www.oregonnursesfoundation.org/scholarships/>
Applications are open March 30th through June 1st.

With all the benefits the ONA gives us, we can still learn more from them. ONA wants to collaborate with nursing students on projects that build communities and strengthen health care. Students were a big part of the February ONA Nurse Lobby Day. Hopefully in the near future we can partner with them again. We at the OSNA will try to keep you all informed.

If you have activities you think would be great to partner with ONA on, email us at:
OregonSNVicepresident@gmail.com

With our advocacy for patients, nurses can play a pivotal role in creating a future where healthcare systems do a better job serving the public. I reflect back to my CNA experience working at healthcare businesses, where profits were more important than people. Not having enough staff, equipment, or supplies, like gloves or briefs, made it near impossible to provide quality care for the patients. We need to work together to create better outcomes for patients and not the select few who lead our industry. I sincerely hope readers of this article will take this to heart and work to create a future where every individual has a right to the highest quality healthcare.



Lance Cook
OSNA 2015-2016
Vice President

Asking the Right Questions

Rebecca Silva



Some of us know exactly where we want to go with our lives; career, family, the 20-year plan. It's easy to be very focused on the who, what, when, where and how by thinking about the future all the time.

By focusing so hard on achieving the dream it's easy to forget the "why." Asking "why?" will save us all from engaging in misguided efforts that will not bear the fruit of our desires.

Life will drag you places you don't want to go. We often have less control than we realize. My goal is to help you construct an ideological launch-pad that you can take with you no matter where you end up.

I'm not saying, "Don't have a plan." Planning is good. To-do lists are extremely helpful. But if a to-do list has consumed your thoughts, take a step back and reflect. How would you respond if everything on your calendar for the month was deleted? What would happen to your sense of self if you lost your ability to speak or to walk? When we become too emotionally invested in one particular version of our future, we turn our to-do lists into our reason for living.

Join me over the next few months as we explore aspects of the inner person and their connection to our foundational beliefs, personal strengths and weaknesses. We'll discuss how to connect the dots and arrive at a sense of identity and individual purpose. We'll end by crafting a personal mission statement and developing tools that help us become more conscience of the voices inside our own minds. We'll do our best to keep it simple by asking the right questions.

Message from our Community Outreach Director

Brittany Wilson

Volunteers are the moving force behind many organizations that play prominent roles in our society. As nurses, and particularly nursing students, it is part of our mandate to be involved in our community.

Therefore, for this next year the OSNA Board of Directors has decided to set a goal of 200 hours of volunteering over the next year. Help us reach this goal. Please contact Brittany Wilson at oregonsnacommunity@gmail.com if you are interested in volunteering.



Future Community Outreach Events

Bridge Pedal

August 9th: Volunteers to staff first-aid stations.

Oregon Food Bank

Date TBD: At the Beaverton Oregon Food Bank, we are going to get as many volunteers as possible to work a 2.5 hour shift of sorting food.

Rock N' Roll Marathon in Portland

May 17th: Help at a variety of first aid stations throughout the event. As many volunteers as possible!

Visit to sign up:

http://volunteer.competitor.com/select_group.php

Cascade Aids Project

May 1st: Help setup for the annual Art Auction.

Volunteer application required, no training needed.

May 2nd: Volunteer at the annual Art Auction at Montgomery Park, this is the Cascade Aids Project biggest fundraising event. A variety of roles and shifts need filling! Volunteer application required, training needed.

May 3rd: Help wrap up the sold art for buyer pick-up.

Volunteer application required, no training needed.

Shift: 8 am to 12 pm.

Relief Nursery (Eugene and Springfield)

April 24th, 3 to 6 pm: Main Event Fundraiser set-up.

Almost 20 volunteers are needed to help set up for the Fundraiser event.

Night Strike

May 7th, 7 pm: OSNA volunteers will be gathering under the Burnside Bridge to serve the homeless community. This is a night dedicated to providing an opportunity for Portland's homeless community to hang out, enjoy a hot meal, receive a haircut, shave, have their feet washed and have their old shoes/clothing/sleeping bags replaced. Come out and help us serve the needs of the homeless community downtown.

If you can't volunteer, but you still want to help the Please consider donating items that Night Strike needs. This list can be found on their webpage:

<http://bridgetowninc.org/night-strike/>

Items below are listed in order of need, but everything on here will be put to good use:

(Please turn in items to donate by Saturday, May 2nd to Olivia at the ONA building in Tualatin)

Night Strike Needs:

Sleeping bags, blankets

New white socks (our most consistent need)

Coffee (pre-ground please!)

Men's and ladies underwear (any sizes)

Tennis shoes/boots

Rain gear