

The Oregon Vitals News for Busy Student Nurse Leaders

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Serving the underserved of Downtown Portland

Featured Article: Night Strike

Why did OSNA Board Members speak at a public hearing at the state capital? Find out on page 5



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Leadership Summit is in development.

Every Nurse is a Leader

Learn leadership skills from Oregon Leaders.

All nursing students invited.

More details soon

Sneak Peak:

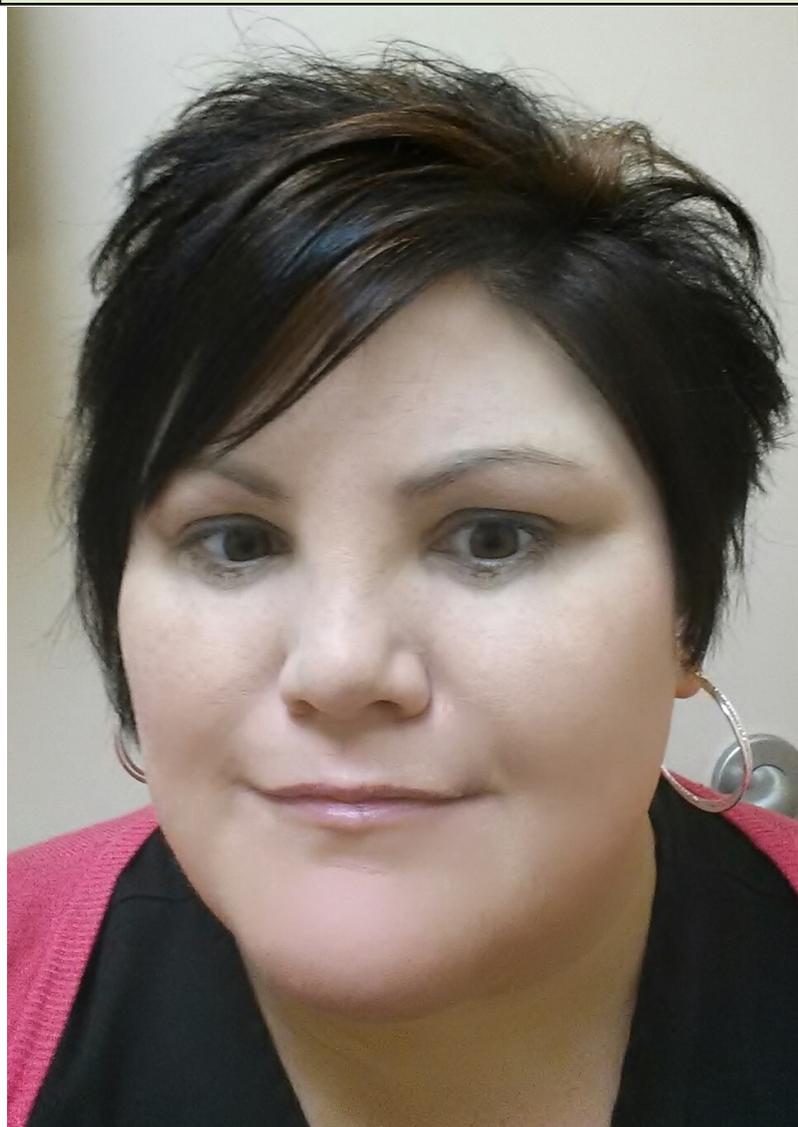
An interview with a Living Legend of Nursing

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Megan Wright **Membership Spotlight**
 Clatsop Community College
 Class of 2015

Name: Megan Wright
School: Clatsop Community College
Graduation year: June 2015
Favorite class/ portion of school: I have enjoyed every part of it but being hands on in clinical rotation was by far the best experience I have had. Being able to apply what you have learned in your classroom and feel like you know what you are doing is the greatest feeling in the world.
Specialty of nursing you are considering: Geriatrics or Home Health
Volunteer and Leadership positions held:
 Leadership: President of CCC Nursing Club 2014-2015
 VP 2013-2014
 Volunteer- organized RedCross blood drive on Campus,
Goals for the upcoming year: Start working on my BSN
Why did you become an OSNA member: I wanted to get the feel of what it is like being in a professional organization of my peers. When I am an RN, I plan to join the ONA.
What is your favorite thing about OSNA: I enjoy getting the publications and reading about other students.
Featured study/ self care tip: My self care tip: give yourself 20 minutes a day to do something non-school related. Take a walk, ride your bike, play a game on your phone/tablet. Just give yourself that little reprieve. It works wonders with keeping your sanity.
Any other info you think we should know:
 Nursing school is not my first exposure to health care. Prior to nursing, i have been a practicing Medical Assistant for over 10 years.

Oregon Student Nurses' Association
Community of Oregon Presidents

Attention:
Presidents of Student Nursing Associations

We are forming a collective group of Oregon local chapter presidents.
 Discuss local efforts and have leadership networking
 Get peer to peer advice
 Collaborate on projects with other chapters
 Assistance getting initiatives off the ground
 News and events designed for Presidents

Please join our Facebook group, and indicate which school you preside over.
<https://www.facebook.com/groups/750209678411056>

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:

Serving others at Night Strike

Every Thursday night volunteers gather at the downtown Liberation Church for a brief orientation on how to best serve the “guests” of Night Strike. I had the distinct humbling experience of serving the homeless community under the Burnside Bridge in Portland, Oregon on May 7th. Six other nursing student volunteers joined me; Night Strike loves having student nurses volunteer!

On the particular night that I went, the staff of Night Strike specifically requested if anyone was interested in cutting hair. They said that if we had ever operated a buzzer that we met qualification. I was amongst three other volunteers who happily raised their hand to become hair stylists over night. One was a fellow nursing student from Clackamas Community College, one was a college student from Concordia University and one was a fifteen-year-old girl from Tacoma who was on a mission trip. We got a quick orientation from the volunteer hair cutting leader, Tom and with my three new friends we walked from the Liberation Church down to under the Burnside bridge where four hair styling, swivel chairs were waiting for us and our guests.

I was nervous at first, as I have only ever given my mother a straight cut and have shaved my Australian shepherd with a buzzer for the hot summer months. But I set up my station with the motto that Tom had shared, “if you act brave, they won’t know the difference.” My goal for the night was to learn names and to make whoever sat in my chair escape and enjoy for twenty minutes. With the feedback that I received, I know that I more than met this goal.

I was able to give five haircuts. I took my time and tried to do exactly what they had requested. I did mostly buzz cuts, but one person wanted a longer



style cut that proved to be a bit more difficult and the cherry on top was a request for a Mohawk! Each of the five men that I was able to give a hair cut to and have a conversation with were so appreciative for the time and care that I had given them. It was an overwhelmingly great feeling to be able to make such a small, but huge impact in their day.

Hair cutting was a wonderful experience, but it was only one small station that Night Strike volunteers can do. Under the bridge there is food service, clothing distribution, foot washing, free popcorn and coffee, a dignity station (nail painting and giving toiletries), table hosting, site prep/clean up, Captain Planet (recycling), a sewing table, free pet food, and a bike mechanic. There is also a dental truck and a medical truck for trained personnel. Groups of four or more can do “walkabouts” where they walk around handing out sacked lunches and coffee to people who are already settled in for the night or who don’t know about the event under the bridge. There are also prayer walks available to join.

This is a wonderful non-profit organization that brings dignity and service to our homeless community. I urge everyone to check out their website:

<http://bridgetowninc.org/night-strike/> and to consider giving your time on a Thursday night.



Olivia Newbold
OSNA President

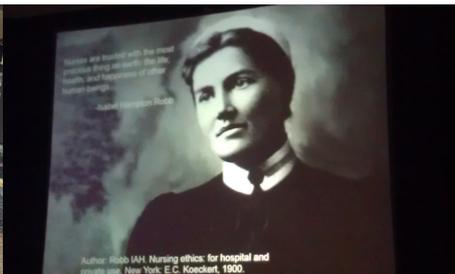
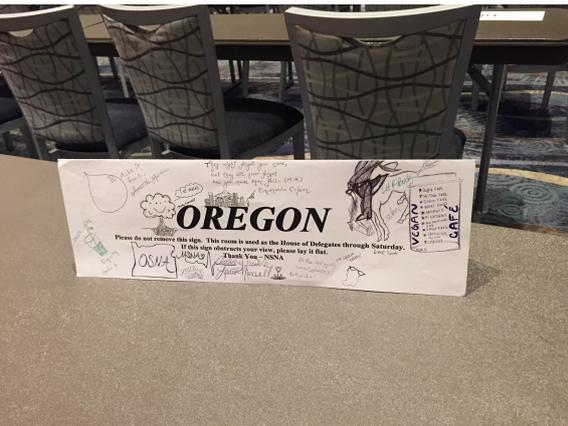


Inspire others by sharing your volunteer experience.

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Pulse

What we took away from the NSNA Annual Convention Apr 2015



My take away from the convention is that the roles of nursing are expanding as we are aspiring to achieve the Triple Aim: increase quality of patient care, increase effectiveness of population care, and decrease costs. Healthcare is in a state of chaos right now and we need to push as hard as we can to get it where it needs to go. -Lance Cook



Never say never! I made time to listen to a presentation about a specialty that I wasn't really interested in. I came away with information that changed my mind. That 30-minutes changed my entire career trajectory and I feel more confident than ever about my professional development path. -Rebecca Silva



When I was at the convention it was fascinating to see how many people from all kinds of backgrounds coming together for one common purpose. Although I knew nursing was not just about bedside care, this convention specifically helped me realize that one can be a nurse and never touch a patient physically with his/her hands. In other words, nursing is not just about pain management, wound healing and so on, it is also about change. Change that works solely to suit the patient. -Jacques St Gelus



I learned the true power of the student nurses' voice to advocate and evoke change. By attending the House of Delegates as a representative for my school, I witnessed a coalition of leaders who came together with unity and purpose to address pressing issues in healthcare and education. These leaders demonstrated a strong commitment to better the field of nursing education in addition to advocating for the unique health needs of individuals across the country. -Laura Maxwell



Attending the NSNA convention was a heart warming experience. To interact with so many student leaders who all seek to improve the lives of patients and healthcare workers was a real treat to the soul. Being a nursing student is like being part of a huge family and the NSNA was like a family reunion. Nursing students all have individual views and character. Put hundreds of them in a room and changes are made. It is an honor to be a member of this profession. -Amanda Martin



Nursing school comes with its own unique set of challenges, and the experiences I had at the NSNA Annual Convention were a great reminder of why I started this journey to begin with. It was very empowering to see so many nursing students come together to learn about and explore the wonderful field of nursing. As I walked through the hotel lobby, the convention center hallways, and the streets of downtown Pheonix, I could feel the excitement of other students buzzing all around me, and it made me proud to be a nursing student! -Jessica Watson



NSNA takeaway

By: Megan Johnson

2015-2016 Mid-year Convention Director

As the new 2015-2016 Oregon Student Nurses' Association (OSNA) mid-year convention director, attending the annual National Student Nurses Association (NSNA) in Phoenix, AZ was a huge opportunity for me. I was able to network with other nursing students from all over the country which exposed me to ideas about planning conventions and events. I also had the opportunity to see what resources are available in the field of nursing. There were numerous vendors and table booths representing various universities. It seems the trend in health care services are shifting toward the community (outside the hospital setting). What caught my attention was that community health centers (CHC) are becoming people's primary care home. There is a growing need for community-based health centers and a growing demand for nurses in this field as people are living longer and so are the complexities of their chronic illnesses. Centers for Disease Control and Prevention (2012) "projects the US population to grow by 29.2% by 2030 and the segment aged 65 and older to increase by 104.2%." Evidence has shown that CHCs can decrease or prevent health disparities, provide high quality of care, and have positive health outcomes and decrease health care cost. CHCs provide for people who are in poverty, or are uninsured, by



using a sliding scale fee based on their income. They also serve the most vulnerable populations, provide patient teaching and emphasize primary prevention to help their clients manage their chronic illnesses and prevent ED visits which therefore saves the health care system a lot of money. Unfortunately one of the barriers that public health faces is a decrease in funding to operate these CHCs. Government funding and other organizations are needed to continue to provide medical care and services for our community. According to CDC (2012), "Public health has been the driving force in the United States in creating the infrastructure and programs for protecting the population's well-being. The demand for publicly funded health care will continue to grow as Medicare rolls swell with aging Americans and as Medicaid coverage expands under new reforms. These opposing forces will collide unless something is done to alter their course. The best and most cost-effective way to manage these pressures and to protect our nation's health is to reform the infrastructure and ensure adequate funding of public health." Having worked with the homeless for 14 years, my clinical this quarter in community health and the knowledge I have gained at NSNA, community health is an area we should all be very interested in.

Centers for Disease Control and Prevention (2012). Public health in the age of health care reform. Retrieved May 15, 2015 from

Asking the Right Questions (Defining Your Purpose)

By: Rebecca Silva

Discovering Your Foundational Beliefs

One of the first steps to forming a solid "why" for your life, one that will stand up under the test of time, is understanding your place in the world. This requires self-awareness. This is hard to accomplish. It demands an intensive mix of productive introspection (as opposed to that morbid navel-gazing we can easily slip into), and continual input from a small, select group of trusted friends.

Productive introspection starts with knowing the connection between your behavior and your beliefs. Your perspective shapes your decisions; your decisions shape your life. We know this. Yet it's very tempting to react to our circumstances in volatile ways and later say, "I'm so sorry. I wasn't myself. That wasn't me." This is often the first thought that comes to my mind. It's comforting to think this way, but ultimately unhelpful. "Why? I was under duress. It was a very stressful situation. I don't normally respond to life that way." Thinking about behavior in this way is unhelpful for two reasons. First, this way of thinking removes the locus of responsibility from yourself and puts it onto something outside of you. Holding our



circumstances accountable for our actions may be a culturally acceptable form of blame-shifting, but we, my fellow Medical Professionals, must hold ourselves to a higher standard. Real lasting change begins inside of you. Second, it keeps you blind to the real you. Stress is an emotional pressure that draws out the deep, dormant things inside of us. Coming to terms with everything that I am is the very definition of self-awareness. I must be aware of everything; the beauty and the beast.

Once I begin to recognize my responses to my circumstances and begin to own them, then I can begin to analyze them. Begin asking questions like, 1) What was going on the situation? 2) What was I thinking and feeling as it was going on? 3) What did I do in response? 4) What did I want? or What was I trying to accomplish by what I did? and 5) What was the result?

Assess every part of you. Your happiness, your sadness, laughter, a whining tone of voice— everything. Do it everyday. And be honest. The answers to questions like these will help you discover the foundational beliefs that undergird every decision you make every day. You need to know what these are if you are going to be able to build a life on an unshakable foundation. This is your starting point, not your destination. Don't be afraid to learn the truth. The truth will set you free.

Have you ever been in a situation where you needed more information to plan for the future? When you were thinking about becoming a nurse, you might have needed a resource to discover what types of nursing are available and what education was needed to achieve that goal. Fortunately, this is one of the resources provided on the Oregon Center for Nursing webpage.

Check it out here: <http://oregoncenterfornursing.org/be-a-nurse/>

The Oregon Center for Nursing (OCN) is a nonprofit organization dedicated to ensuring Oregon has a superior, well-prepared, and diverse nursing workforce. To accomplish this, OCN focuses on researching issues related to the nursing workforce in Oregon, and has published 14 reports on various topics including nursing student admission rates, nurse career satisfaction, use of technology in nursing, nurse workforce shortage, nursing workforce diversity, and more. Currently, OCN is completing a report on the nurse faculty workforce in Oregon, which will be released in by June 2015. OCN also offers programming including an annual conference focused on leadership topics, a podcast to provide information on nursing issues related to Oregon, and a website with resources for prospective nurses, nursing students, and nurses in practice.



After speaking in favor of SB 72!

On Tuesday May 19th, Rebecca Silva and I went to Salem to represent student interests in regard to Senate Bill 72. SB 72 would create a fund that would be used by the Oregon Center for Nursing (OCN) to continue gathering healthcare statistics for each Oregon county on various issues that will increase our understanding of healthcare needs and workforce trends. If passed, the funds would come from a surcharge of nine dollars added to our biannual nursing license fees.

You can read more about it in the OSBN's Sentinel magazine March 2015 issue on pages 11-12: <http://epubs.democratprinting.com/publication/?i=251329>

Senate Bill 72 also has the support of many groups including the Oregon Nurses Association, the Oregon Association of Hospitals and Health Systems, the Oregon Association of Registered Nurse Anesthetists, the Northwest Organization of Nurse Executives, Legacy Health System, Providence Health Services, OHSU School of Nursing, University of Portland School of Nursing, and the Oregon Action Coalition.

If you wish to read Senate Bill 72, it can be found here: <https://olis.leg.state.or.us/liz/2015R1/Measures/Overview/SB0072>

Some of the specific issues addressed by the OCN include increasing nursing school enrollment, increasing qualified nurse educators by establishing the Nurse Faculty Repayment Program, improving nursing workforce diversity, and providing leadership training to prepare nurses for roles they will need to play in their career.

You can sign up for the OCN newsletter here: <http://oregoncenterfornursing.org/what-we-do/newsletter/>

With the ability to strengthen our workforce and created targeted plans to address current healthcare issues, the OCN is a vital component for our nurses in Oregon. For \$4.50 a year, we are obtaining a valuable resource at a very low cost. As one of my classmates stated, "This is less than the price of lunch."

We at the Oregon Student Nurses' Association hope you will give us your support for SB 72.



Rebecca Silva
OSNA 2015-2016
Secretary

Questions, Comments, Complaints, Want to get involved?
Email us at: OregonSNAvicepresident@gmail.com



Lance Cook
OSNA 2015-2016
Vice President