



Oregon Student Nurses' Association Newsletter

The Oregon Student Nurses' Association

May 2014

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Welcome to the First Newsletter of 2014-2015!

As the Media Director, I would like to welcome you to take a break from your studies, sit back, and find out what the Oregon Student Nurses' Association has been up to!

Reading the OSNA newsletter is a great way to find out what goes on behind the scenes, and motivate you to participate in your local government.

Remember, you can make a difference in the future of healthcare and the nursing community, and participating will help you achieve excellence in your current or future nursing practice.

A great way to get started is to join OSNA/NSNA as a member (for one membership fee!). Or you could join us as a committee member, as we are always looking for help. We meet every first Saturday of the month in the Oregon Nurses' Association offices in Tualatin, and would love to have you come and see what we are all about!

Justine Blaud, Media Director

Join OSNA

Are you a member but don't know what to do? Visit the OSNA website and become a committee member or contact or membership director for great ideas to do in your local community, school or with fellow NSNA members!

Crystal Soker, Membership Director



New Board Spotlight



**Janna Mae Boren,
President**

Hello Fellow Oregon Nursing Students!

I am very pleased to be serving as the President of such a motivated OSNA Board of Directors. I am excited about this upcoming year and making the goals of the officer team a reality.

We have some big ideas to involve students in the organization, better the health of our beautiful state, and brighten the futures of every nursing student!

I am currently a junior at Oregon Health and Sciences University at the Portland campus. I also work at the Portland VA Hospital as a Student Nurse Technician and at the School of Nursing Admissions Office. My newest role as a student nurse leader is my new Ex-Officio position on the NSNA National Board and as the Council of State Presidents Chair.

As a team, the new OSNA Board of Directors is looking forward to increasing member interest in the OSNA and learning about what each student sees for the future of nursing. If you have any questions, are interested in joining committee, or have any interesting ideas, please feel free to contact me.

Sincerely,

*Janna Mae Boren
oregonsnapresident@gmail.com*



**Crystal Soker,
Membership
Director**

Welcome Fellow Oregon Nursing Students!

I am Crystal Soker, Membership Director of OSNA. I am very happy in working with this year's members. We will be developing some great

new tools and opportunities for current and future members.

I started this year at Linfield Good Samaritan Nursing School in Portland. I have worked closely with chapters of OSNA since I started back in college in 2011. Outside of nursing school, I enjoy anything that has to do with food. I love canning, cooking, and throwing dinner parties. I also enjoy hiking and exploring the beautiful state of Oregon.

I hope to help chapters gain new memberships and excite current members. All ideas and suggestions are welcome to our 2014-2015 board. If you feel passionate about a certain area there is always room on our committees. I look forward to meeting many of you as the year progresses.

Warm wishes,

*Crystal Soker
oregonsnamembershipdirector@gmail.com*



NSNA Annual Convention: Nashville Takeaway

My takeaway from the convention is the necessary workshops that I attended that pertained specifically to my position as secretary. Considering that as a nurse, I should think outside the box, and to consider a nursing position that does not necessarily comply with the traditional nursing role at the bedside. Not that there is anything wrong with the traditional bedside nurse, but that there are other options to be considered. It is also important to build a wide base to make myself more marketable.

Katie Stevens, OSNA Secretary

Professional Development- At conventions, you can get your resume reviewed by professionals, get your profile headshot taken by a professional photographer, meet nursing recruiters and school representatives looking for interns, and take interactive assessments on what type of nursing best suits you. There are focus sessions about different nursing specialties, and also various talks about career planning! I feel that by attending the conference, I have a clearer perspective on what employers expect, and how I can prepare myself before applying for jobs.

NCLEX/Pharmacology and Pathophysiology Review Sessions Many students struggle with NCLEX questions because of not having experience with this new type of test taking--where all of the answers are correct, but there is only one answer that is MOST correct. At conventions, instructors and test

makers spill their secret techniques on how to break down questions and find out what is really being asked, and how to think like a nurse for different patient scenarios. Speakers who focus on this review-type of sessions teach students how to best study, in order to enhance long term memory storage and take the NCLEX exam with confidence.

I felt like I made a difference. During the convention, I attended multiple House of Delegate sessions where as a delegate, I voted for or against proposed resolutions by students from different states. This year we had more than 50 proposed resolutions and one of the resolutions that passed was from Oregon. Attending the House of Delegates was really rewarding for me because I saw how small ideas can become larger than life, as it gets voted on and supported by other nursing students.

It's fun! Traveling with colleagues and friends while going to a convention is the perfect opportunity to visit a city for travel, and to meet and have fun with other students from your state or other states. The NSNA usually plans for a welcoming party where everyone can attend and get acquainted with each other. This year I met student nurses from other Oregon nursing schools, and nursing students from New York, New Jersey, Ohio, Texas, Chicago and many other states! At the end of the convention, everyone from Oregon went to downtown Nashville for some fun and country music

*Paula Ongmanchi, Nominations and
Elections Director*



At the NSNA annual convention I was motivated by speakers such as Virginia Trotter Betts MSN, JD, RN, FAAN, her story and her impact on nursing was a great reminder of what we are capable of as nurses and how our journey is what we want to make of it. It was such an amazing experience being around such a diverse group of dedicated students with different backgrounds and to know we were all fulfilling the same dreams and hopes of becoming nurses. I was truly inspired at the NSNA convention and I would recommend nursing students who passionate about nursing attend it at least once, it really enhanced my education and it's a great opportunity to learn how to make an impact.

*Wendy Mundell, Community Outreach
Director*

OSNA Resolution Passes at the National Convention!

I am pleased to announce that OSNA's 2014 resolution was passed at NSNA's House of Delegates, and will be presented to the Oregon Nurses Association's House of Delegates on May 21st. Our resolution supports requiring teachers to possess current CPR and AED certification as a condition for obtaining or renewing a license. Every year, one in every 73 high schools will experience a cardiac arrest event among either staff or students, and since 2005 three students have died of a cardiac event while at school in Oregon. Survival from cardiac events decreases by 7-10% with each minute of delay in defibrillation, and bystander CPR more than doubles the survival rate. Although we as nurses like to think of ourselves as superheroes, the reality is that

Oregon schools do not always have a nurse available, and some must split their time between multiple schools. Because teachers are responsible for the well-being of their students during the school day, providing training to and requiring CPR and AED certification for teachers is a public health intervention. This training must include child-specific CPR.

There are several reasons why it is important for Oregon nurses to support mandatory CPR/AED training for teachers. First and foremost, nurses have a duty to educate the public to improve the health of all. Second, senators and representatives will listen to the unified voice of the most trusted profession, should this resolution reach the Oregon legislature. Third, the Oregon Education Association has expressed a willingness to work with the ONA to write a workable, passable bill that can improve public health without placing an excessive burden on educators. ONA's House of Delegates will be held at the Holiday Inn in Wilsonville on May 21st, and admission is free for all OSNA/NSNA members. I hope to see you all there!

John Simpkin, 2013-2014 OSNA President

NSNA Announces: Midyear Convention will be in Portland

As all of us here in Oregon already know living in the northwest is amazing, but this year at the NSNA convention, the rest of the country got a glimpse of





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what the Oregon and the City of Portland really has to offer! After a short video from Travel Portland.com that excited and intrigued the NSNA delegation, Janna Boren (OSNA President) and Crystal Soker (OSNA Membership Director) presented the benefits of coming to Portland this November for the NSNA Midyear Conference! Both Janna and Crystal gave a shout out to all the Oregon members present at Convention and encouraged everyone else to visit Portland for a great time in the city at the Hilton in Downtown from November 6th - 9th!

Being up on stage was a fantastic opportunity to advertise the Midyear Conference for NSNA, but making sure the Oregon student nurses' attend the conference is a huge priority! We have been given a wonderful opportunity to have one of the biggest student nurse's events in the country in our own state. The OSNA Board of Directors cannot wait to see you there!

If you want to watch the video we showed at the National Convention please visit YouTube and search for: *Welcome to the world of Portland.*

Janna Mae Boren, OSNA President

Join a Committee

As you can see in this newsletter, joining OSNA is a great way to network, be part of a stronger nursing community, and represent the causes you find important. Thanks to OSNA, you will develop strong leadership skills that you can carry forward into your nursing practice, and will help you participate in the future of the nursing community!

Represent Oregon Student Nurses by joining OSNA committees:

- Convention
- Membership
- Communications
- Finance
- Professional Development
- Legislative Education
- Nominations and Elections
- Community Outreach
- Breakthrough to Nursing
- Media

For more questions and more information, please visit <http://www.oregonsna.org/join-a-committee.html>

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Please send cover letter, resume and references to: lcasemanager@gmail.com. Please indicate if applying for day/night shifts and availability.