

regon *Nursing Student* **Vitals**

Vital News Oregon Nursing Students Can Use

News from National: Get Involved!
*Connecting Oregon's Schools:
Stories to Inspire Generations*

**Well-Known Author
Gerard Ochoa Offers Advice**

Cover Photo Courtesy of Casey Campbell, Oregon Nurses' Association (ONA)



*The Oregon Student
Nurses' Association*

www.oregonsna.org

Stories to Inspire Generations

By Deidra Weinert, OSNA President, Oregon Health & Science University



I am so proud and honored to have been elected your 2009-2010 OSNA President.

In preparation for this article, I researched many inspiring stories and speeches given by nurses. The following is a modification of a *nursing induction keynote address* given by Brenda Stutsky.

Right now, you are writing the important pages of your own personal nursing story. Nursing has a rich history, and many stories have been told including those by Florence Nightingale, the founder of modern nursing, as well as Rosemary Bryant, the current President of the International Council of Nurses (ICN). The ICN represents millions of nurses practicing in direct care, education, research, and leadership in our hospitals, clinic, schools, community, and homes in urban, and remote areas of more than 128 countries. Many distinguished leaders have guided our way, and today you begin to lead nursing into the future. Many students are asking, "How can I be a nursing leader when I just started?" James Kouzes and Barry Posner, researchers and authors of the "*Leadership Challenge*," identified five main practices of exemplary leadership based on the best personal

leadership stories taken from thousands of individuals. They found that when individuals are at their personal best they: *Model the Way*, *Inspire a Shared Vision*, *Challenge the Process*, *Enable Others to Act*, and *Encourage the Heart*. I challenge you to start incorporating these leadership strategies into your nursing practice today.

Model the Way

Going first and setting an example, educating yourself, and doing what you say you will do, are examples of how you *Model the Way*. The very fact that you are in nursing school means you are modeling the way for others to follow your footsteps. Set an example by showing them that with hard work and determination, anything is possible.

Inspire a Shared Vision

To inspire a shared vision, you begin by imagining what could be, by dreaming, and creating something no one else has created. As students in a nursing program, you are in an ideal position to establish a vision for your program. Maybe the collective vision for your programs is to be internationally recognized for producing extraordinary nursing graduates. By being a NSNA/OSNA member you are able to attend both National and State conferences in which you can share your knowledge

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Articles from school student nurses' associations are welcomed. In addition we offer rates for advertising.

Newsletter volunteers are encouraged to apply.

If you have any comments, thoughts, photos from events, or articles, please send them to the editor at scanlonk@ohsu.edu.

If you'd like to become a member of OSNA (a chapter of NSNA), visit www.nсна.org and become a member today! 

News from National

Get Involved with NSNA: Change Your Life

By Liz Patail, Director (West), National Student Nurses' Association 2009-2010 Board of Directors, Linfield College



Greetings fellow Oregonians! I'm sure as you read this newsletter you're starting to see how awesome it is to be a part of NSNA and OSNA. For me I can honestly say that is has changed my life! Last year I served as your OSNA Membership Director and along with over 20 other Oregon nursing students attended the exciting National Student Nurses' Association Convention in Nashville, Tennessee. Those few days in Nashville were especially exciting for me because I had decided to run for national office from the floor of the House of Delegates.

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Portland Community College: Record Numbers Join

By Elizabeth McPhee, PCC SNA President, Portland Community College



Ryan MacNeill, PCC Nursing Student, Teaching Schoolchildren

The PCC Chapter of NSNA is seeing record numbers of nursing students joining the association. PCC SNA members are currently writing a Resolution to present in the House of Delegates at the April 2010 NSNA National Conference in Orlando. Furthermore, the students at PCC are looking forward to earning a Precious Metal Award at this year's conference!

Members of the PCC NSNA chapter have been working hard out in the community under the adage "health care not sick care." They are excited and motivated to lead Oregonians into more healthy lifestyles and improving community awareness in health promotion and disease prevention.

Last August the PCC SNA students taught children ages 4-12 an engaging lesson on heart health with the key message that developing healthy routines while they're young will aid in preventing heart disease as they grow. The Oregon chapter of the American Heart Association and the neighborhood Community Recreation and Pool Center offered support through donations

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Pacific University: Dare to Look

By Emily Mollahan and Jeni Wilson, Student Dental Hygiene, Pacific University



Bridging the gap between oral and systemic health ensures optimal care for patients battling disease. Combining efforts of nursing and dental hygiene professionals is a natural collaboration to preventative care. Pacific University dental hygiene students, Emily Mollahan and Jeni Wilson, will be introducing an innovative capstone project at the upcoming Oregon Student Nursing Association (OSNA) conference. The first step of this project involves participation in completing a survey located on the

+ [Pacific, Continued on Page 9](#)

Clackamas Community College: Mentors

By Corrine O'Neil, Leah Troxler, Susan Winkler, Clackamas Community College

Being a nursing student can be an overwhelming, but amazing experience. Some students can become overwhelmed with the amount of material that they need to learn in a relatively short period of time. Students have to learn the skills to become confident nurses and how to deal with the challenges that lie ahead of them. The Student Nurses Association at Clackamas Community College thought it would be beneficial to have someone who has experienced this before to encourage new nursing students; by answering questions and providing an added level of support. The Clackamas Community College nursing mentoring program is organized by the SNA class representatives each year. The SNA pairs an experienced second year student with a first year student.


Before school begins the SNA organizes a picnic for all the nursing students and their families. This provides a relaxed environment where people can get to know each

+ [Clackamas, Continued on Page 9](#)

University of Portland: Partnership

By Tyler Krauss, SNA President, University of Portland

University of Portland Student Nurse Association (UPSNA) members are really excited about our one-of-a-kind program that kicks-off soon. The program stands for "Student Nurse Association Partnership Program," (SNAPP) and was designed by the incoming board members of the UPSNA. The premiere date of the program is at the welcome-back luncheon for UPSNA members on October 26th.

The program pairs freshmen nursing students with juniors, and sophomores with seniors. It is a useful way for students to share information and study tips, pass on valuable tips on what to expect while in the program, and is a great way to network. The program is for UPSNA members, and is one of the many benefits of joining UPSNA. Stay tuned for an update to come after the premiere on October 26! 

Oregon Legislative Update

Have a Passion for Policy? We Need Your Help.

By JoDee Lonsdale, OSNA Legislative Director, Linfield College



JoDee Lonsdale Talks with ONA, Photo by Casey Campbell

I am excited to be writing this first legislative update for OSNA. First, I would like to take a moment to introduce myself. I am JoDee Lonsdale, a senior nursing student at Linfield College-Portland Campus.

I live in Salem and am a single mother of four children ages 9, 10, 12, and 14. I have a passion for policy and am honored to serve this year as the Legislative/Elections Director for OSNA! Contact me if there are any questions/suggestions you would like to submit or if you are interested in becoming more involved with OSNA legislative activities! I hope to have an engaged membership and look forward to an active year of advocacy for Oregon nursing students! With healthcare reform spurring so many conversations, it is imperative that we, as future nurses, have a “spot at the table” to be part of the conversations that will impact our future professions. There are many opportunities to be active in the healthcare reform efforts as well as other advocacy issues that OSNA is actively participating in. We look forward to hearing your thoughts on future activities and hope to see student nurses from across the state take an active role in advocating for their patients, loved ones, profession, and students during this very important year! OSNA has accomplished some great things already this year:

On June 12, OSNA Board members and fellow students attended the ONA Legislative Session Open Forum to discuss future legislative ideas and receive an update on the past 2009 Legislative session. The successes highlighted during this forum were seen in part by the action of nurses and student nurses during ONA Lobby Day.

On August 29 at the Terry Schrunk Plaza, more than 1,000 people joined their peers to support healthcare reform during a rally for **Healthcare for America Now**.

On September 11th, OSNA Board members were introduced to the ON-PAC committee for ONA. The ON-PAC is the Oregon Nurse Political Action Committee.

On September 17th, I attended a Speakers Bureau training to speak on a very important issue that will be coming up for a vote in January. Simply put, it's time for change. Oregon's corporate minimum income tax hasn't been changed since 1931. For years, two-


thirds of corporations doing business in Oregon have paid just \$10 in the corporate minimum income taxes. We have a chance to make Oregon's tax system fairer while protecting vital services. By upholding the tax fairness measures that raise the corporate minimum and increase the tax rates on household income above \$250,000, we can preserve essential services and protect middle class families from carrying a larger share of the tax burden.

On September 26th, Board members participated in the ONA Bargaining Unit Leadership Day. During this day, attendees learned more about the labor end of ONA in addition to attending breakout workshop focusing on how to implement field campaigns, strategies on how to better represent members, and how to increase membership involvement and coordinate campaigns.

Now we need your help. Some large corporations and out-of-state special interests are already trying to repeal this tax-fairness package. If these measures are overturned, it will result in \$1 billion in cuts to education, healthcare and public safety, all in the last year of the current budget. To help, you can visit www.DefendOregon.org and Sign the Pledge to:

- Vote **YES** to make Oregon's tax system fairer for working people and middle-class families
- Vote **YES** because Oregon can no longer afford for two-thirds of corporations doing business here to pay just \$10 a year in income taxes
- Vote **YES** to protect schools, healthcare, and public safety

On October 1st, the OSNA Board traveled to La Grande, Oregon in partnership with ONA to meet with nursing students from Eastern Oregon. We would like to discover important issues relevant to student nurses for future resolutions. If you have any suggestions for future OSNA resolution to be brought to the NSNA's House of Delegates in 2010, please email me at osnalegislative@gmail.com. In addition to the OSNA submission of resolutions, school chapters are welcome and encouraged to author their own resolution for submission to the NSNA House of Delegates. For more information about the resolutions process, visit http://www.nsna.org/pdf/pubs_guide_resolutions.pdf

As the Legislative Director, I will be holding voter registration drives at several area community colleges. If you'd like to hold a voter registration drive but need more assistance, feel free to email me for more information! We are always looking for volunteers! There are a variety of ways you can help out including open positions on several committees within OSNA. If you'd like get more involved, please contact us! 

Convention, Global Health Week and More...

By Kinara Brocius, OSNA Vice President, Linfield College

OSNA Convention, The Future of Nursing:



On March 6, 2010, OSNA's annual convention will kick off at University of Portland. The 2010 convention theme is 'The Future of Nursing,' and attendees will have opportunities


throughout the day to develop their own future as nursing professionals. Some of these opportunities include meeting potential employers in the exhibition hall, participating in discussions about nursing specialties, running for positions on the OSNA Board of Directors, signing up for the NCLEX review session, and networking with representatives from the Oregon Nurses' Association.

Our keynote speaker is Senator Laurie Monnes Anderson, whose nursing background strongly influenced her role as a public official. Senator Monnes Anderson's appearance at the convention emphasizes one key component of the future of nursing: political

activism and lobbying by nurses. In order to build on the strong foundation built by the nurses who preceded us and to develop the profession of nursing, we must increase our political literacy. We must also learn to collaborate across schools, specialties, and disciplines. The convention is one avenue for accomplishing this collaboration.

Whether you are interested in health care reform, entrance to nursing school, or a particular specialty, the OSNA convention will have speakers, exhibitors, and information to meet your needs.

Global Health Week, Many Featured Speakers!

Linfield College's Portland Campus will be hosting its first annual Global Health Week from Nov. 30th to Dec. 4th. The event will feature speakers from various disciplines covering topics such as globalization, studying abroad, art and culture, international politics, and traditional health care methods around the world. For more information about the daily event schedule, visit the Global Health Week page at www.linfield.edu/Portland/GHW. 

The OSNA Event Calendar

October 2009

October 29-November 1 – NSNA **Midyear Conference**, Phoenix, Arizona

October 16-December 18 – Art Benefit. Canvases are for sale for \$5 each at Krakow Coffeehouse. 3990 N. Interstate, Portland, OR. For questions, please contact Kindra Scanlon.

November 2009

8:15am - 5:00pm, **November 7** – **Second Annual Nurse Staffing Conference**. Lane Community College, Eugene, Oregon. Keynote Speakers: Monique Lambert, PhD and Pat Ebright, PhD, Rn, CNS. This is the second state-wide conference focused on nurse staffing in Oregon.

November 10 – Sallie Ford & the Sound Outside. **Music Benefit** (Global Health Benefit) at Lola's Room/Crystal Ballroom 7-10pm.

Tickets are \$10 and attendees must be 21 or over.

November 21-25 – **Donate Dinner with Loaves and Fishes** - We're now recruiting nursing school volunteer teams for Donate Dinner 2009. It's easy and fun! Go to www.donatedinner.org to register as a team at the store of your choice for one of the five days of the campaign. Then, find a dozen nursing students who can volunteer for just two hours on your designated day. Volunteer shifts are available from 9 a.m.-9 p.m. That's it! For more information about team registration, please contact Teresa at 503-953-8132


November 30-December 4 – Global Health Week at Linfield College. Visit www.linfield.edu/portland/ghw

March 6, 2010 – OSNA State Conference University of Portland

May 8, 2010 – Global Health Conference

Need to schedule a CPR class or CPR renewal class? **Heart-2-Heart Mobile CPR can come to you!** BLS Healthcare Provider initial and renewal CPR training classes, \$50.00 new, \$45.00 renewal Call 971-221-8719 or email Service@Heart-2-Heartcpr.com to schedule your class time and location, American Heart Association CPR certification cards will be issued upon satisfactory course completion and are valid for 2 years.

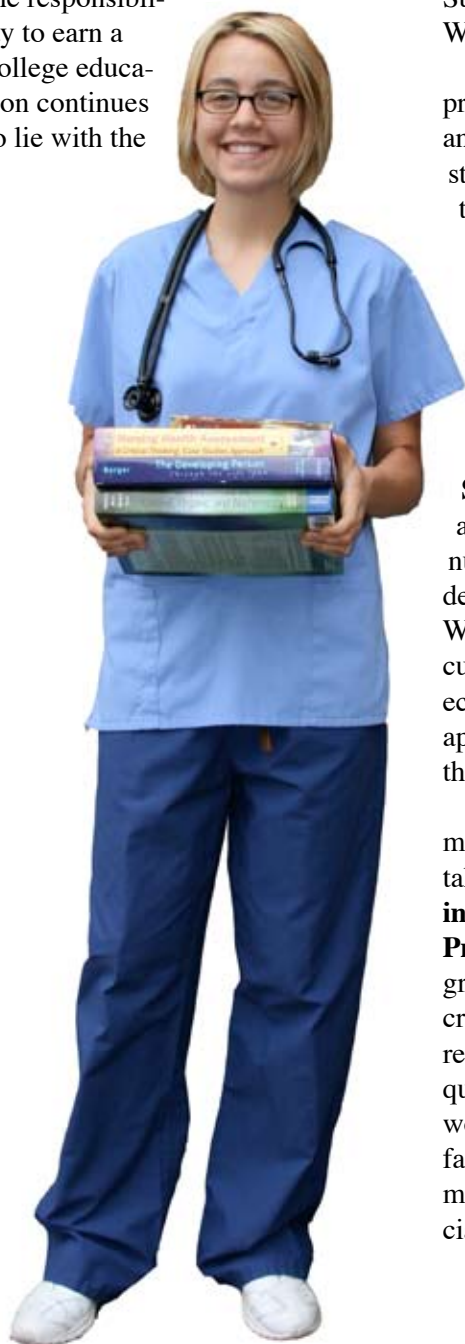
Please let us know if you'd like to volunteer for any of the scheduled events! And if you're an SNA chapter who wants to list your event with us, we'd love to hear from you!

For volunteer information, please contact Beth Funsch at bethfunsch@comcast.net. 

Nursing Resources for Oregon Nursing Students

By Gerard Ochoa, Coauthor of *'Path to Scholarships' College Edition*, Associate Director of Financial Aid, Linfield College, Portland

Students pursuing nursing careers in Oregon and across the country have multiple things in common; a commitment to serve, a passion for others, and a wonderful story of why they want to be a nurse. As I've worked with hundreds of Oregon nursing students, a new commonality has taken shape, how to pay for a nursing education, particularly a BSN. In today's economic and educational climate, career goals and life dreams don't come cheap; the responsibility to earn a college education continues to lie with the



student and his or her family.

All students and parents (if student is dependent) need to complete a free application for student financial aid **FAFSA** each year soon after January 1st. It is important to file early, even if only using estimated income figures because certain **state grants** are available on a first come first served basis. Schools of nursing utilize this data to determine which elements of aid students qualify for, e.g. Pell Grant, Subsidized loans, Perkins loans, Work Study, etc.

The national nursing shortage has prompted the federal government and individual states to take extra steps to provide support and incentives to nursing students as a means to address the growing nursing shortages. Some incentives are provided to students while they are in school while others are provided post-graduation attached to work expectations.

The state of Oregon's **Nursing Services Program** is designed as a loan repayment program for nurses working in frontier and rural designated critical shortage areas. While funding for this program is currently in flux due to the state's economic climate, students can only apply once they are ready to enter the workforce.

The federal government has multiple programs that students can take advantage of; one is the **Nursing Education Loan Repayment Program**, a highly competitive program available to nurses working in critical shortage facilities. Students receive repayment for 60% of the qualifying loan debt for agreeing to work 2 years in a critical a shortage facility. Students with a zero **EFC** may compete for in-school financial support through the **Federal**

Nursing Scholarship Program, a monthly stipend program that covers tuition and fees. Both programs are like scholarships in that they are highly competitive and have a service obligation attached to them.

Organizations, foundations, and individuals also want to address the nursing shortage by providing scholarship support to nursing students in general and underrepresented students in nursing in particular. **The Robert Wood Johnson Foundation (RWJF)** has launched the New Careers in Nursing initiative aimed at increasing the diversity of the nursing profession. The Linfield Good Samaritan School of Nursing is the only Oregon nursing school to receive funding from RWJF to support underrepresented students in nursing enrolled in the accelerated program. In addition to general scholarships, the **Oregon Student Assistance Commission (OSAC)** also administers multiple nursing scholarships available to Oregon students enrolled in nursing programs. Health systems have also been adamant supporters of nursing students as evidenced by the funding provided to **The Oregon Health Career Center** by Kaiser Permanente, the support provided to the University of Portland nursing students by **Providence Health Systems**, and the support provided by the **Salem Hospital Foundation for Oregon students** in health professions.

Students need to be aware that scholarship opportunities generally don't come knocking. Adequate time and energy needs to be invested in the preparation to be a highly qualified candidate. Preparation includes:

- Doing community service and making a significant impact, re-

Membership Offers Benefits

By *Travis Hutsell, OSNA Membership Director, Oregon Health & Science University*

Welcome back to school from your 2009-2010 Membership Director!

Membership in the Oregon Student Nurses' Association and the National Student Nurses' Association comes with many benefits, from discounts on NCLEX review materials to career planning tools. In my opinion, the most important benefits are the opportunities for leadership. Members have the chance to attend the NSNA National Convention and the House of Delegates, to serve on their local and state boards, and to participate in service activities such as health fairs and conventions. After attending the National NSNA Convention for the first time in 2009, I found I was inspired by my colleagues to take on more responsibility and leadership roles. Being a member in professional organizations also makes YOU a role model for involvement with your fellow students. Do them a favor, and encourage THEM to join the OSNA/NSNA!

As the 2009-2010 OSNA Membership Director, I remind you to look



OHSU Nursing Students (left to right): Travis Hutsell, Amy Geiger, Sol Fierro and Wan Pienpakdee at the 2009 NSNA Convention

over the benefits of NSNA membership, to your education and your career, by visiting the NSNA Membership Site, www.nсна.org/membership/index.asp. By sharing what you know about the NSNA and the benefits of membership, you help us grow in numbers and strength, and you're acting as a leader.

NSNA Membership is open to Prenursing and Nursing Students in Associate Degree, Diploma, Baccalaureate, generic Masters and generic Doctoral programs preparing students for Registered Nurse licensure, as well as RNs in BSN

completion programs.

Top 5 reasons to join NSNA

First, with 1 low membership fee you will have membership in up to 3 professional organizations:

- National Student Nurses' Association
- Oregon Student Nurses' Association
- Your school SNA chapter

Second, it looks great on resumes and scholarship applications!

Third, it's the ANA for nursing students (your political voice!)

Fourth, you will have unprecedented access to special member discounts, travel opportunities, scholarships, NCLEX review tools, networking opportunities (at local, state and national level) and career guidance.

Lastly, there are professional development and leadership training opportunities abound!

Good luck this year,

To join, visit <https://nsnamembership.org>. You can join entirely online with NSNA. Mention recruiter #2049 when you sign up..

BTN Director: Prenursing and Going Strong

By *Beth Funsch, OSNA Professional Development & Breakthrough to Nursing Director, Portland State University*

As many pre-nursing students are also doing, I am working on completing my pre-requisite classes before applying to nursing school. I am currently a student at Portland State University (PSU), where we are hoping to increase participation in the OSNA. For those of you who have not yet become members of OSNA, please consider the benefits of joining. Networking with other aspiring nurses and attending pre-professional conferences has helped me to keep my career goals on track.

Getting advice through informal coffee chats with nurses currently working in the Portland area and volunteering at a local hospital has been invaluable for me, and I hope to help other pre-nursing students to see the wealth of opportunities for nurses in Oregon.

Veteran Nurses Speak: Advice for a New Generation

This fall I have started working on a project to interview veteran nurses about their experiences for the benefit of the next generation of aspiring nurses. This idea was inspired by hearing the statistic that over the next 15 years, approximately 50% of current nurses will retire. This represents a significant turnover in the workforce. In facilitating the communication of their insights by posting these interviews on the OSNA website, I hope that this project is helpful to nursing and pre-nursing students to gain insight into the vast potential within our field. Stay tuned as the project develops!

If you are interested in assisting with this project, or know of a good candidate to interview, please contact me at bethfunsch@comcast.net.

✦ Inspiration for Generations, Continued from Page 2

and participate in a shared vision for the profession of nursing.

Challenge the Process- Nursing courses have taught us that we must always ask, “Why are we doing it this way?” Our clinical practice as students will challenge not only YOUR own nursing skills and knowledge, but it will be expected that YOU WILL CHALLENGE and question policies, procedures, and practices based on current evidence-based knowledge, and not just accept nursing practices, ‘just because.’ Leaders take risks and although risks sometimes result in failure, we learn from mistakes and continue to challenge the process.

Enable Others to Act- Leadership and team effort go hand in hand. It is very easy to identify a true leader by how many times a leader says “We” as opposed to “I”. It is impossible to provide quality patient care without teamwork, because each healthcare professional adds their piece to the complex puzzle. In your practice I would challenge you to learn about your role as a nurse and how best to support your healthcare team, and in return you will get the support you need.

Encourage the Heart- Encouraging the hearts of your fellow nursing students is extremely important. This is a very demanding time in our lives, and we will need to make sacrifices to be successful. It is without question that you will need the support of your family, but you will also need the support of your fellow students. Providing positive feedback and ongoing encouragement to your fellow nursing students is crucial, since there will be many fun and wonderful stories that you will be able to tell for years to come, but there will also be challenging times, and you will need a “pat on the back” or a shoulder to cry on from someone who can really understand what you are going through. I must tell you that as my role as both a senior OHSU nursing student and OSNA president, I have a support group that consists of fellow students from all over Oregon, as well as many others students from all over the United States. Your faculty ALSO needs an encouraging word along the way, so don’t forget to tell them that they did a great job when they helped you understand a difficult concept, or helped you get through a challenging day.

I look forward to hearing about the wonderful things that you are doing at your schools and communities. The Oregon Student Nurses’ Association wants to hear about all the ways that you are Modeling the way, inspiring a shared vision, challenging the process, enabling others to act, and encouraging the heart. . 📌

**Contact OSNA to
connect with YOUR
School Today
www.oregonsna.org**

✦ Nursing Resources, Continued from Page 6

member quality is better than quantity.

- Writing scholarship essays that highlight passion and compassion, willingness to serve, overcoming adversity, and demonstrate life purpose beyond career goals.
- Establishing professional relationships with professors, supervisors, counselors, etc. All of whom should be called upon to write quality letters of recommendation.
- Polishing up a quality resume.

Many students fall into the trap of searching for scholarship opportunities and rush to meet scholarship deadlines because they did not



plan ahead to complete all the requirements the scholarship process requires. It is easier to sign for a student loan than it is to prepare and compete for scholarships, after all there is no guarantee that students will win. The time, energy, and money it takes to repay a loan are significantly greater than the time, energy, and money it takes to prepare for to win scholarships. After

all, the only way students know that they will not win scholarships is if they don’t apply. Loans are in fact an investment one makes in their education, but each scholarship won has the potential to decrease the amount of loans students have to take as they pursue their nursing goals to fulfill their life purpose. I recommend investing in a **Path to Scholarships® Workbook** that guides students with the scholarship process. In today’s economy, lower debt allows students to have more realistic choices. 📌

- gochoa@linfield.edu
- [Twitter.com/gerardoochoa](https://twitter.com/gerardoochoa)

Other resources:

- www.oregoncenterfornursing.org
- www.oregonrn.org
- www.oregonsna.org

+ *News from PCC, Continued from Page 3*



Elizabeth McPhee, PCC Nursing Student, talks about community Health.


that filled treat bags for the kids to take home to further reinforce the teaching session.

Additionally, the PCC NSNA Chapter students were invited by the Public Health Department and their Safe Kids/AWARE program to serve as student health educators at their display booths during OMSI's Health Prevention Week!

The PCC SNA team participated in the Alzheimer's Association Memory Walk on September 27th. After 3

months of hard work and fundraising promotions they were able to proudly boast raising \$1004.00 to help combat Alzheimer's disease!

All of these activities helped the participating students not only make professional connections with people currently working in the health care field but also helped give the PCC Nursing Program recognition by being a part of health promotion in the community. The student nurses believe strongly that nurses should stand at the forefront of role-modeling, education and the promotion of health in the US!

On October 31st the PCC SNA students continue their work through their 3rd Annual Haunted Hospital located in the PCC Nursing Lab! This is a fun event and all are welcome. They will transform the nursing lab into a frightful sight loaded with health promoting and safe habit practicing messages! The location is 12000 SW 49th Ave., Sylvania Campus, Health Technology Building, Room 217, in Portland from 12pm - 5:00pm. Admission is \$4.00 or \$3.00 with a can/box of non-perishable food, which will be delivered to the Oregon Food Bank to combat hunger this winter for needy Oregonians. 

+ *News from Clackamas, Continued from Page 3*

other. The picnic venue also allows students to meet their mentors. In this informal atmosphere, questions can




Clackamas Students Studying

be asked and answered that help new nursing students feel more relaxed when the first day of class arrives.


Originally the nursing instructors mentored the

new nursing students. The mentoring program has since transitioned to students helping students. As first year nursing students we enjoyed having experienced nursing students to go to with our questions. Some questions that were addressed included how to balance family, school, jobs and friendships. Other questions were about what kind of challenges to expect in the nursing classroom and how to handle those challenges. Helpful tips on how to keep track of upcoming events and assignments were also passed down to the new nursing students. These were all questions that needed to be answered by someone that had just gone through what we would experience in the upcoming year. Many times it was just nice to know that we had someone to lean on if we needed support, encouragement or a reality check.

The CCC class of 2010 has embraced this tradition and we are hoping to make the transition a positive experience for the incoming class of 2011. 

+ *News from Pacific University, Continued from Page 3*

OSNA Facebook page. This survey will be used identify what nurses know about the oral-systemic connection and what information that would be beneficial for an interdisciplinary presentation with dental hygienists.

Visit the table clinic at the OSNA conference on March 6, 2010 for a chance to win a free Oral-B Triumph power toothbrush. Information on the relationship between oral and systemic diseases will be presented. 

Book Reviews for Nursing Students

By Kindra Scanlon, OSNA Media Director, Oregon Health & Science University

Having been an avid reader for most of my life, our house is filled *to the gills* with books. Some students have a shoe or a clothes buying habit, others like to collect stamps, bottlecaps or art. I have what my husband lovingly refers to as an “Amazon habit.” I love to buy the newest nursing books and it gives me a feeling of accomplishment to read say, the new EKG book I bought last month. I highly recommend reading books specific to nursing while in nursing school. It helps to cement which direction you will take your career in and reading about nursing subjects also opens up new topics and specialties you may not have been aware of in the past. With that in mind, dear fellow student, I leave you with a couple of books I have recently found beneficial:

Case Studies in Critical Care Nursing: A Guide for Application and Review, by Sheila Drake Melender. Ever wonder what your teachers might give you as a written example when you’re writing up a case study? This book takes case studies that are specific to different diseases and pathologies and asks you important questions about the case studies. Not sure what the right answer is or if you are headed

in the right direction? Well, this book outlines a detailed answer for each question at the end of the case study. I found this to be an excellent tool for thinking like a nurse.

Your Career in Nursing: Manage Your Future in the Changing World of Healthcare, by Annette T. Vallano, MS, RN, APRN, BC. When I was in Germany as a prenursing student, I attended



a course in International Nursing taught by the University of Akron, Ohio School of Nursing. My teachers asked me to give a presentation to German nursing students about my experience as Media Director for OSNA and about why I wanted to become a nurse in the US. I was both honored and inspired by this opportunity. Luckily, as usual, I had traveled with a bevy of books.

This book was a great tool to talk about the myriad of U.S. resources available for nursing students. Your *Career in Nursing* talks about successful promotion of yourself, resume writing, and how best to handle today’s modern technology. I found this book to be an excellent way to plan your course as both a nursing student and a future nurse.

And lastly, I cannot resist recommending a book called **Global Health Care: Issues and Policies, by Carol Holtz.** If you are at all interested in Global Health, this book is for you. It contains information on health policy and issues worldwide from data analyses and research by nurses. You can learn about many topics: from the reasons why Mexican folk medicine is so popular in Mexico to the history of China’s healthcare system. *Global Health Care* even offers an excellent chapter on the global perspectives surrounding mental health, environmental health, and education.

Well, I wish you the best in your reading. If you hear of any good books, drop me an email and I will do the same for you. scanlonk@ohsu.edu. 📧

Oregon Student Nurses’ Association: Let’s Get Digital

Become a member:

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Join OSNA Today!

Become a member of the Oregon Chapter of the National Student Nurses’ Association (NSNA), the Oregon Student Nurses’ Association (OSNA). We are here to provide support, to educate you about the latest important topics in student nursing, and keep you empowered.

After becoming a member of NSNA/OSNA at www.nсна.org, let us know if you would like to volunteer or run for office. 📧

✦ Getting Involved, Continued from Page 2

In truth, I don't think I knew what I was getting myself into when I made the decision to run, but I have no regrets! My campaign was a crash course in politics, professional development, and public speaking. My awesome campaign manager and I talked to state caucuses about everything from NSNA's strategic plan, getting small states like Oregon more involved, and the many challenges that nurses and nursing students face. Along with other candidates, I talked to students at "Meet the Candidates" events and gave my campaign speech in front of approximately 500 Delegates. At long last, I sat in the House of Delegates clenching the hands of my fellow Oregon delegates as they read the election results and was overwhelmed with emotion when they announced I had won.

Now I am back in Portland and am not only looking forward to my senior year, but a year of serving as a Director on the NSNA Board of Directors. Along with the other Board members I will be working to implement NSNA's mission and resolutions on a national level. So, if you ever think "*well what difference can I make? I'm just a single nursing student.*" I'm here to tell you that you CAN! Get involved with your Student Nurses' Association today and you'll feel different in no time. 📧

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2009 Convention sponsors have received free advertising our website as well, please visit our website to find out more about these organizations at www.oregonsna.org/sponsors. 

Nursing Resources for Oregon Nursing Students

By Laura Oetzel, OSNA Community Outreach Director, Oregon Health & Science University

I am really excited to be serving as your Community Outreach Director for the 2009-2010 school year. This year we are hoping to implement community outreach programs across the state of Oregon in which nursing students are able to take leadership roles in their community. As your Community Health Director, OSNA is proud to announce the following community outreach projects that are available through OSNA:


- American Red Cross & OSNA have partnered to offer nursing students the opportunity to hold blood drives in their school with the theme of "Give a Pint, Get a Pint." Ben & Jerry's Ice Cream has generously donated coupons for a free pint of ice cream for all blood donors. If you would like more information about this, please contact me.



- Nursing Exploration Patch for Girl Scouts of Oregon & SW Washington- OSNA has partnered with Girl Scouts of Oregon & SW Washington to offer a Nursing Exploration patch. This summer we participated in Girlfest, which celebrated everything fantastic about being a girl. At this event nursing students conducted blood pressure screenings, nutrition teaching and heart health screenings. It was such a success that the Girl Scouts have asked us to create the Nursing Exploration patch. If you're interested in this fantastic opportunity contact OSNA for more details.

- World Aids Day Commemoration

December 1st, 2009- Started on 1st December 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. The World AIDS Day theme for 2009 is 'Universal Access and Human Rights'. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done. If you are interested in hosting your own World Aids Day event at your school, feel free to contact me for free materials and ideas.

I challenge you to follow the new NSNA Community Health Goals. We would love to hear what your school is doing to "Go Green" this coming school year. Please visit the NSNA website to see this year's community health goals, projects and special links <http://www.nсна.org/activities/community.asp>. 

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