

Oregon *Nursing Student* **Vitals**

Vital News Oregon Nursing Students Can Use

Stay Informed: Seasonal Flu Immunization for Healthcare Workers

Featured Nursing School:
Lane Community College



Real Stories:
Why I Became a Nurse



The Office of the President

By Elizabeth P. Diaz, OSNA President, Linfield University

As my first letter to you as president, I want to express my sincere gratitude that you have elected me as your chief representative. I have no doubt that we will advance our initiatives as a board to best serve your interests as Oregon Student Nurses' Association (OSNA) members. We express great confidence that the OSNA will fulfill its duties to inform, assist, and support the student nursing community. My experience as OSNA president has been remarkable thus far. I am truly blessed to be working so closely with supporters, donors, and advocates who constantly inspire us. I am pleased to announce OSNA is working to align itself more closely with the Oregon Nurses' Association (ONA). We are continually helped by the ONA and are excited for the development that relationship.

As I started my second year serving on the board of directors, my enthusiasm and commitment to serving you is greater than ever. Thanks to your hard work, engagement, and devotion, this year we have reached more future nurses than ever before.

Please note that we

have scheduled monthly e-mail blasts filled with events and opportunities so that you can help make a difference in the community. OSNA will be sending out information that will be valuable as you reach graduation and start applying for jobs. I will soon be directing a Council of School President (COSP) workshop for all school president's of nursing clubs or a representative from a nursing school who may be interested in attending.

I will now take the opportunity to thank each of you for your support and dedication to the OSNA. It is an honor to be your colleague. Have an excellent year, and remember that I am always available.

OSNA Newsletter Staff

Editor/Designer:
Kaylor Hollen

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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 scanlonk@ohsu.edu.

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

The Office of the President Words to Inspire Future Generations



"The Oregon Student Nurses' Association is a model for NSNA chapters because of our exceptional board of directors and members. This association is essential to the education, awareness, and development of future nurses of the state of Oregon."

---Elizabeth Diaz Linfield-Good Samaritan

School of Nursing

Adventures in (Student) Nursing: Starting an NSNA School Chapter

By: Leah Smith, Lane Community College School Chapter Vice President

When I began my first year of nursing school, I did not yet realize how amazing my journey would be. I had no idea what the Oregon Student Nurses' Association was, and certainly had no plans to help build a student nurses' association (SNA) at my school. I had of course heard how difficult nursing school was, and I was intent on pouring all of my energy into my books and clinical rotations. However, my path diverged slightly when I got an email survey from two second year students asking if I would be willing to help my program build its own SNA chapter. Zealous for all things nursing, I clicked yes and thought little more of it. A few weeks later I got an email that said I was one of only two students who had provided their contact information, and if I was interested in committing to help build an SNA? Well into my first term, I anguished about how much time such a commitment might take away from my studies. Then it dawned on me—embracing the unexpected is a key nursing skill, and one I had better be good at, so I took the plunge and thus began my entry into the Lane Community College Student Nurses' Association.

Though an extremely competitive and esteemed Oregon Consortium for Nursing Education nursing program, Lane Community College (LCC) was one of the few nursing programs in Oregon without an SNA! Working with first-year student Kelcie Collins (current President), and two

second-year students, Dani Lang (former President) and Dave Vizcaino, were able to build a strong SNA within a year. I have to admit, the beginning was a bit rough. We had little idea on how to actually form a chapter, which was daunting, but scarier yet was convincing our fellow students to become interested and involved.

At this point we had been doing little besides laying the groundwork for the new SNA. Unfortunately there was little to show students during the early stages of this process. We knew the challenge of getting people involved would be tough if we had nothing tangible to offer in exchange for giving up their time. Understanding this problem allowed us to get back to why we were president Karen Daley, PhD, MPH, RN, FAAN, who inspired us all with her story of perseverance and passion for nursing.

Returning home with a new found sense of inspiration, our goal was to engage students and give back to our community. We hit the ground running, and within a matter of months we had set up a website for our SNA, made T-shirts for our members, and gained the support of our faculty. We volunteered at Cascade Medical Comes Home, a free clinic for those in our community without insurance, and Project Homeless Connect, a weekend-long gathering of local organizations who offer their services to the homeless at no cost, for which we also set up a donation bin at our school. During this time we created a day-long speaking event at our school entitled "We Are the Future of Nursing," at which we were fortunate enough to host ONA President Rooney, ONA District 5 president Lauryn Kalina RN, ONA Political Organizer Sarah



Pictured Left to Right: Kelcie Collins, Danielle Lang, Stephen Rooney, RN ONA President, Leah Smith

+ Starting an NSNA School Chapter, Continued on Page 5

Seasonal Flu Immunization for Healthcare Workers

By Kaylor Hollen, OSNA Media Director, Linfield College of Nursing

The threat of seasonal flu and recent H1N1 outbreaks has sparked debate among policy makers and healthcare organizations over programs to protect Oregonian's rights to receive flu vaccinations. Some individual healthcare facilities in the state of Oregon have begun implementing policies that offer healthcare workers vaccinations against seasonal flu in order to better protect employees and patients. However, these policies implicate healthcare workers in a variety of ways including employee's protected health information and time spent on sick leave. These policies may require employees who decline flu vaccination to wear a protective mask, essentially exposing their health status. The issue of influenza vaccinations for healthcare workers has created unrest in the Oregon medical community, causing some professional organizations to take a stance on the topic. The Oregon Nurses Association (ONA) released a statement calling for an evidence-based solution that protects health care workers and patients.

The ONA encourage all nurses and health care workers be vaccinated against seasonal flu influenza. They believe vaccination is an



effective method of protecting health care employees and the public from the spread of influenza. This organization maintains that offering education for flu vaccinations allows nurses and other health care professionals a way to make an informed decision regarding flu vaccinations. However, requiring influenza vaccinations as a condition of employment is something the ONA does not support. The ONA advocates a number of plans that may take the burden of revealing health information off of nurses and other health care professionals. The ONA proposes that all licensed health care facilities in the state of Oregon provide the following:

- Standardized information and education regarding influenza vaccination and associated risks as well as convenient access to vaccination.
- Protect health information including vaccination status
- Provide standardized immunization declination forms for health care workers and treat them as a confidential medical record
- Appropriate sick leave policies that are non-punitive and protect the patient and worker.
- Collect data and report findings to the Oregon Health Authority. Data would be collected in aggregate form to protect patient health information.

For more information on the ONA's position on seasonal influenza vaccination for healthcare workers visit www.oregonrn.org.

The OSNA board is in the process of forming a position regarding seasonal influenza vaccinations for healthcare workers. The OSNA recommends that its members look into this issue and share their opinions with its board of directors. The OSNA is open and welcome to suggestions and ideas that enhance the rights of nurses and other health care professionals. Please direct comments and questions to oregonsnamedia@gmail.com or connect via Facebook at www.facebook.com/OregonSNA.

✦ *Starting and NSNA School Chapter, Continued from Page 3*



Pictured Left to Right: Leah Smith, Stephen Rooney, RN ONA President, Margaret Ngai

Masterson, BS, BA, and NSNA Vice President Margaret Ngai. These speakers were kind enough to visit our school and speak to student nurses and pre-nursing students about the importance generation of nursing and its future in healthcare. It was a successful and inspiring event, and we were grateful to have these individuals take time to speak with our students.

Motivated by our success in the past few months, we have decided to make one of our long-standing dreams a reality: spend the summer organizing and fund-raising for a medical volunteer trip to Surin, Thailand. Though it may appear a lofty goal, through the hard work and dedication of our members, we hope to send 12 of our SNA members to aid in remote villages and clinics in north-eastern Thailand. The average resident of north-eastern Thailand works for \$75 a month, which is hardly

enough money to support a family. The opportunity to travel to this region to aid in whatever way we can is a dream come true for us, and we thank all of our donors who have helped us on our journey.

All of these events, among others, have helped our membership climb from the four co-founders to over half of our class, and we are gaining more members at a steady rate. More importantly, our fellow students are inspiring us every day with their dedication to nursing and their community.

Throughout this year we have grown to love our SNA and our career as student nurses more than I even expected. My dedication to nursing has grown immensely, and my aspirations for the future are much wider than I ever imagined. The OSNA and the ONA have helped all of us bolster our commitment to nursing, and we thank them for being a source of inspiration

and support for student nurses. From all of us at the LCC SNA, we are proud to number ourselves among you, and we look forward to meeting you in the field as fellow nurses.

Donations to help fund the journey to Thailand can be made online at lanecc.edu/foundation/studentnursesassociation.htm, or via check made out to LCC/Student Nurses Association and sent to LCC at 4000 E 30th Avenue Eugene, OR 97405.

Upcoming Events

Upcoming National Student Nurses' Association Annual Midyear Career Planning Conference: NSNA State Board Review, Exhibit Hall, and Career Counseling Center- October 27-30, 2011- Memphis, Tennessee.

This year's National Student Nurses' Association Annual Midyear Career Planning Conference is going to be an event you don't want to miss! OSNA members will be present and attending exhibitions including a mini NCLEX review, leadership and career planning counseling sessions, and specialized industry seminars. Plan your future career in nursing by attending this important event!

Take an opportunity to:

- Plan your nursing career
- Get career counseling and guidance
- Explore educational resources
- Receive assistance passing the test to become an RN
- Network within the nursing community
- Become active in NSNA and develop skill-building techniques
- Learn about advanced practice and nursing specialties
- Obtain continuing education credit as a faculty member

NSNA will hold an opening session with a NCLEX-RN* mini review and host Sally Karioth, PhD, RN, professor, author, talk show host, and nationally recognized grief therapist as Keynote speaker. Other sessions include the image of nursing and a professional dress buffet breakfast, safety in nursing and the environment, and leadership development. The exhibit hall will be open Friday and Saturday with various activities to advance nursing career goals and aspirations. This event offers tremendous value to future nurses and chapter members. I encourage those seeking professional development to attend this event. Don't miss out!

Past Events

Walk to End Alzheimer's

On September 25, 2011, Oregon Student Nurses' Association members and board of directors joined the Alzheimer's Association's Walk to End Alzheimer's™. Team OSNA met at Pioneer Courthouse Square in Portland to show support and raise awareness about this devastating disease. This event was a huge success. Over 48 OSNA members registered for the walk, raising over \$600 for the fight against Alzheimer's!

OSNA community outreach director, Karen Bastin, brought attention to this event and coordinated efforts within the OSNA community to make an official team. Karen states, "I thought it was pretty awesome for students to get more education about this disease and be an advocate for our communities." OSNA plans to attend this event annually and raise twice as much next year. This is proof that Oregon student nurses make a difference!

According to the Alzheimer's Association's new report, 2011 "Alzheimer's

Disease Facts and Figures":

- There are over 5.4 million Americans are living with Alzheimer's disease.
- Alzheimer's is the sixth leading cause of death in the United States.
- Alzheimer's costs the nation approximately \$183 billion annually.
- There is an estimated 14.9 million unpaid caregivers.
- Approximately 200,000 Americans under age 65 have Alzheimer's.

About Alzheimer's disease:

Alzheimer's can affect people in a variety of ways. One of the most common symptoms of Alzheimer's is forgetfulness. This usually affects the ability to work, enjoy hobbies, or be social. Some other symptoms of Alzheimer's include confusion, trouble with organizing and expressing thoughts, getting lost in a familiar place, or changes in behavior or personality. The signs of Alzheimer's present themselves in many ways. These symptoms result from damaged nerve cells in the brain. The affects

Past Events

grow continually worse as more nerve cells (neurons) become damaged or destroyed. Although the reasons for neuron cell death are not fully understood, scientists suspect that they are the result of plaques and tangles. For more information about Alzheimer's disease visit the Alzheimer's Association's website at www.alz.org for reliable information and support.

The number of Americans with Alzheimer's disease is growing fast. According to the Alzheimer's association, Alzheimer's will affect over 16 million Americans by 2050. This does not only affect those with the disease, but their caregivers as well. It is our job as student

nurses to protect the aging population against Alzheimer's and promote healthy living. The OSNA is excited to continue its commitment to support the Alzheimer's Association in future events.

The end of Alzheimer's disease starts here. If you are a student nurse, health professional, caregiver, or know someone with Alzheimer's, we are here to help! With your support and leadership, we can create a world without Alzheimer's disease.



Aids Walk Portland

OSNA board of directors and members recently participated in "Aids Walk Portland" on October 2nd. This event aimed to raise

funds in the fight against HIV/AIDS. OSNA joined over 11,000 people attending the event and helped raise awareness about this terrible disease. OSNA encourage students to participate in these kinds of walks and community events. Join the OSNA team next year and make a difference!

Advertising Newsletter Rates (all rates are net per issue and listed as width x height)

Full page-Full color 7" x 10.375".....	\$450.00
½ page-Full color/ horizontal/ 7" x 5".....	\$350.00
½ page-Full color/vertical 3.5"x 10".....	\$350.00
¼ page – Full color 3.5" x 5".....	\$175.00
Business card.....	\$100.00

Classified Ads are \$150.00 each and run for the year

* All other prices are per issue and are subject to change

Newsletter insertion order deadlines:

Winter 2011 issue, December 1stth
Spring 2012 issue, January 20th

Spring 2012 issue, February 20th
March 2012 issue, March 15th

Files should be emailed to oregonsnamedia@gmail.com in PDF format. All emails/files should be sent with the date and issue you would like your advertisement to appear. If you are unable to send files in an email, contact us and we will accommodate your needs.

Please send all documents and insertion orders to: Kaylor Hollen, oregonsnamedia@gmail.com. Please call 541.961.4025 with any questions.

OSNA Annual Convention Program Advertising

Full page-Full color 7" x 10.375".....	\$350.00
½ page-Full color/ horizontal/ 7" x 5".....	\$170.00
½ page-Full color/vertical 3.5"x 10".....	\$175.00
¼ page – Full color 3.5" x 5".....	\$100.00
Business card (Black & White).....	\$50.00

Convention insertion order deadlines: December 15, 2011

Limited printed copies will be available this year, however projection screens during breakout sessions will also display advertisements. In addition, those businesses that choose to setup a booth get significant discounts and/or free advertising depending on their sponsorship level. For more information about convention sponsorship visit www.oregonsna.org or contact Kaylor Hollen at oregonsnamedia@gmail.com.

I Chose Nursing School

By Craig Johnstone, Linfield School of Nursing



While attending undergrad, the other Pre-Med students and I had a joke: if we do not get in to medical school, we will just become nurses. Trust me, it was funny at the

time. Well the joke is on me, because guess where I am—Linfield School of Nursing. That's right; after four years of hard work and sacrifice I turned my back on Physicianhood. I went from white coats and prescriptions to blue scrubs and perineal care. One might think I downgraded, or that I failed, but I passed on the opportunity to become a physician for a few specific (and I think excellent) reasons.

Patient collaboration was a large part of why I pursued medicine. The opportunity to deal directly with a client, and influence their health in a personal manner is an attribute almost unique to nursing. While a doctor might have a passion for people, and a desire to interact with them, the time constraints of their profession makes it difficult to do so. As a nurse, one has a close relationship with every client they help heal. You will be the first to understand their fears, their hopes, and their joys. You will know their parent's names, their kid's names, and probably their pet's names. You will be their first line of defense, and they will recognize you as the champion of their health. This is everything I wanted out of healthcare.

Nursing is a holistic profession. I don't mean that purely in the naturopathic/allopathic sense. As a physician, you are almost solely concerned with your patient's malady. You monitor their symptoms, treat their condition, and move on to the next one. A nurse is involved with every facet of a client's health. You use medication to treat their disease, and therapeutic communication to ease their emotions. You monitor what foods they

consume, their body's output, and may even use therapeutic touch. A nurse's skill set is varied and adaptable, making it a unique profession.

The old image of an RN is quickly becoming obsolete. Nursing is a growing and largely customizable career with endless paths and goals. Becoming a Nurse Practitioner will provide autonomy and individualism, a Certified Registered Nurse Anesthetist provides more surgical experience, a Nurse Midwife deals exclusively with the birthing process, and a Clinical nurse specialist works to perfect one area of nursing. There are nearly innumerable spheres a nurse can choose to practice in. What population do you want to serve (pediatrics, geriatrics, men's health)? What setting do you want to work in (emergency room, home health, community)? What subspecialty do you want to pursue (oncology, endocrinology, phlebotomy)? What types of care are you interested in (psychiatrics, rehabilitation, trauma)? Do you want to work in education, research, critical care? There is a vast myriad of possibilities for a career in nursing and, like one's clients, no two will look the same.

Nurses are the most versatile, and utilized tool in Medicine, and yet it seems like the least is known about what they do. Some undergrad students do not understand Nursing's place in history, the sheer importance of what a nurse does, or the direction the profession is heading. While some of this ignorance is due to lack of awareness, nursing's rapid and exponential expansion cannot help but contribute. Many may think that I failed as a pre-med student, but after examining the above aspects of Nursing, I cannot help but disagree. I made a conscience choice to change paths, and it is my belief that anyone entering healthcare needs to also consider Nursing, or they are doing themselves and their career a disservice.

Kirsten Williams: OSNA Vice President

Oregon Health & Science University, Graduating June 2012, oregonsnvicepresident@gmail.com



Greetings! I am Kirsten Williams, and I am serving you this year as the Vice President for the OSNA. I am a senior student in the OCNE BSN program at OHSU. I have served on my school SNA's Board of Directors for the past two years as a class senator, run for national office with the NSNA, served last year on the NSNA's Resolutions Committee and as a student representative on OHSU's All-hill (all disciplines) Student Council, and this year I am also serving as the Chair of the NSNA's Resolutions Committee.

In serving on the OSNA's Board of Directors this year, I hope to increase your participation in and awareness of the many activities that your fellow nursing students around the state are involved in. These activities help to promote: the image of nursing, unity and collaboration among nursing students that foster positive professional relationships, the development of leadership and advocacy skills for our professional lives as nurses, and opportunities to both serve and have fun together as nursing students. Already this summer I have revamped our organization's website to

hopefully create a clearer, more easily navigated communication tool. We are hoping this year to increase and improve our activities to a level that will earn national recognition and awards that all of you can be part of.

I plan to provide learning opportunities for our Oregon chapters on the Resolutions writing process, and seeing these resolutions presented at our state convention, the ONA annual convention (Oregon's professional nursing organization), and the NSNA's annual convention. Additionally, I plan to visit schools along with fellow board members to meet you in person, discuss your chapter's goals and initiatives, and provide support for your activities. There will be state level chapter awards available at this year's OSNA Convention. We also hope to meet with faculty of nursing schools to garner greater support for leadership and community activities associated with student nursing association membership and participation, so we can develop a legacy of strong student nursing association chapters in the state of Oregon.

I encourage you all to join a committee or volunteer with one or more of our various events- you will meet new people, gain leadership experience, and enhance your nursing educational experience. Ask us questions!!!! Whether they are about writing a resolution, running a meeting, establishing a

constituency, or asking for faculty support and endorsement, do not hesitate to contact us! We are here for you! See our News & Events page for current updates on activities organized by your Board of Directors. Also, please let us know of any events you may be having that would be open to city or statewide nursing student participation!

I can personally be reached at oregonsnvicepresident@gmail.com. As mentioned above, please do not hesitate to contact me with any of your questions- if I cannot personally help you, I can put you in touch with someone who can!

Nicole Hilger: OSNA Breakthrough to Nursing

Linfield-Good Samaritan School of Nursing, Graduating March 2012, oregonsnabreakthrough@gmail.com



I have been given the incredible honor of filling the position of Breakthrough To Nursing (BTN) director on the Oregon Student Nurses Association (OSNA) Board. As the BTN, my responsibilities are to reach out, mentor, organize and prepare everyone who is considering nursing or is on the pre-nursing track. I am working to recruit people of all backgrounds to consider pursuing nursing and to be a source of support and help students who desire a higher education and are looking for resources that they can use to improve their chances of becoming a Nursing

professional.

As the BTN, I plan to organize a number of blood drives at a couple of schools and reach out to communities in Oregon and meet some of the students that I am representing and helping. Also arrange a presentation of some kind at the Annual Convention in February at OHSU. The structure of this presentation is undetermined at this time, but there will be a station for pre-nursing students to come and learn more about what they can do to bolster their experience and knowledge about the Nursing profession.

Many of you may be wondering what you can do to be more involved and how to become more familiar with you OSNA board of directors who represents you! Well, you can do a number of things—ask us questions, suggest changes you would like to see in the newsletters that we will be sending out, request that we provide you with more information about particular

aspects of nursing that you are unsure about, etc. If you were interested in gaining some experience in working with the OSNA board or more specifically, with me, you can see if there is a committee that you can join. I know that at some point I will be looking for some volunteers to help accomplish my goals that I discussed above. I will need students who would be willing to go to a blood drive at a nearby high school or college and talk with students and share your passion for nursing with them. If you are at all interested in assisting me at the OSNA convention you are more than welcome to contact me at:

oregonsnabreakthrough@gmail.com This would be the quickest and easiest way to reach me, and I will respond to you as quickly as I can.

Thank you so much for taking the time to read this, I very much appreciate it and I hope to meet you at future blood drives or hopefully even at the Annual Convention!

Kaylor Hollen: OSNA Media Director

Linfield-Good Samaritan School of Nursing, Graduating March 2013, oregonsnamedia@gmail.com



My role as media director includes responsibility for coordination, editing, printing, proofing and distribution of the official OSNA publications. I also update and maintain the OSNA website, as well as solicit various organizations for advertising possibilities. During my term I plan to maintain and update the website regularly and keep OSNA members well informed

of activities, events, and publications. I also want to release newsletters to OSNA members and nursing schools in order to create/connect an Oregon student nursing community. I also want to increase interest in nursing among future nursing students.

In order to reach these goals, I would like OSNA members to submit information for publication in our newsletter

newsletter that would benefit nursing students and future nursing students. This may include helpful experiences/stories of nursing school, interesting scholarships/events, news in the nursing community, or simply check-in to stay connected within your nursing community.

Please answer some/any questions for our next newsletter! Due by October 18th, 2011 at 5pm. Please email answer to me at oregonsnamedia@gmail.com

Questionnaire

1. Name, school you attend (nursing or not), graduate date.
2. Aspirations as a nursing student or future nursing student?
3. Experiences as a nursing student?
4. How you are going to stay connected to your community/nursing community?
5. What is going on with your student nurses' association?
6. Describe your experience with your SNAG or the OSNA.
7. What improvements can be made to the OSNA? What has the OSNA done for you?
8. What would you like to see more of on the OSNA website or in the newsletter?

Take the opportunity to get something published. Please contact me if you have any questions or would like to share an event on the OSNA webpage at oregonsnamedia@gmail.com!

Allison Hamilin: OSNA Convention Director

Linfield-Good Samaritan School of Nursing, Graduating March 2012, oregonsnaconventionsdirector@gmail.com



I am a recent graduate of Oregon Coast Community College where I earned my associate degree in nursing. I am now a practicing RN at a fast paced and challenging clinic in Salem and I love my job! When I first began my education in nursing I was so overwhelmed by how much there is to learn, and now that I am an RN working on my BSN I have realized there is even more to learn that I had originally thought! The one underlying message that I

am an RN working on my BSN I have realized there is even more to learn that I had originally thought! The one underlying message that I have learned and relearned is that the most important, and often most overlooked nursing skill a nurse can possess is presence. Presence with our patients, presence in our community and presence with everyone we work with. I am excited as convention director to combine my love of learning with our theme, nursing presence.

This year's convention will be held at Oregon Health and Science University's School of Nursing! I am thrilled that our convention is going to be at such a prestigious school. Additionally, I am excited that it will be in Portland because I feel we will have the most resources and organizations to learn from in the metro area. We do understand that having

the convention in Portland can be a hardship for some students, which is why this year we are working hard with hotels to get students discounted rates as well as having the possibility of attendees staying with host students. Please let us know your needs when registering and we will do all we can to make sure you are able to attend the convention.

As you can imagine, being the Convention Director is a big job and I am working very hard to make sure this convention is not only successful but that it really enriches the lives of students across the state. If you feel like you would like to help in anyway please sign up for my committee. I need volunteers across the board, ranging from helping the speakers, raising money, to as simple as coming to the convention to set or clean up. Let me know what

✦ **OSNA Convention Director, Continued from Page 11**

you are interested in and what your specific skill set is so we can match you up to the perfect job! If you feel like volunteering is not something you are interested in doing but have ideas as to what you would like at the convention please pass that information on as well. My goal is to make this convention meet the needs of the most people as possible.

Please check both our

website and our Facebook site often. We will be updating it frequently with speakers and workshops that will be offered. In addition, Jill Michaelson, from HURST review will be offering a two-hour NCLEX review for only \$5.00. She will be updating us with more information as to what the review entails, but as a recent grad and NCLEX survivor I know she has lots of valuable information!

Hope to see you all at our OSNA Convention coming February 2012.

Karen Bastian: OSNA Community Outreach Coordinator

Linfield-Good Samaritan School of Nursing, Graduating December 2011, oregonsnacommunity@gmail.com



I was born and raised in Jalisco, Mexico and came to the United States when I was fourteen years old. I feel blessed to be receiving a formal education and to become the first in my family to graduate from college. I live in Hood River, OR with my parents and siblings, and I am a senior nursing student at Linfield College. I am very happy to graduate December 2011. Besides being a typical nursing student, I represent you as your Community Outreach Director in the Oregon Student Nurses' Association (OSNA).

My role in OSNA is to involve nursing students in

community events related to health care and nursing in Oregon. I want to provide you with the tools necessary to be an advocate for your community. I am building networks with leaders in Oregon through my job in OSNA.

During my term here on OSNA I plan to increase membership participation for community walks, look for health fairs where nursing students can volunteer and gain experience; expose nursing students to different cultures and understand diversity and cultural competency in health care. I also plan in involving nursing students to participate in fundraisers that support health care, nursing or anything related to health.

Currently, I recruited nursing students throughout Oregon to participate in the Alzheimer

Walk on September 25th in Portland Oregon. Let me say it was a success and so much fun.

If you have any questions, suggestions/comments, you can reach me at oregonsnacommunity@gmail.com

Caitlin Reid: OSNA Treasurer

Linfield-Good Samaritan School of Nursing, Graduating December 2011, oregonsnatreasurer@gmail.com



I'm proudly serving as treasurer this year. I attend Linfield Good Samaritan School of Nursing and will be graduating this December. I can't wait! My role on the board of directors is to ensure

that we remain financially healthy by filing our taxes, balancing our budget each month and holding fundraisers. My main goal is increase our budget so we can hold more impressive conventions each year. You can help in a few ways. First, if you know of an organization that would like to sponsor our convention or give a monetary donation, please share our sponsor webpage with them or help us get in touch with each other. Second, we will be holding a silent auction in the spring. If you have community connections across the state for items that can be donated

to this auction, please let me know! We can work together to secure the donation in time for the auction. Some suggestions are jewelry, massages, restaurant certificates and hotel stays. Email is the best way to reach me: oregonsnatreasurer@gmail.com. I look forward to hearing from you! ~Caitlin

Jane Ko: OSNA Legislative Education Director

Linfield-Good Samaritan School of Nursing, Graduating December 2011, oregonsnalegislative@gmail.com



I am here to help educate, make aware, and collaborate with nursing students on current health problems/issues, work together to find solutions through evidence-based resolutions, and participating in policy making on the OSNA level to help facilitate values that promote the mission and vision of OSNA. I plan to oversee/chair 2 resolutions

(one from Board of Directors, one from another school) that address current problems in the healthcare arena with evidence-based solutions. I also want to visit different nursing schools to help promote OSNA and/or increase membership and committee involvement.

Resolution Committee:
Who are we?
The Legislative Education committee is dedicated in finding a health problem or issue to resolve through resolution writing. We are looking for members committed in researching for the position the resolution will represent, producing a final draft of the resolution for presentation at the NSNA convention, evaluate and/or suggest an implementation within the resolution, and follow

evidence-based practice principles when forming an implementation.

They will also be committed to OSNA and ONA's mission, reason for being, and rights/responsibilities stated in the bylaws. All persons are expected to meet once a month as determined by the committee (or more if needed). In addition, all members will be familiar with the NSNA resolution guideline to use as a backbone for writing. It is optional for committee members to go to the NSNA convention for presentation of resolution.

No experience of resolution writing is necessary. If you support evidence-based problem solving, dedicated in working as a team, and desire to seek positive change that

✦ **OSNA Legislative Education Director, Continued from Page 13**

affect the bed side, we want you!!

How to get started:
To apply, please follow this link to submit a general application:

<http://www.oregonsna.org/get-involved.html>. Current open positions: Secretary, Student Liason (2 will be accepted), Financial Committee Advisor, Resolution Authors.

Questions, Concerns?
Email Jane Ko, Legislative Education Director at oregonsnalegislative@gmail.com

Kelcie Grace Collins: OSNA Membership Director

Lane Community College OCNE program through OHSU, Graduating Spring 2013, oregonsnamembershipdirector@gmail.com



I am currently a second year nursing student at Lane Community College's OCNE program through OHSU. I will be staying with LCC through winter term then moving up to Portland to finish my bachelor's degree at OHSU by spring

2013. I joined OSNA's board in Spring 2011 as Membership Director. My goal as the Membership Director of OSNA is to increase the number of OSNA members. I would also like to encourage members to become more active in their community and with OSNA. As nursing students we have so much to offer to other fellow students as well as to our communities. I believe that as nurses it is our duty to improve our communities so why not start now.

As an OSNA member you can help me by encouraging your fellow students to join OSNA. Explain to your friends why OSNA is

important and what they can gain from becoming a member. Don't forget to check out our Facebook page and read our newsletters/e-blasts for volunteer opportunities. If you are interested in my committee, members will be asked to help with recruiting new members, visiting schools or responding to questions that members may have.

OSNA wants to come to you! If you are interested in starting a chapter or having the OSNA Board of Directors let me know so we can schedule an appointment to meet. Thank you.

Tyler Smith: OSNA Professional Development Director

Linfield-Good Samaritan School of Nursing, Graduating December 2011, oregonsnadevelopment@gmail.com



I see this position as a and scope of practice for the nursing profession as a whole. My major goals of this term in-cluded: submitting a resolution centered on professional expansion of the RN role, further development of the professional student nurse, and providing a divers and interesting set of speakers for the convention in February.

I am looking for individuals

interested in joining my committee. These individuals would be involved in researching and writing a resolution and helping gather and contact speakers.

If you have any questions please don't think it twice...email me at oregonsnadevelopment@gmail.com

Liz Robinson: OSNA Secretary

Portland Community College-Pre-nursing, oregonsnasecretary@gmail.com



I am currently a pre-nursing student. I currently work as a CNA 2 for Providence Medical Center

which excites me even more to start nursing school! My hope is to be starting at the University of Portland in June of 2012. My goal as Secretary is to support fellow board members and students to the best of my ability. Since most of what I do is in the background, I strive to represent OSNA positively in all facets of my life. If you have any comments, questions, praises or concerns, feel free to use me as a sounding board. I can help direct you to the more appropriate person if you're unsure who to contact

as well.

OSNA Board of Director meeting minutes will be available for members to view just go to oregonsna.org and check them out!

The best way to reach me is by OSNA email. I aim to return emails within 48 hours.

Email: oregonsnasecretary@gmail.com

Lynn Delorme: OSNA Nominations and Elections Committee Director

Linfield-Good Samaritan School of Nursing, Graduating December 2012, oregonsnanominations@gmail.com



During my term I hope to increase membership and assist my OSNA Board of

Directors endeavors. I offer to assist editing newsletter articles or writing. I plan on developing two fliers, one to increase membership, the other to promote applications for OSNA BOD positions for 2012-2013.

If you are interested in becoming a OSNA Board of Director stay tune. Applications will be coming out soon. Elections will be held during the OSNA Convention in February 2012. Become a leader and represent your wonderful state...Join NSNA/OSNA now.

We hope to see you at the OSNA activities, COSP workshop, OSNA convention, Newsletter publications, and in many other areas of this professional non-profit organization.

**Hope you have a wonderful and successful Fall Term.
Sincerely, OSNA Board of Directors 2011-2012**

This newsletter is being sent to you by the NSNA to keep you informed about the activities and services of the association and other items of interest. If you do not wish to receive this publication from OSNA, please send an e-mail to oregonsnamedia@gmail.com with "unsubscribe" in the subject and you will be removed from our database.

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