

regon **Nursing Student** **Vitals**

Vital News Oregon Nursing Students Can Use

2007-2008 Vision, Supporting Each Other: Working in Community



Pictured from left to right: Colby Willis, Nina Katovic, and Carey Kulp

By Nina Katovic, President

Welcome to fall and the beginning of another school year! Some of you are just starting your education to become a nurse, while others of you will graduate soon. Regardless of where you are on your path to becoming a nurse, *now* is one of the best times to be studying to be a nurse. From the buzz about nursing shortages, to being able to choose from a wide range of career options, the nursing field is full of possibilities. In Oregon, especially, more nurses are being trained at a higher level than ever before.

With so many choices (which school, which program, which specialization), it can also be overwhelming to be a student. Your OSNA representatives understand what you are going through. We are also students. Some of us are just starting our studies, while others of us will be graduating next June. The one thing that is common among all of us is our love of nursing. As a state chapter of the National Student Nurses' Association (NSNA), we want to support and encourage all students who are working to become nurses in Oregon.

+ [Visions, Continued on Page 2](#)

Not Enough Nurses, Oregon Deals with Shortage Better than Most

By Kindra Scanlon, Media Director

On a national and local scale, there are not enough nurses. The demand for nursing staff is expected to grow by 6 percent by 2020, while the need for nursing care is predicted to increase by 40

percent. The Health Resources and Services Administration (HRSA) projects a nationwide need for more than 800,000 nurses by the year 2020. The current nursing workforce is

retiring in greater numbers than in the past, which creates a catch-22, since it has created a need for geriatric nurses to take care of these retired nurses (and the rest of the

+ [Nursing Shortage, Continued on Page 6](#)

Table of Contents

OSNA Background.....	2
OSNA Newsletter Staff.....	2
Preparing for Fall Quarter, Transitions.....	3
Article Review: Suzanne Gordon, "What Do Nurses Really Do?".....	4
Join the Oregon Student Nurses' Association.....	4
The National Nurse Initiative.....	5
Oregon Senate Bill 329.....	5

Save the Date!

*The OSNA
Conference
February 23, 2008*

"Trust that which gives you meaning and accept it as your guide." -Carl Jung

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Questions and comments are answered promptly. Sources are also available upon request. Each article is researched and sourced to provide accuracy.

Join OSNA Today!

Membership information can be found at www.nsna.org. Become an OSNA member today! 📧

+ *Vision, Continued from front page*

Nursing is not a career that one chooses because it is easy. Rather, many student nurses say that they felt “called” to nursing, and nothing else made sense. Some students answer the call to nursing right out of high school, completing pre-requisites and immediately finding the school that is right for them, while others do so after working for years in a different field. No matter where you are on your path to becoming a nurse, our goal at OSNA is to make it just a little bit easier for you to do what you were meant to do. As we each work towards our goals, the best way that we can help ourselves is to help and encourage each other.

The *Vision* for this year at OSNA is to create a foundation of support for the community of student nurses in the state of Oregon. The more we are able to support each other, the more we will be able to accomplish. OSNA wants to take the lead in creating a supportive environment for nursing students. First, we are revamping our newsletter. We want to provide useful information for you as students, including ways to relax, study tips, and group volunteer opportunities where we can all get to know each other as we are working in the community. We also want to keep you informed about current issues that are in the news – regarding health care and nursing. You will find a current events section where we will discuss topics, like state and national legislature, or new successes in the field of medicine and nursing.

Our annual conference this year will be in Portland, Oregon on February 23rd, 2008. The theme for the conference will be “Transitions.” Mark your calendar and plan to come. This year’s conference will focus on assisting you from high school to nursing school, from nursing school to the working nurse, and from nursing school to graduate school.

We are also focusing on involvement at a local and national level. We will be presenting a National Nurse resolution to the NSNA Resolution Committee. We are also working on building a network of volunteer student nurses to offer assistance to rural communities in Oregon. More information on these projects will be presented and discussed throughout the year.

If you are interested in becoming part of OSNA or if you have questions or suggestions – please contact us and let us know what you think. The more of you that get involved, the more we can do for student nurses and for our communities! *I hope that this year is a successful year for all of you! Happy Studies! - Nina Katovic, OSNA President* 📧

OSNA Core Values: Background, Mission, Goals, and Focus

By Pazely Yates, Executive Director

OSNA Background

This Chapter of the National Student Nurses’ Association has been progressing every year and will continue to grow this year with your new Board of Directors. We are committed to promoting the success and professional development of student nurses in Oregon.

OSNA Mission Statement

OSNA is an organization of future nurse professionals throughout Oregon that fosters unity, personal

& collective responsibility to improve the future of nursing through professional development, collaboration, social advocacy, community service, and education.

Purpose and Goals of OSNA

The overarching goals of OSNA are to be responsible for and contribute to nursing education and the development of the individual professional while investing time and concern into current affairs regarding the nursing profession in order to provide for the highest-

quality health care.

OSNA Focus for 2007-2008

To reach the above mentioned goals this year’s focus for OSNA will be to strengthen the Oregon chapter through encouraging individual school chapters to support each other. While working to promote active constituencies, the Board of Directors will also provide opportunities for community involvement through the annual OSNA conference and various other outreach events. 📧

Feeling Overwhelmed? Prepare for a Successful Fall Quarter

By Kindra Scanlon, Media Director

Picture It: You are sitting in second week of fall term. The class has reached a plateau of difficulty. Left and right, friends and students are complaining about how hard and confusing this teacher is. You have some home stress with a husband and children who naturally require an involved wife and mother, and you have just received a near flunking grade on an important exam. You imagine a life without a nursing degree and cringe. In this unpromising future, your children are waiting for you at school, but you cannot afford to pick them up. Your husband loses his job and you can't pick up where he left off financially. Suddenly you feel like the characters in the movie, *Fun with Dick and Jane*, in which Dick and Jane are running through the neighbor's sprinkler in their underwear with a bar of soap, because they cannot afford water.

While this doomsday scenario is probably not your future at all, nursing school can be stressful. And in Ms. Dunham's book, *How to Survive and Maybe Even Love Nursing School*, she points out that cognitive distortions like the "Chicken Little Syndrome" scenario described above can be very detrimental to students' futures. You should recognize the existence of these distortions and let them go as you focus in on school.

While on the thinking positive track, keep at the top of your game:

Motivate or Procrastinate

The hallmark step for your career is a positive and motivated outlook. When you are negative and envisioning doomsday scenarios, these unfortunate events have a habit of happening.

Envision ways to intersect bad scenarios, like reading the content ahead of time to boost confidence. In "Procrastination: Ten Things to Know," Hara Estroff Marano points out that 20 percent of the population identify themselves as procrastinators. Furthermore, procrastination can be detoured if you ignore those, "I can do it later" lies that tend to crop up a week or two before an exam. Tell yourself, that what you can do later, after you graduate, is benefit from the advantages of a great degree, because you applied myself.

Organize and Focus

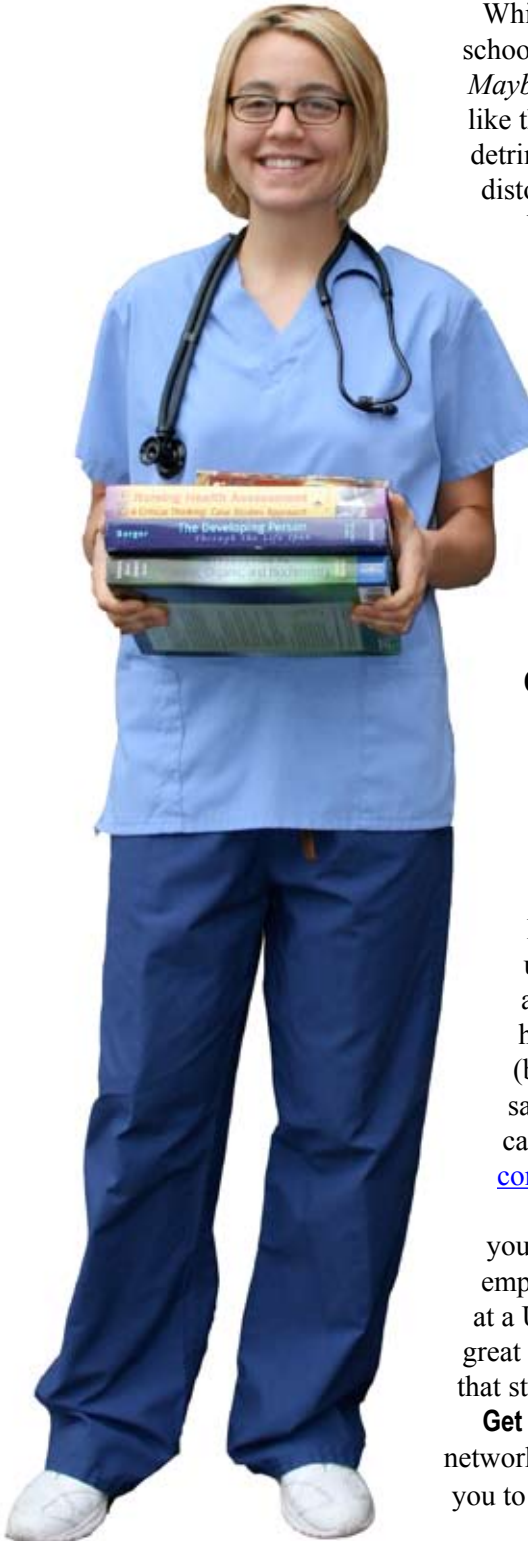
In *Campus Confidential*, *The Complete Guide to the College Experience*, an organized student is a comfortable student. A clean and organized desk with sufficient study materials and a bed with good clean sheets is recommended (after all, you do need rest). An area free of clutter also reduces roommate-related stress.

How do you Learn? Are you a visual, auditory, or tactile learner?

In *Power Learning*, Robert S. Feldman points out students have their unique ways of remembering and retaining information to their best advantage. Sometimes, noting key phrases in your speech can point out how you best learn: for instance, visual learners say, "I see" quite a bit (break out those pictures), whereas audio learners say, "I hear what you're saying" (time to record your notes on your iPod for that busride). Students can get a concise report on their learning styles at http://www.advisorteam.com/temperament_sorter/register.asp?partid=1.

Social Networking. Teachers and the students are more involved in your future than you may know. A school associate may become a future employer, or a teacher in one of your classes may sit on the decision board at a University or College. Impressions you make on your peers will have a great impact on your future. Positive impacts will lead to recommendations; that student who you helped in lab may contact you about a great job.

Get Involved with OSNA! We provide discounts on study materials, networking opportunities with other students, scholarships, and incentives for you to succeed in nursing school. 📚



Article Review: Suzanne Gordon, “What Do Nurses Really Do?”

By Nina Katovic, President

Two years ago, while I was applying to nursing school, a research nurse that I worked with at the Oregon Cancer Institute handed me an article by Suzanne Gordon, titled, “What Do Nurses Really Do?” I cannot thank this nurse enough for sharing this insightful article. It was the last piece of the puzzle of knowing for certain that I wanted to become a nurse. It was as if all my doubts, known and unknown, about the field of nursing were paraded in front of me – and then answered. How much do nurses really know? Are they educated about current medical therapies and interventions? Or do they simply do what the doctor says? What is it that nurses *actually do*? For a profession that includes over two million individuals in the United States alone, it is surprising, although true, that many people don’t know exactly what nurses do.



Suzanne Gordon presents a brief history of the field of nursing, from the early days to the modern-day struggles facing working nurses. Throughout history, nurses have been taught to be virtuous and caring, while downplaying their intellect and skills. She goes on to describe through her research, that nurses “... save lives, prevent complications, prevent suffering,

and save money.” She also suggests that nurses are no longer encouraged to work hard without speaking about what they do. The day has come when nurses are using and *sharing* their insight – as patient advocates, as teachers, as caretakers, and as policy makers. This theme is in line with our state conference theme this year, “Transitions.”

Nursing is at a crossroads as research studies support what so many have known – nurses are a crucial part of the healing process. Without proper nursing care, patients are less likely to recover quickly. Furthermore, the demand for quality nurses has never been greater. For those of you still wondering if nursing is right for you, I suggest Suzanne Gordon’s article, “*What Do Nurses Really Do?*” or better yet, her book, “*Nursing Against the Odds: How Health Care Cost-Cutting, Media Stereotypes, and Medical Hubris Undermine Nursing and Patient Care.*” She has spent many years researching nursing and eloquently presents the struggles and joys that engenders us to nursing. Nothing was more inspirational to me as I made my decision to apply to nursing school than this article. ***I highly recommend it!*** 📖

Join OSNA Today!

As you gear up for school, 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.

Get credit where credit is due. NSNA offers Leadership University for students interested in credit for leadership opportunities. Leadership University offers a faculty and mentor forum, a library, message board, and Council of State Presidents (COSP) corner for state presidents to stay in contact. After becoming a member of NSNA/OSNA at www.nсна.org, register for Leadership University at www.nснаleadershipu.org.

Conventions and conferences are also available for students. In the next newsletter OSNA will be highlighting its 2008 conferences and conventions. For more information, contact us at www.oregonsna.org.

The Nurse in Washington scholarship application is now available. Please visit http://www.nсна.org/activities/pdf/NIWI_application_form.pdf for more information. Applications for this scholarship are due by October 5, 2007. *Become a member today at www.nсна.org and then contact us to let us know you are a new member at www.oregonsna.org.*

Additional benefits include:

- Dues** - Annual dues are only \$26 per year
- Barnes & Noble** – Members receive 5% off orders of \$25 or more.
- Allheart.com** – Members receive \$10 off purchases of \$25 or more on uniforms, books, accessories, and shoes.
- Thomson Delmar Learning** – Get 25% off NCLEX Review Books and products.
- Verizon Wireless** – Sign up for a program and get \$50 cash back. Available while supplies last.
- Bank of America** – Get a credit card with no annual fee that features competitive annual rates.
- NSNA Convention discount** - \$85 for convention registration. \$60 for mid-year registration.
- Scholarship programs** – Members receive credit for their involvement with NSNA. The application is available at www.nсна.org.
- Imprint Magazine** – Educate yourself on nationwide student nursing topics.
- A Voice in Washington** – NSNA gives students opportunities to become politically educated and involved.
- OSNA Newsletter** – We’ll keep you connected with Oregon resources and topics. 📖

National Nurse Initiative News

By Nina Katovic, President



The National Nurse Act of 2006 was submitted to the U.S. House of Representatives as bill HR 4903 on March 8th, 2006. The goal was to establish an Office of the National Nurse within the Federal Government. Although this bill was not passed into law, the efforts to establish the Office of the National Nurse continue.

Teri Mills, a local instructor of Nursing at PCC, is the driving force behind the nationwide initiative to create The Office of the National Nurse. With over 2.5 million working nurses, the time has come for nurses to become leaders in health promotion on a national level. The public looks to nurses for guidance, with 92% of Americans reporting that they trust the information that nurses tell them. Furthermore, Americans overwhelmingly believe that the quality of health care is affected by a shortage of nurses. In order to address these and other issues, the duties of the Office of the National Nurse would be to:

1. Involve all Americans in preventive health practices.
2. Complement health services already in place.
3. Establish volunteer national nurse teams to deliver nursing assistance and education to

communities in crisis.

4. Give the nursing profession the national attention it needs to solve the current shortage of nurses.

Another key feature of the Office of the National Nurse is to establish National Nurse Teams at state and local levels. These teams of nurses, consisting of volunteer student nurses, retired nurses and volunteer working nurses, would strive to educate the public by reinforcing prevention and encouraging healthy behaviors, such as those outlined in the Healthy People 2010 Initiative. During times of crisis, National Nurse Teams could be recruited to assist in aid efforts.

As your state chapter of the National Student Nurses' Association, OSNA is writing a resolution in support of the creation of the Office of the National Nurse that we hope will be presented to the House of Delegates at the National Student Nurses' Association Convention in March 2008. If adopted by the NSNA House of Delegates, this resolution would support the efforts to establish the Office of the National Nurse.

As the role of the nurse continues to grow and change, it is critical that we establish a nurse leadership position within our federal government similar to that of the Surgeon General, which focuses on prevention and health promotion. If such a resolution were adopted, NSNA would support and promote the establishment of **the Office of the National Nurse**. For more detailed information, see the website:

www.nationalnurse.org

Oregonians Need Essential Healthcare: The Status of Senate Bill 329

By Nina Katovic, President

I'm sure that many of you took the time this summer to go see Michael Moore's new movie *Sicko*. I'm also sure that, like myself, many of you left the movie feeling discouraged about the state of our health care system. Recently on *60 Minutes*, David Walker, the Comptroller General of the United States, was quoted as saying that our health care system (specifically our Medicare System) is our number one fiscal challenge – over 50% more of our economy is spent on medical costs than any other nation, and yet we have the highest number of uninsured citizens of any industrialized nation.

Luckily, Oregon is poised on the edge of health care reform. It is also fortunate that we have many people passionate about health care reform working hard to make changes at the state level. On June 28th, 2007, the Healthy Oregon Act was signed into law by Governor Kulongoski. Developed over an 18-month period by public involvement and reform efforts, this bill was designed to create a change in our health care system in Oregon – so that all Oregonians receive essential health care benefits regardless of employment or health status. It is comprised of an Executive Director and a 7 member Oregon Health Fund Board. The timeline and initiatives of the Healthy Oregon Act have already been put into action. On August 21st, 2007, Governor Kulongoski announced his appointments to the Oregon Health Fund Board. It will now be the goal of the Board to put together a detailed health care plan for lawmakers to consider by October 1st, 2008. Once this takes place, the long-term goal is to initiate this new system by late 2009.

+ *Nursing Shortage, Continued from front page*

baby boomer retirees), in addition to the necessity of staff to replace the retired nurses.

However, nursing schools do not have the capacity to keep up with demand and nursing schools are finding it difficult to attract and retain good faculty. In 2005, nationally, nursing schools turned away 125,000 applicants because they did not have adequate teaching staff to accommodate many of those who applied.

Hospital patients are also more sick than they were approximately 20 years ago. Previously, nurses took care of a large number of patients because some were recovering from minor operations, but today, the increase in outpatient procedures has decreased maintenance care. Between 1980 and 2000, the length of stay dropped from an average of 7.5 days to 4.9 days. As a result, the average patient requires more detailed intensive care, and there are less staff available for these higher needs patients.


A 2005 study by the Health Affairs Medical Journal pointed out that higher staffing levels save money for hospitals. In fact, they

found that 6,700 patient deaths and 4 million days of hospital care could have been reduced if there were more nurses on staff. The American Association of Critical Care Nurses states that one of the critical pieces of appropriate staffing levels is that, "The healthcare organization has staffing policies in place that are solidly grounded in ethical principles and support the professional obligation of nurses to provide high-quality care." An AHRQ funded study found that the probability of a patient developing pneumonia increased as RN hours per patient decreased. The cost of caring for a patient who has developed Pneumonia rose by 84 percent. Mortality rates are also associated with staffing levels according to AHRQ, which shows the ethical dilemma associated with low staffing levels.

The Good News in Oregon

Between 2001 and 2006, Oregon graduates from RN programs increased by 45 percent. In 2006, on average, there are six applicants for every position in nursing schools. Nursing schools report a potential need for 92 additional nursing

teachers in the next 5 years. This is far better than the national average. Demand for nurses will continue to grow in Oregon, and more than 15,000 RN job openings statewide in Oregon are anticipated over the next 15 years.

Oregon also offers many organizations on hand to tackle its shortage. In 2001, the Oregon Consortium for Nursing Education (OCNE) grew out of the Strategic Plan of the Oregon Nursing Leadership Council (ONLC) as a means to deal with the nursing shortage. OCNE provides students with common admission standards, shared application processes, access to simulation training, distance learning options, and opportunities for students to transfer between partner schools. Also integral to nursing professionals in Oregon, the Oregon Center for Nursing was established to study and develop nursing strategies to deal with the nursing shortage. Based at the University of Portland, it is funded mainly by the Northwest Health Foundation. OCN worked to help get Senate Bill 4 passed, which declared a nursing shortage in the state of Oregon. 

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

Full page 7" x 10.375" - \$400
1/2 page horizontal 7" x 5" - \$250
1/2 page vertical 3.5" x 10" - \$250
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1/8 page vertical 2" x 3.5" - \$75
Classified Ads (*words only*) are \$40 each
Color or black and white are acceptable.

*If planning to advertise in more than one issue, deduct 20% from ad fee and stipulate intent with file. We require a contractual obligation in order to place the ad in the publication. Any requested design work is \$15 per hour made payable to OSNA.

Insertion order deadlines:

Spring 08 issue, December 10

Summer 08 issue, March 15

Files should be 300 dpi resolution in PDF or EPS format, with all graphics flattened. Files may be emailed. If emailing a large file proves problematic, email kscanlon@creativeriver.com to find an alternate method of sending files. Label all disks/files/emails with the date and which issue you intend to advertise in. Make all checks out to OSNA.

Please send all materials and insertion orders to: Kindra Scanlon, kscanlon@creativeriver.com. Please call 503.490.4933 with any questions. 