

Vital News Oregon Nursing Students Can Use

OSNA State Conference Transitions: Nursing 2008 *Navigate a Successful Nursing Career with OSNA as Your Guide*

By Colby Willis, Conference Co-Director

Mark your calendars - the annual state conference is just around the corner! This year's conference will be held at the **Linfield College School of Nursing on February 23rd and 24th**. Come and join current nursing students and pre-nursing students for two days of exploration into the exciting field of nursing. There will be nurse leaders speaking about the many different specializations and fields in the ever-changing environment of nursing and the transitions experienced as these nurses and future nurses broke through into their chosen specialty. At the conference, you'll hear from nurses in careers such Life Flight, emergency department, intensive care units, neonatal care units, labor and delivery, community health, palliative and hospice care, nursing politics, nurse midwifery, armed forces and many more topics important in the field of nursing. Visit one of our many vendors and learn about potential nursing schools admission



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Bringing Wellness to Oregon's Vital Communities

By Nina Katovic, President



The *Wellness Bus* community health project is a student-led proposal to create a mobile health-screening clinic that would travel to rural areas throughout the state of Oregon, where Oregon nursing students would offer health screenings for the underserved. Similar to a community health fair, screenings and information about health-related topics including diabetes, high blood pressure, cholesterol, smoking/tobacco education, exercise and healthy food choices would be provided

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The Oregon Student Nurses' Association

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If you have any comments or suggestions, please let us know at kscanlon@creativeriver.com.

Join OSNA Today!

Membership information can be found at www.nсна.org. Become an OSNA member today! 📌

Keynote Speaker for the OSNA Conference: Colonel Regina Aune

By K.C. Dunham, Conference Co-Director



Colonel Regina Aune

She helped assist in the rescue of 175 babies and people in Operation Babylift, despite broken bones and a plane leaking fuel in a remote rice paddy field in Tan Son Nhut. Also, she truly exemplifies our theme this year— “Transitions.” Colonel Aune’s life and career has been one of transitions. Her career has taken her from staff

nurse to being the leader and manager of three medical facilities—supervising all health care professions to include medical doctors. Furthermore, she expanded her education to include an MSN and a PhD. Lastly, she has passed on her knowledge, teaching at the University of San Diego and at the Graduate School of Nursing at the Uniformed Services University of the Health Sciences at Bethesda Maryland.

The Oregon Student Nurses Association is proud and honored to have Colonel Regina Aune, PhD, RN, USAF (ret) as our keynote speaker and hope that we all can draw inspiration from not only Colonel Aune’s actions that terrible day in Vietnam, but also from her rich and complete career today.

For more information about Colonel Regina Aune, visit the article (<http://www.af.mil/history/spotlight.asp?storyID=123018051>) from the Air Force news service. It outlines even more examples of why our Keynote speaker, Colonel Regina Aune is an extraordinary person. 📌

You Say You Want a Resolution?

By Nina Katovic, President

Last year when I attended the NSNA Annual Convention, I signed up to be a delegate for the OHSU School of Nursing student organization known as the Student Nurses Association of Portland (SNAP). I didn't have a clear understanding of what it meant to be a delegate for my school. At the time that I signed up, I was simply told that it was mandatory for me to participate in the House of Delegates. When I entered the hall with rows and rows of tables topped with signs for each state, I searched, with my fellow SNAP delegates, for the table displaying the sign "Oregon." After taking our seats, we noticed handouts at the front of the room that everyone was picking up. I walked up and picked up my first official copy of the Resolutions Packet.

A RESOLUTION is a “written statement that, when adopted by the House of Delegates, is the basis for the policies and actions of the National Student Nurses’ Association (NSNA).” Resolutions, when adopted by the NSNA House of Delegates serve to guide the organization based on the views and opinions of the students at large.

Bottom line, if you want to have an impact at the national level regarding a particular health care topic, the resolution is the means by which to achieve this goal. Students from around the country who are motivated by a particular health care concern or cause, using data gathered from the literature, create a statement on this issue for the NSNA House of Delegates to adopt as its policy. The NSNA Board of Directors, using the resolutions as guides, informs NSNA members of legislative changes, political candidate positions, or other news and events related to the resolutions that have been passed.

The steps to writing and presenting a resolution to the NSNA House of Delegates are as follows:

- 1. Decide on a topic.** Although this seems like a simple step, it requires quite a bit of background work. No resolution can be brought to the House of Delegates if a similar topic has been presented and passed at the House of Delegates within the preceding 10 years. Therefore, you must review all

➤ **Resolution, Continued on Page 7**

NSNA National Convention: Blazing Your Trail to Grapevine

By Carey Kulp, Breakthrough to Nursing Director

If you are curious about attending the 56th annual NSNA convention, you may be aware of the ample opportunities to socialize, learn, explore leadership opportunities, and network. OSNA would like to help you for what is sure to be an amazing week at this year's convention—"Blazing Trails: The New Age of Nursing."

While packing, be sure to include the necessities and more. If you have business cards, bring them with you. It is easier to exchange cards than to shred up your program trying to write and tear off email addresses and then be caught wondering where and when the next speaker you wanted to attend will be. If you will be graduating and are beginning your job search, bring

a current resume and references, as you will have opportunities to network with potential employers. You will be doing a great deal of walking and standing; comfortable



(but professional) shoes are a must. For full dress code, please see www.nсна.org. If you like to shop, you will find variety of text resources and NCLEX review materials, and other nursing items will be available at discounted rates. You can support your fellow NSNA chapters by purchasing a wide variety of apparel and other goodies. Extra spending money

is advised—but mind your budget. Bring an extra bag with you so you can take home all of your newfound treasures.

Come prepared to play, learn and lead. When you first arrive, take some time to familiarize yourself with the itinerary. On a separate sheet of paper, list the talks you would like to attend each day and the time scheduled. This will help you plan your time. The first evening of the convention will include Texas themed party complete with dancing and Texas style grub. Pack your best western wear and expect to have a great time at this party! When you're in talks, don't be caught without a pen and notebook. There is so much information that it can easily be forgotten. A mini-

✚ *Grapevine, Continued on Page 8*



"I feel extremely fortunate that I have been continually matched with clinical instructors and clinical sites that match my personality and learning style."

—Timothy Johnson, undergraduate student

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Party Candidate Health Care Plans: How Do They Measure Up?

By Nina Katovic, President

February 5, 2008 marks another important turning point in the bid for the presidential nomination by the Republican and Democratic parties: **Super Tuesday**. After this date, it will be much clearer which party nominee which will be chosen.

Educated healthcare is strong healthcare. As future nurses, it is important to examine the various health care plans of the candidates

that are running for office. These positions *could* greatly impact not only the way that our health system is run on the broadest scale, they could also directly affect how we are paid, how we advocate for patients, and how we ourselves are treated if we become ill.

Below you will find, on the most basic level, what each major candidate has stated is their health

care plan. More detailed information can be found at www.health08.org. It is important to investigate who most represents your views on how our health care system should be run. As nurses, we are the future of health care and if we do not get involved, someone else will decide for us, what is in our best interests. Educate yourself, then, educate others.

Democratic Party Candidate	Stated Goal	Plan Outline	Funding
Hillary Clinton	Affordable high-quality universal coverage through a mix of private and public insurance	<ul style="list-style-type: none"> • Every American required to have coverage, with income-related tax subsidies available. • The Federal Employee Health Benefits Program (FEHBP) would create a new Health Choices Menu to provide private and public plan options to individuals • Medicaid and SCHIP strengthened “for the most vulnerable populations” to plug gaps of lack of coverage for poor, childless adults • Refundable tax credit to help pay for coverage and a “retiree health legacy initiative” created to offer a tax credit for qualifying employers offering retiree health plans 	Cost estimated to be \$110 billion a year. \$35 billion to be financed by savings from initiatives. \$21 billion in savings from Medicare private plans, recapturing Medicare / Medicaid payments to hospitals for uninsured, and prescription drug costs. \$54 billion from limiting tax exclusion for employer-paid health insurance and discontinuing tax cuts for those with incomes over \$250,000.
Barack Obama	Affordable high-quality universal coverage through a mix of private and expanded public insurance	<ul style="list-style-type: none"> • All children required to be insured • All employers required to offer employee health benefits or contribute to new public plan • Create the National Health Insurance Exchange for small businesses and those without access to health insurance coverage could enroll in the new public plan or in approved private plans • Expand Medicaid and SCHIP • Maintain existing state health reform plans if they meet minimum standards of the national plan. 	Cost estimated to be between \$50 and \$65 billion a year when fully phased in. Financing expected to come from savings within the health care system. Additional revenue from discontinuing tax cuts for those with incomes over \$250,000.

This table was adapted from www.health08.org and is continued on page 5

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.

NSNA offers Leadership University for students interested in credit for leadership opportunities.

Leadership University offers a faculty and mentor forum 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.

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.

OSNA Volunteers to Strengthen Communities

By Kindra Scanlon, Media Director



Nina Katovic, OSNA President (left), and Basilia Wollam, President of the Mount Hood SNA Chapter (right), knit hats for babies.

In 2007, OSNA volunteered with Dignity Village, putting up Christmas decorations, knitted hats for babies at the hospital, and walked in the Susan G. Komen Race for the Cure.

Community health is very important to OSNA. In recognition of this in 2008, OSNA is currently sponsoring two important community health fairs

geared towards public health and health awareness: the **Healthy Living Fair** at Tuality Hospital, on February 9, which is being organized by the PCC NSNA second-year student nurses, and the **Ardenwald Community Health and Safety Fair** on March 9 at Ardenwald, organized by OSNA and OHSU nursing students, which will feature a bike parade event, important health and safety topics and health screenings.

Of course, by far our biggest community event, our annual state conference, “**Transitions: Nursing 2008**” will be held on February 23 and 24, 2008 at the Linfield School of Nursing in NW Portland. Space is filling up fast for this conference, so please sign up as soon as possible.

Visit our website at www.oregonsna.org for more information on all of our community service events.

Additional volunteer events will take place in March, please stay tuned as they will be highlighted on our website at www.oregonsna.org.

Please let us know if you would like to volunteer at any of our events or would like to become more involved with OSNA in the future. OSNA is strong because of **You**, our valued nursing and prenursing students. 📝

Republican Party Candidate	Stated Goal	Plan Outline	Funding
Mike Huckabee	A “complete overhaul of our health care system,” to create a health system favoring market-based, consumer-based policies	<ul style="list-style-type: none"> • Use tax deductions and tax credits to encourage people to buy private health insurance and encourage other market-based solutions to problems of cost and access • Opposed to “universal health care mandated by federal edict” • Provide a health insurance tax credit to low-income taxpayers • Allow states to act as test-sites for new market-based approaches to coverage 	Financing not specified.
John McCain	Provide affordable health care access for all by paying only for quality health care, having insurance choices that are diverse and responsive to individuals, and encouraging responsibility	<ul style="list-style-type: none"> • Remove favorable tax treatment of employer-sponsored insurance and provide tax credit to increase incentive for insurance coverage • Opposes mandates for coverage • Provide tax credit to all individuals and families for the purchase of insurance • Promote competition and individual choice of insurance by allowing insurance to be sold across state lines 	Financing not yet specified.
Mitt Romney	Provide access to affordable quality insurance for every American and slow the rate of inflation in health care spending.	<ul style="list-style-type: none"> • Expand and deregulate the private health insurance market • Make changes to the tax treatment of health insurance • Promote state-based innovation • Give states full flexibility to restructure Medicaid by removing administrative requirements • Provide federal incentives for states to deregulate and reform health insurance markets to lower costs and facilitate choice 	Would be financed by redirecting existing subsidies for care of the uninsured. 📝

This table was adapted from www.health08.org

Student Nurse Studies in China: The Balance of East Meets West

By Kathleen Wirtz, Vice President

This year I was one of fifteen students accompanied by two professors studying health care in China in January. We visited hospitals, clinics, Chinese herb pharmacies and met with nurses, doctors, administrators and government officials. Additionally, we enjoyed history, culture and cuisine in all five cities: Beijing, Xi'an, Hangzhou, Suzhou, and Shanghai.

Our group had assignments prior to leaving for China which helped us prepare in advance for what we might see and experience. Although we felt better prepared to understand health care in China nothing could prepare us for what was to come. China, hosts one-fifth of the world's population which results in crowds of people at nearly every public place. Pausing to think before I step may result in 20 people rushing ahead of me. The hospital out-patient clinics functioned the same way. Independent doctor's clinics do not exist, nor do appointments. Some travel for hours from rural communities to get in line to register to see the doctor. At the highest level hospitals, patients may have to return daily for up to 2 weeks to see the best physicians. And, the people desire to see the best. Currently, the majority of people in China under forty believe that Western medicine is the best.

Traditional Chinese medicine (TCM) has been practiced for more than 5,000 years and is still practiced in every hospital and clinic throughout China. The healing modalities used in TCM include herbal remedies, acupuncture, moxibustion, trina (massage), and cupping. A treatment plan is offered to cure the source of the disease rather

than treating the symptoms as is frequently the outcome with Western medicine.

In contrast, Western medicine was brought to China approximately 200 years ago at the end of the Opium Wars when missionaries gained entrance. It brought healing for many acute diseases and injuries that previously resulted in death. Today China strives for balance in using TCM and Western medicine. The




Photo by Kathleen Wirtz

doctor's goal is to work with all treatment possibilities in order to care for the patient holistically. A stroke victim may be treated with Western medicine to clear the initial vessel damage. As the patient stabilizes he may use herbal remedies to strengthen his body or chi. As the patient begins to recover, Western therapy is used to help the patient regain movement while the TCM doctors use acupuncture to cure facial paralysis.

As a nursing student I was interested to learn the role of the Chinese nurse dressed in her white cap and dress. Nurses were brought to China by missionaries in the mid-1800's. Nurses in China are trained in Western medicine, but are offered a basic introduction to TCM. The nursing shortage in China is astronomical compared to the United States, 1:1,000 nurses to individuals in China versus 1:100 in the U.S. This has a serious impact on patient care considering support services are not provided in the hospital. If drugs are needed for a patient, the nurse gets it from

the pharmacy in the basement. The same applies with equipment from central supply, trash in the waste can, and blood on the floor... the nurse is responsible for it all. The nurse to patient ratio in many in-patient facilities is 1:10 with no nursing assistants. A patient's family may provide some of a patient's basic care. Although nursing schools and universities have increased the number of nursing graduates, new grads are faced with unemployment as the government has yet to fund enough nursing positions. The government is beginning to address the funding shortage while it also explores the nurse's role in community health. The last two decades of China's open policy places it at risk of losing nurses to foreign countries if a plan is not implemented soon.

As we leave China, I take with me a new appreciation for the citizens, compassion and respect for nurses in China, and a greater love for my own country and my future as a nurse. My thanks to Linfield College for making my study of health care in China possible. 

Study Abroad Programs

www.globalsemesters.com

- Summer in Cyprus: Health Sciences
- Summer in Mexico: Medical Spanish Program

<http://www3.uakron.edu/nursing/International/international.htm>

- International Nursing in Germany - 3 credit course.

Linfield offers study abroad options as part of its nursing program, to China, India, Southeast Asia, South Africa, Cameroon, and soon Russia.

+ Resolution, Continued from page 2

the resolutions that have passed within the last 10 years to confirm that your topic is not redundant. You can find all the resolutions that have been passed since 1998 on the NSNA website at <http://www.nсна.org/pubs/resources/resolutions.asp>.


- 2. Support your resolution statements (a.k.a. “Whereas” statements) using current studies and literature as evidence, and you must provide specific actions that will be taken by NSNA (a.k.a. “Therefore” statements).** The articles and books that you cite in support of the statements you make in your resolution must be no more than 5 years old. You must use reliable sources to support your statements. You must also state what you would like to do once your resolution is adopted. For example, you could state that you would like to notify the American Nurses’ Association (ANA) about NSNA’s support of increasing awareness of a particular health care topic. You must include a bibliography page with full citations in APA format.
- 3. Create a budget for your resolution.** Once you have completed your Whereas statements and included the Therefore statements explaining who NSNA will notify of this resolution, you must calculate the amount of money that will be spent on making copies and buying envelopes and stamps to mail out your resolution to the appropriate parties.

NSNA Highlights

Need money for college? **NSNA scholarship alert!** Nursing Spectrum and NurseWeek are again presenting their 7th Annual Essay Contest. The Deadline is February 11, 2008. For more information, please visit: http://www.nсна.org/pubs/pdf/NSNA_NursingSpectrum_NurseWeek.pdf

Interested in starting a school chapter?

Please visit the NSNA website and download the informational flyer titled, “*Getting the Pieces to Fit*.” This informational booklet outlines membership requirements, benefits, structure, communications, election areas, foundation of the NSNA, and NSNA’s Board of Directors, Committees, and Appointed Representatives.

With the various schools working to be successful under the NSNA national chapter, conduct is an important piece of the larger pie. In order for state and school chapters to be consistent and professional, (and for the national convention) NSNA has outlined its **Code of Conduct** at http://www.nсна.org/meetings/code_of_conduct_members.asp. 


- 4. Write an abstract detailing your resolution and its purpose.** The documents that you send to NSNA with your resolution must include a one-page abstract with the pertinent information about your resolution.
- 5. Have your resolution approved by either your school or state NSNA chapter.** You must submit your resolution to your state chapter and await a vote from your state constituents; or you may ask your school SNA chapter to vote to approve the submission of your resolution to NSNA.
- 6. Submit your resolution by the deadline to the NSNA Resolutions Committee.** This year the deadline is February 11th, 2008. You must review the checklist and be sure to include all necessary items on the checklist.
- 7. Be present at the Resolutions Author’s Meeting and Resolutions Hearing at the NSNA Annual Convention.** This event takes place on the Tuesday and Wednesday prior to the Annual NSNA Convention. You must be prepared to give a 3 minutes speech to the entire House of Delegates and willing to either accept or reject changes that are proposed by the members of the House of Delegates. You must also be prepared to answer questions regarding your resolution as it is debated at the House of Delegates.

And then, finally, your resolution is introduced at the House of Delegates with a 2-minute pro-statement by the authors. At this time, your resolution will either be rejected or implemented by the House of Delegates and you are a part of history.

The process of writing a resolution is something I believe every nursing student should experience during their time in school. It is a great way to become familiar with the steps necessary for writing legislation. By understanding the process, your ability to understand health care legislation will improve. With this understanding, you will be able to make more informed choices regarding health care policy at your local, state, and federal levels.

If you are interested in writing a resolution for a health care topic that you are passionate about, please feel free to email me with any questions or for guidance. Your instructors are also a great resource for help with the process of writing a resolution. Although it can seem like a daunting task, the reward is worth it. Not too long ago, “Pain is the 5th vital sign” was a resolution introduced by a student to the NSNA House of Delegates.

My advice — dream big!

Questions, comments, or want to connect with the OSNA President? Please contact Nina at katovicn@ohsu.edu. 

✦ Wellness Bus, Continued from front page

by nursing students supervised by nursing faculty. In addition to being a valuable service to underserved communities, students would work together to build professional relationships with each other before graduating from their respective programs and entering the working world. This proposal exemplifies the mission of OSNA to “foster unity, personal and collective collaboration, social advocacy, community service, and education.”

Not only does this project accomplish these goals in a tangible way, but it could also easily be passed on from one graduating class of nursing students to the next, creating a legacy that Oregon nursing students can be proud of. Senior nursing students could lead orientations and offer guidance to underclassmen as they work together in community. This project would provide an opportunity for future nursing students to experience first-hand the unity, social advocacy and community service that are the cornerstones of OSNA and the nursing tradition itself.

As president of OSNA, I am particularly excited to promote this community health project as I believe it would bring students together as we work towards a common goal of providing a needed service to Oregon communities.

If you are interested in becoming involved in this project, please check the OSNA website for updates and planning meetings, or feel free to contact Nina Katovic via email at katovicn@ohsu.edu or by phone at 503-781-4141. ✍️

✦ State Conference, Continued from front page

requirements, or talk to the nursing recruiters about the next step in finding employment after graduation. The intent of the conference is to be a resource for nursing students outside of the classroom and to help build the growing student nurse community that will be carried forward to future nursing careers. The theme of our conference, “Transitions,” reflects a vital part of nurses’ careers in 2008 and beyond. Nurse, now more than ever, have more responsibilities, can select from a myriad of specialties, and have an opportunity to advance more with higher level degrees. So come start networking and growing — **You** are the future in nursing. ✍️

✦ National Conference, Continued from page 3

NCLEX review is also offered for those who are preparing to graduate or want to prepare for the NCLEX early. If this interests you, make sure you register for the convention and mini-NCLEX review package.

Attending the conference affords you an opportunity to be a leader. If you haven’t considered it already, please consider becoming a delegate and lending your voice. As a member of the House of Delegates, you have an opportunity to listen to, evaluate, debate and vote on proposed resolutions that help shape the future of NSNA and the nursing profession. You might also consider running for a position on the NSNA Board of Directors. For more information, please go to www.nсна.org.

The conference this year is to be held March 26-30th at the Gaylord Texan Resort and Convention Center in Grapevine Texas. I am looking forward to attending, and I know it will be a time to remember. I hope to see you there as well. Until then, keep working hard; you can do it! ✍️

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

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Insertion order deadlines:

Summer 08 issue, March 15

Fall 08 issue, August 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@creativiver.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.

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