

News for Busy Student
Nurse Leaders

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NSNA to Host Mid-Year Convention In Portland!



NSNA will be hosting the Mid-Year convention in Portland from November 6-9th 2014.

It's that time of year again...school is starting, Fall is setting in and the Mid-Year Convention is almost here! The Oregon Student Nurses' Association is excited to announce that we are partnering with the National Student Nurses' Association this year to bring you a bigger and better event. The Mid-Year Convention will be four days of career planning education, incredible guest speakers and networking opportunities for all. We feel honored that Portland was chosen as the host city for the event and we are excited to have students from all over the nation in attendance.

During the convention, there will be an *NCLEX mini review, workshops to foster professional growth, a variety of leadership workshops and an opportunity to talk to exhibitors and learn about nursing positions, opportunities to advance your education and the latest products and services available to nursing students.*

The Oregon Student Nurses' Association is proud to sponsor three speakers at this year's event. The topics of discussion will be: Motivational Interviewing, Sex Trafficking and Transgender Rights. We can't wait to see you there!

Launch Your Career in the City of Roses: Mid-Year Career Development Conference

The event will be held on Thursday, November 6th through Sunday, November 9th at the Hilton Portland & Executive Tower in downtown Portland. Advanced registration closes on October 14th by fax or mail and closes on October 20th online at www.nсна.org. There are group rates available for pre-registration.

New Board Spotlight

My name is Jacklyn Spiegelberg and I am the OSNA vice president for the remainder of the 2014-15 school year. I am really excited to be part of OSNA. I plan to hit the ground running in attempt to catch up to all the work that has already been done by the other board members.

I spent my first two years down at OHSU Ashland and am very excited to be at OHSU Portland for my senior year. I am a Seattleite but I love going to nursing school in Oregon. I recently completed a summer internship at Duke University Hospital on the Oncology/Med-Surg unit. I hope to become a DNP in Adult Critical Care.

I enjoy traveling and in the future hope to offer my nursing skills abroad to developing and 3rd world countries. I enjoy volunteering my time to help underserved communities. I have volunteered in Guatemala, Peru and in Southern Oregon. I also have a strong passion for working in disaster relief medicine.



OUR SPONSORS

NEW BOARD SPOTLIGHT (cont.)

My goals as vice president of OSNA are to help this year's board create a strong foundation so that the incoming board can easily build on our work. I also want to help boost student awareness and participation in OSNA. I think it's important to help nursing students connect with opportunities outside of school to enhance their educational experience. It not only promotes leadership and self-direction but also helps develop the skills necessary to assess systematic change.



NEW BOARD SPOTLIGHT

Hi I'm Wendy Mundell, I'm a junior at OHSU and the Community Outreach Director for OSNA. I'm passionate about nursing and women's health. I'm looking forward for this opportunity to engage students in outreach projects that will enhance their learning, in addition to contributing to the community. I am currently running a raffle in support of Neighborhood House at our joint Mid-Year convention with NSNA. We will have amazing give away raffle prizes, and all proceeds will be donated to an amazing organization! Come prepared, bring cash!

NEW BOARD SPOTLIGHT

My name is Jacques Stevenson St Gelus. I was born and raised in Port-au-Prince, Haiti. I have three sisters and one brother. My experience in the healthcare started in Haiti as a translator for missionary doctors and nurses who would come to do mobile clinic in remote places in my country. Despite these experiences, I did not consider going in the healthcare system until after January 12, 2010 when I experienced a major earthquake that completely confirmed me to go into the medical field. I am a nursing major at George Fox University starting this fall 2014 and am hoping to go into medical school to become a pediatric Surgeon. I am currently working as a CNA at Shriners Hospital for Children in Portland. As the new Annual Convention Director for OSNA, I am delighted to work with all the board members who are all working as a team to make OSNA the best it could possibly be. I am very open to any way that I can be of help to anyone from any kinds of backgrounds.



ONA: 2015 Nurse Lobby Day

What: "Nearly 300 nurses and nursing students from across the state will gather to meet with legislators and advocate for issues that are important to every nurse. Focus on the need to make improvements to Oregon's Nurse Staffing law.

When: Tuesday, February 10th 2015

Where: Oregon State Capitol Building, Salem, OR

More details and registration:

[http://www.oregonrn.org/
events/event_details.asp?
id=461027](http://www.oregonrn.org/events/event_details.asp?id=461027)

School Presidents' Meeting

At the NSNA MidYear conference

NOV 8TH, 2014 11:00AM – 12:30PM

Hosted by: Oregon Student Nurses' Association

Invited Guests Include: Oregon Chapter Presidents and at least 3 other board members and any students interested in starting a OSNA school chapter at their current nursing program.

A meeting about local and state projects. The OSNA Board of Directors will utilize this time to present topics about increasing membership, creating fundraisers, fiduciary responsibility, and servant leadership. Developing a plan early is the best way to implement your goals and ideas for the year. Hear from other chapter leaders about their successful projects and join in discussions about recruitment, teambuilding, and making an impact as a student nurse.

Guest Speaker: Jesse Kennedy,
Immediate Past NSNA President, ANA
Director-at-Large 2014-15, OSNA VP
2012-13, Lane CC SNA President 2011-13



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Please RSVP by November 5th to
oregonsnapresident@gmail.com

CONVENTION GOODIES!!!!

Come see us at the OSNA Fundraiser Table

**Student &
Locally Made**

We have some exciting new fundraiser items for every kind of nurse including: t-shirts, sweatshirts, very cool penlights/pens, badge buddies, and many more OSNA products.

Stop by our fundraiser table at Midyear and store on our website to for free giveaways and great deals that support local nursing students!

A History of Caring



New T-Shirt Design!

BECOME A MEMBER!

Join the NSNA before Midyear Conference and Save BIG

It's that time of year and a new memberships with the National Student Nurses Association are upon us with the start of a new school year. Money will fall out of your pocket if you don't become a member of NSNA and still attend the mid-year convention. By becoming a member you save up to \$30 on the NSNA Mid-Year Convention after paying your membership dues .

You also get many more benefits and savings by becoming a member.

Become a member today by signing up at www.nsnamembership.org.

Do not forget to preregister for the convention by October 20th for more savings.

Please contact Crystal at oregonsnamembershipdirector@gmail.com



Community Outreach

NOVEMBER 6-8, 2014

NSNA Midyear Conference

CAREER PLANNING CONFERENCE IN PORTLAND, OR.

This year OSNA will be hosting a raffle and proceeds will go to support Neighborhood House, an organization established in 1905 to assist the homeless, low-income families, recent immigrants and other vulnerable populations in the Portland Metro area, helping them overcome challenges and achieve success.

Visit our fundraiser table to win amazing prizes while benefiting a local charity that changes the lives of Oregon families everyday.



Referral Process in the Treatment of Ankyloglossia: Changing Protocol for Nurses in the Light of New Research by Justine Blaud, RN

Defining Ankyloglossia

Ankyloglossia, also known as tongue-tie, is a condition in which an infant's frenulum is excessively tight, thus restricting tongue and lip immobility (Henry & Hayman, 2014). This not only poses problems in regarding to latch and breastfeeding, but has also been shown to impact oral and speech development, and general self-esteem if left untreated (The Academy of Breastfeeding Medicine, 2004). Initially, the condition is often noticed by nurses and lactation consultants while the mother and baby are evaluated for proper breastfeeding latch, as the former may be extremely painful and difficult for mother and child (Stafford, 2014). As impeding ankyloglossia is relatively rare at 3-5%, there is still wide debate as to its proper treatment, and education surrounding the new procedures available is not pervasive throughout the US (The Academy of Breastfeeding Medicine, 2004). The referral process is thus impacted directly by the resource availability of the region.

Historically, hospitals nationwide used to train obstetricians in the art of identifying and correcting ankyloglossia through a procedure called frenulotomy directly after birth. However, training waned as the prevalence of bottle feeding grew in the 40s and 50s, making tongue-tie less noticeable as infants did not have problems feeding. This phenomena subsequently halted ankyloglossia research (Henry & Hayman, 2014). Today, ankyloglossia is recognized as a significant problem in breastfeeding adherence, and seems to create significant problems with teeth positioning and speech later in life, and as such many healthcare workers recognize the need to intervene in a timely manner (Henry & Hayman, 2014).

Common Approach to Ankyloglossia

Up until recently, nurses and lactation consultants recognized the signs and referred the patient to an ENT specialist for follow up. In the past, most of the ENT physicians would then operate on the frenula (both tongue and lip if needed) at the bedside before patient discharge. Today, this process is in the midst of being reevaluated, as many pediatricians disagreed with nurse's ability to call the ENT doctor directly. The physicians' belief is that by bypassing their office, they have no time to evaluate the patient themselves, and therefore ENT specialists are performing surgery on their patients without PCP authorization, leading to the potential for denial of payment from insurance companies. However, specialist referral should be part of the process as many of the babies with tongue-tie also have lip-tie that can go undiagnosed if the practitioner is not up to speed on the most current research. The lip-tie has been shown to be just as detrimental to breastfeeding, as the child cannot flange their lips enough to latch on properly, and may also cause pain to the mother (Henry & Hayman, 2014).

Referral Process in the Treatment of Ankyloglossia (cont.)

In Support of the Referral Process

While a delay in proper latch can definitely impact milk supply and future breastfeeding, children are at lower risk of weight loss thanks to bottle supplementation, as they do not need to latch, or use their tongue in the same way as they would if they needed to breastfeed. However, the previous belief that frenula will resolve themselves as the child grows older seems to not have supporting evidence; in fact, the opposite seems to be true as it seems to cause many more dental and bite issues later in life (Stafford, 2014). An interesting testimony provided by a mother of a child with tongue- and lip-tie issues shows photographic evidence of how impactful the problem can be. The blog also emphasizes how the family was emotionally stressed and financially impacted by the lack of adequate referrals and access to specialists (Mogaveros, 2011). It also points out that there are better success rates with laser frenectomies versus traditional clipping of the frenum with scissors. This is supported by a growing number of dental professionals but is not seen extensively in practice (Stafford, 2014). In light of the new advances in technology, it is more evident that pediatricians and specialists should be working hand in hand to support patients and families through the process of referrals and frenectomies, as they should be in closer contact with the local resources and doctors that perform the surgeries. With the advance in technology and evidence-based practice, there is a need for the referral to be made to a specialist in a timely manner. The most adequate person to be able to make that referral should be the pediatrician, as (s)he is able to follow up with the family and have a broader view of who is more likely to perform the procedure with the newest practice in mind. Based on the need to have the pediatrician intervene, it is recommended that the new protocol for referrals be well-known amongst the nursing staff. This could be done, for example, during a safety huddle, as well as having a new written protocol that nurses can reference when needed. The written protocol would especially be helpful for new hires, as they are not always confronted with the referral process during their training since many of them work nights. With the proper documentation and awareness of the procedure amongst the staff, there should be a decrease in referral errors.

COME JOIN US FOR A FAMILY FUN EVENT!

Save the date!

OSNA is hosting a family and friend get together on October 25th at Sweet Tomatoes in Clackamas from 5-8pm! Come support us and have great dinner with great company! You must bring a copy of the flyer to take part in this amazing fundraiser, which you can find at <http://www.oregonsna.org/calendar-of-events.html>

References

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- Stafford, M. (2014). The Ties that Bind: Helping Tongue-Tied Babies Nurse. *Portland Family*, 24.
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