

Hotline

A Publication of the Florida Nursing Student Association

Volume 7 Issue 5



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National Convention!

By Becca Slone

National Convention, hosted by National Student Nurses' Association, was held April 7th to April 11th at the Disney's Coronado Springs Resort in Orlando, Florida this year. It was a week full of speakers hosting focus groups and plenary sessions, awards given, a new executive board was voted in to office, schools were selling their wares, and there was even a little bit of free time to visit the Disney parks. For those attending convention you know that things got heated in the House of Delegates regarding resolutions. It was like an actual debate for policy at the capitol. It was exciting to see people standing up for what they believe in and working to get resolutions passed. In this issue, Florida's board members reflect on their experiences at National Convention.

EVERYONE REMEMBER TO KEEP SAVING UP FOR PENNIES PRN AS STATE CONVENTION APPROACHES! At the next board meeting, I will bring before the board a proposal to add a new category to the Chapter of Year Award list. Details will be given in the next Hotline issue. If you have any questions, suggestions, or concerns please feel free to contact Dudley Deshommes at FNSA_treasurer@yahoo.com.

CONGRATULATIONS TO THE 2010 WINNERS PRESENTED AT CONVENTION AND OUR NEW EXECUTIVE BOARD!!!

Scholarship Winners from Florida:

- **Thomas H. Edwards Memorial Endowed Scholarship:** Rachel Broome, Florida State University
- **Endowment Established by the Helene Fuld Health Trust, HSBC Bank USA, Trustee:** Bridget Linnehan, University of Central Florida and Lisa Cardoso, Florida International University's College of Nursing
- **Mayo Clinic:** Sophia Khawly, Florida State University, College of Nursing

Newly Elected COSP Planning Committee

- East Election Area: Whiteney Smith (Virginia)
- North Election Area: Dawn Zimmerman (Kansas)
- West Election Area: Amy Mabry (Arizona)
- South Election Area: Bobby Schnittker (Texas)
- Chair of the COSP Planning Committee and 2010-2011 Ex-Oficios Member of the Board of Directors: Amy Mabry (Arizona)

NSNA Excellence Award

- Group 5: Florida Nursing Students Association

2010-2011 National Executive Board

- NEC West: Evan McCord (California)
- NEC East: Colleen Brophy (Pennsylvania)
- NEC South: Jeffrey Goodhart (Arkansas)
- NEC North: Lori Holmes (Kansas)
- NEC Committee Chair: Jeffrey Goodhart (Arkansas)
- Director West: Erin Zundel (Utah)
- Director East: Danielle Taylor (Maryland)
- Director South: Elizabeth Nucum (Texas)
- Director North: Kelset Goler (Illinois)
- Imprint Editor: Kendra Scanlon (Oregon)
- BTN: Reneka Turner
- Secretary/ Treasurer: Laura Lunsfield (Georgia)
- Vice President: Kelsey Scanlon (Minnesota)
- President: Carilyn Holsey (Texas)

Refer to NSNA's website at nsna.org to see what resolutions passed!

The Council of State Presidents with the 2009-2010 Board of Directors and NEC

Sarah Lindley, FNSA President



Hello Florida! I want to start by saying thank you for helping to make the NSNA annual convention an unbelievable success. This year the convention registered over 4000 nursing students from all over the country. Florida had the highest number of delegates seated during the House of Delegates meetings. I truly enjoyed participating with my fellow nursing students in resolution hearings, candidate caucuses, and the various focus sessions held throughout the event. I am very proud to announce that the Florida Nursing Students Association

received the State Excellence Award and was presented with a Nightingale Lamp that will be on display at FNA headquarters in Orlando, FL.

Congratulations Florida on all of our achievements. Be sure to mark your calendars for preconvention on September 25th in Orlando. This meeting is a great opportunity to prepare your chapter for State convention being held October 27-30 in Daytona Beach.

So with all that said... I encourage all of you to stay updated with FNSA by visiting our



Sarah Lindley
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website, www.fnsa.net, frequently. I also look forward to seeing you at our next board meeting on May 29th at 11:00 a.m.

POWERFOOD SUGGESTION

By Becca Slone

So we all have seen these commercials promoting yogurt as this thing to give us good gut health because of this bacteria found in yogurt. Besides possessing properties that encourage gut motility and regularity, yogurt is full of B vitamins, protein, and calcium. Yogurt is low in lactose and those who have lactose intolerance can get a lot of calcium from this powerfood. It's a smart snack choice that will keep you fuller longer (choose the lower calorie versions for snacks). There are also new studies starting to review the cancer-preventing properties of yogurt. Yogurt is so exciting that Shape magazine dedicated a whole section last month to it! Try adding granola to yogurt for a filling breakfast food instead of sugary cereals or fatty cream cheese or replace sour cream in dips with unflavored plain yogurt.



Michele Duckstein
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Hello FNSA members! Wasn't the national convention a wonderful experience? We had 64 credentialed delegates who represented our beautiful state. It was exciting and exhausting all at the same time. There was much debate on the resolutions with amendments and clarifications from each point of view. The focus and plenary sessions were interesting and informative. A number of attendees were able to be certified in American Red Cross Disasters as others

attended NCLEX review sessions. Information was available from many Nursing programs for those who are interested in furthering their nursing education as well as nursing support products to assist nursing students with their education. Many of the attendees participated in a number of drawings and yours truly won a Garmin Nuvi. I am looking forward to seeing you all at Florida's Convention in Daytona.

Convention, what a great experience! This year's convention was incredible. I really enjoyed the keynote and endnote speakers. They were enthusiastic and inspiring!

I was impressed by the passion and powerful speeches made by my fellow students to stand up and advocate for our profession. I really appreciated when Rebecca Patton, the president for ANA, stood up and called us her colleagues. That just sent goose bumps down my spine. To be categorized as her colleague it was an honor and a privilege. What an experience to meet fellow nursing students from all over the United States and hear

their experiences and about their sleepless nights and early morning clinical! The Coronado Resort was a very pleasant place for our event and very accommodating. I feel that going to convention helps to motivate and inspire us to embrace our profession, encourages passion, and advocates for us to speak up and be the future voice of NURSING! I would encourage all students to make an effort to attend the NSNA convention or even our own State convention to be inspired as our theme encouraged "experience the magic of nursing".



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Greetings Florida members! I would like to first start off by saying Thank You for representing the State of Florida at Nationals. We were great in numbers. This was my first national convention and I enjoyed every moment of it. Of course the highlight of my time there was during resolutions. I love a friendly debate about certain issues. And there were

several resolutions that I felt passionate about. However they were called to question and were dismissed. Although passed by the House, I would prefer hearing every one's perspective on certain issues even if they agreed or disagreed. I won't go into details on which resolutions should have been debated, but if you were there you know which ones.

NSNA Annual convention was very exciting this year. One exciting aspect of the convention was the exhibit hall. In the exhibit hall potential employers and schools vied for the attention of attendees with informational handouts and gifts.

As attendees wound their way through aisles of vendors, many found themselves staring down several rows of posters. Here poster presenters from around

the country shared their work. There were informative posters based on research and descriptive posters relating successful projects. The subject matter ranged from best clinical practice to community nursing projects conducted by students.

All presentations were well done and I can't begin to share how proud I am of all the presenters from the state of Florida.

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It was a pleasure to see the various faces of student nurses from across the country. You felt as though you were with family. The convention consisted of people who shared the same pain and sorrow of getting through nursing school. We all had the same outlook, which was

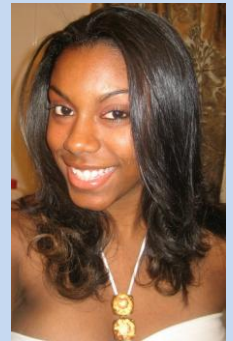
to get through nursing school and prepare to become all you can be as a nurse. Even though I just graduated from nursing school, it was interesting to just look around and say to myself, "I know what that person is going through and that they are not alone." We all have one thing in common, "I want to become a good nurse."

The focus sessions were very informative. As a new entry level Registered Nurse, the focus sessions catered to my needs in preparing me as a professional nurse. One session in particular was the "Documentation: Avoiding Malpractice." This session hit home for me. With only 7 weeks as a nurse, documenting

can be quite cumbersome. I am never too sure if what I write is appropriate. You are always left to question yourself, "Will I get sued if I write this or that?" After the focus session my outlook on documenting changed. I was able to apply what I learned from the focus session to work. So far, two days later, I have not questioned myself. I feel more confident with my documentation. Thanks to NSNA, I was able to continue my education on this subject. There were several other focus sessions that were just as beneficial and helpful. I hope that we, the board, can offer you the same experience at State Convention.

National Student Nurses Association Annual Convention 2010 was amazing! There were people from all over the country in attendance. Nonetheless, the turn out to this convention was a success! Every day brought about a new event from the exhibits to the House of Delegates and even all the tables that were lined up against the walls filled with shirts, mugs, buttons, etc.

During the House of Delegates, resolutions presented were thoroughly reviewed, discussed, debated and commented on 28 final resolutions. Every single person during the House of Delegates did a wonderful job stepping out of their comfort zone and stepping up for the good of our patients. We are what this profession needs!



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Phew, what a whirlwind week! I participated in the Drexel NCLEX review (which I highly recommend); Deanne Blach from DB Productions lead a well paced and fun review. My favorite part of convention is always the House; I absolutely love it when we get fired up! I was especially proud to be a member from Florida. We were well represented and spoke with clear powerful voices.

There were also a number of valuable focus sessions. I attended "The Reality and Magic of Emergency

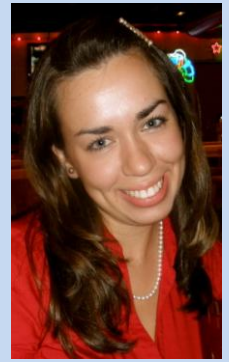
Nursing" given by AnnMarie Papa, President-elect, Emergency Nurses Association. She led an inspirational lecture discussing the challenges facing the Emergency Department nurse. As someone who wants to work in the ED I walked away excited and affirmed I am headed in the right direction for a rewarding and challenging career. I am excited for the Florida State Convention coming up, and even more so to see everyone again on September 25th for the pre-convention.

Greetings fellow Floridians! I just got back from the NSNA Convention—what an amazing experience! This was my first NSNA convention and I would highly encourage all nursing students to participate. The opportunities offered at the convention are invaluable to your nursing career.

As a delegate, you get the chance to have a voice and discuss resolutions made by fellow nurses from all over the country in the House of Delegates. These mold our future profession—very exciting! In addition, there is an exhibit hall with over a hundred booths including: nursing schools,

NCLEX preparatory companies, military recruitment, nursing supplies, and so much more—great place to network and learn more about all the options you have in nursing. Just as at the State-level convention, there were various focus sessions dedicated to various topics, including: emergency nursing, pharmacology made easy, and acing your nursing exams, just to name a few.

Next year, the NSNA annual convention is in Salt Lake City, Utah—start fundraising now so you and your fellow SNA members can be in attendance. Hope to see you there!



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Hello Florida! I hope everyone made it home safely and have had a chance to get some much needed sleep. The 58th Annual NSNA Convention was a huge success. The Florida delegation

had over 60 representatives seated in the House of Delegates. This was amazing! During the business meetings, the delegation was able to review financial topics, debate and vote on 28 resolutions, and elect your new 2010-2011 NSNA Executive Board. The resolutions hearings were a great opportunity for everyone to voice their concerns or show their support for a variety of topics; all who participated did an excellent job. The exhibit hall was full of excitement and frenzy as the doors opened for the first viewing. Exhibitors gave away pens, bags, hand sanitizer, and even shoes! Students were able to participate in the Drexel NCLEX

EXCEL mini-review, become certified with the Red Cross in disaster response, see the new 3D Avatar software developed by Johnson & Johnson, and read letters from Florence herself, which dated back to 1861. There was so much to see and do as well as so many wonderful students across the country to meet. The “Magic of Nursing” and all that nursing has to offer were evident throughout the entire event. A heartfelt Thank You goes out to the NSNA convention planning committee for a wonderful event and also to Disney’s Coronado Springs Resort for being such a gracious host facility.

Nurstoons

by Carl Elbing



This year's NSNA Annual Convention was a huge success. It was fantastic to see faces from all across the United States and to hear about the different activities from each chapter. I was also excited to see so many schools bringing creative products to sell in order to fundraise for their chapters.

Having the convention in Florida was a wonderful opportunity because, although our state convention is fantastic, there are so many opportunities in the national realm to network with both students and

employers. It was wonderful to see everyone there, I was so proud to represent FNSA along with over 60 other delegates from our State.

Region 5 members, it was so great to see you in Orlando. I would love to hear from you about your experience at the convention, or about something that you would like to either see on the website or in the Hotline. Remember Region 5, you are welcome to come to our next Executive Board meeting in May!



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I had the incredible honor to represent Florida and Barry University this past week at the 58th annual National Student Nurses' Association convention in Orlando. Convention is a great opportunity to network and become involved in the national agenda.

I was truly impressed to witness the large turnout from our own state and to meet people from as far away as Hawaii. Being a delegate was a great chance to

become familiar with legislative issues pertaining to the national agenda of nurses and students. It also allows one to become cognitively aware of pressing social issues impacting individuals locally and nationwide. I hope Florida's nursing students will take advantage of these opportunities and attend next year's convention. There is simply no better way to ensure that the future of nursing is in great hands.

I would like to first take the opportunity to thank all of our Florida members who represented us well. I'd like to say a special thank you to Keiser University, one of the newer FNSA Region 7 chapters who was represented at nationals. I got to network with so many great people from all over our country. National Convention was an amazing experience all the way around and I'm thankful I got to participate. I attended the Drexel NCLEX Review course, which I found very insightful along with the Pharmacology Made

Insanely Easy. These are two of the best things to attend, in my opinion! I also attended focus sessions about becoming a CRNA, nursing school success, and community health. I presented a poster on behalf of the Florida. My poster was regarding CAPS, our community health initiative, and it gave me the opportunity to exchange a lot of valuable information from various states to get new ideas for future projects. It was also great to see so many people with NIMS certification and shaping up ribbons from our state.



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Leah Nash

Director, Member Services
and Leadership
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Florida Nurses Association

Clinical Excellence Learning Opportunity

By Leah Nash, Florida Nurses Association

With a focus on clinical practice, this one day event is based on Dr. Patricia Benner’s work related to the journey of nurses from the levels of novice to expert. Through exemplars, nurses share their experiences and demonstrate evidence of their effect on the course of their patient’s experience in the

healthcare arena under their care. The exemplars also demonstrate the expertise of these nurses based on the clinical decisions they made and the care they gave. These nurses were nominated by FNA members as experts in clinical practice. They will share what they thought and felt about the clinical situation.

This is the perfect event for students to attend and fully see the effect that nurses have on their patients and patients’ families. These uplifting stories will remind you why you decided to become a nurse!

Special student rate of only \$35—including lunch! For more information or to register, go to floridanurse.org and click on “Conferences” or contact conferences@floridanurse.org.

Your FNA Membership, Less Than \$7 Monthly

Did you know that, as a FNSA member, your first year of FNA membership is free and your second year is discounted at 50% off? That’s because FNA values you as a member and wants you to

become part of your professional association!

As a FNSA member, you may also take advantage of the automated bank withdrawal option and spread your discounted membership fee over two years, making your FNA membership only \$6.81 per month. Can you spare less than \$7 monthly to support your professional association?

Once you graduate, don’t forget to fill out your FNA membership application at floridanurse.org or contact membership@floridanurse.org for more information.

Don’t Forget - \$\$\$ Up For Grabs!

Just a friendly reminder that the Florida Nurses Foundation annual scholarship and research grant offering is currently available. Submit your application online at floridanurse.org/grantupload by June 1 to be considered. Questions? Email foundation@floridanurse.org.

2010
Clinical
Excellence
Conference

Save the Date:
April 30, 2010 | Leu Gardens, Orlando

Nurses share their personal stories of how they made a difference in a patient’s/family members life at this conference. Lunch is provided.

Contact conferences@floridanurse.org for more information.

Nurses are at the heart of the matter...



What it's like...

... to be a graduate nurse.

By Becca Slone

So it's super scary to be graduating! The overall opinion I'm getting about graduating is that having to choose what hospital to work for is hard work – you have to go through benefits packages, weigh salaries, and determine where you want to move. Some good advice is to determine your budget before you decide where to work. Mint.com will look at all of your accounts and tell you where you're spending your money. There are many books that are also helpful when determining a budget. Once you have found your budget, then you

know how much you need to earn in order to meet your budget. From there, it's a matter of preferences – what city you want to live in, what unit you want to live in, or even if you just want to go back to grad school straight from undergrad – you have to decide what you really want and what you want to achieve. From my own perspective, being a graduate nurse is like a whirlwind. I'm finishing up my last days of clinicals, I haven't had classes in weeks, and I'm having to find places to put my family during graduation weekend. Remember, take time for yourself to sit alone and breathe. Be sure you aren't burning the candle at both ends. And always have fun with this – you've earned it and you deserve to enjoy it!

SAVE THE DATES

May 29th, 2010 – Board meeting at 11am

July 10th, 2010 – Board meeting at 11am

Aug 21th, 2010 – Board meeting at 11am

September 25th – Preconvention

FNA Member Assembly - September 23-25, 2010

Convention - October 27-30, 2010

2010 MidYear Conference November 4 -7, 2010

Don't forget! If you want your own issue of Hotline, just email Becca Slone and she will add you to the Hotline mailing list!

And find us on Facebook at "FNSA!!"

NOTICE!!

Anyone who still wants to run for a committee may do so. Please contact your region director or Sarah Lindley for more information.

JOIN US AT OUR MEETINGS!

Attendance not only keeps you informed with what decisions are being made at the state level, but also gives you points for chapter of the year!

Fundraising Idea: National Littmann Stethoscope Fundraising Program from Standris. This program offers a no cost to you fundraising program. If you are interested please call 1-800-297-4721 www.standris.com Any other ideas, contact Dudley Deshommès! There might even be points for chapter of the year involved if they're good!

Call to chapter presidents!

Chapter presidents, FNSA needs you to select a member of your chapter to attend FNSA meetings in Orlando. It is in the by-laws and must be fulfilled! Email Jessica Springer, Region 2 Director and Membership Chair with any questions!