

FNSA HOTLINE

Advocacy days, National Convention, Image of Nursing and FNSA Updates!



Hello everyone, I am Samuel Apostol FNSA 1st Vice President. When I made the decision to run for First Vice-President, I could not have predicted the amount of great experiences I have had with this organization. I have been presented with opportunities for both personal

and professional growth that I would not have had elsewhere and has developed my skills at solving problems at an administrative level. While I was campaigning, my slogan was to “Take Action” and “Be an Instrument of Change”, and this position has continually reinforced that pattern of thinking in my academic and professional life since I took office. It has prompted me to lead by example, provide mentorship, and solve problems diplomatically. Additionally, it has taught me that leadership is the ability to inspire others to strive for greatness by identifying positive traits in them that otherwise may have gone unnoticed, and the most effective way to identify potential for student leadership is to listen to the goals that individuals have envisioned for the future of nursing. Opportunities such as Advocacy Days allows students to become involved in the legislative side of nursing and promote what they have personally envisioned for the future of nursing. Having the opportunity to speak to the Florida Legislature about issues that we, as both students and future nurses will face, opened my eyes to the power of legislative involvement. Healthcare can be a twisted maze of ideals and ethically gray areas, but it is a maze that every medical professional must navigate with diligence and empathy. By joining forces with legislation, future nurses can promote the necessary changes to provide competent care for all patients.

IN THIS ISSUE

NATIONAL CONVENTION- 2

IMAGE OF NURSING - 3

FNSA UPDATES- 4



**When Government officials and Future Nurses come together change starts to happen.
" Be an instrument of change"-
Samuel Apostol**

National Convention



NSNA's 66th annual convention is approaching fast! This is an event that you do not want to miss!

April 4-8, 2018

Gaylord Opryland Hotel

2800 Opryland Dr, Nashville Tennessee

Nursing: Get Hooked! **Insight, Inspiration, Ingenuity**



Dr. Pamela Cipriano will be the keynote speaker this year! She is currently the 35th president of the American Nurses Association (ANA). The National Student Nursing Association Convention is a great way to network with students, faculty, and leaders from all over the United States. Head on over to the NSNA.org website to see the events scheduled. As Student Nurses we are the future of Nursing! Gain a deeper understanding of what it means to choose nursing as a career, become inspired by the stories and the people you meet and converse about new inventive ideas to bring to nursing! Make sure that you attend this life changing event!



"AS A NURSE WE HAVE THE OPPORTUNITY TO HEAL THE MIND, SOUL, HEART AND BODY OF OUR PATIENTS, THEIR FAMILIES AND OURSELVES. THEY MAY FORGET YOUR NAME BUT THEY WILL NEVER FORGET HOW YOU MADE THEM FEEL" - MAYA ANGELOU



Need more information? Email Kiara Bradley Region 5 director FNSAregion5@gmail.com and/or go to the NSNA website, www.nsna.org

Image of Nursing



Meet Stephen Cavalli BSN, RN

1) Tell us a little bit about your self?

-My name is Stephen Cavalli, I am Italian and Filipino. I was born in New Jersey and traveled the world with my missionary parents. I am a recent graduate from Adventist University of Health Sciences, and currently work as a Graduate Nurse at Florida Hospital.

2) How did you decide that nursing was what you wanted to do?

-Nursing wasn't my first choice. I grew up loving the arts so I pursued architecture and graphic design. While taking beginning courses for graphic design and architecture, I worked in the hospital as a transporter. It was a okay job but being in the hospital environment over time I saw how hard nurses worked together and it inspired me. I saw how they had a heart to help their community and that was certainly something I wanted to be a part of. My desire for art turned into a hobby and my focus shifted to nursing and wanting to save lives.

3) What was the hardest obstacle you had to get over, to get where you are?

-I would say nursing school was the hardest obstacle I had to endure through. The commitment to studying for nursing was like no other educational experience I've had before. I had to learn how to work and study with others, step outside of my comfort zone, listen a lot more attentively, communicate, prioritize, and organize my time. I had to do a reality check that what I was studying for is actually relevant and that it will have practical use later on. Disciplining yourself takes time; I got frustrated when things piled up and I was falling behind so I had to learn how to pace myself and commit to a plan. I probably prayed to God more than ever throughout the program.

4) What advice can you give to Nursing students?

-Be the best that you can be. Don't compare yourself to others who are doing better than you and don't be arrogant when you're doing better than others. You already know what you need to do to succeed. Help your peers because nursing is a team effort. If you see someone struggling, help them; that is very core of being a nurse. Strive to get the best grades but don't beat yourself up for getting anything less. Learn from your mistakes, don't dwell on them, and move forward. Be open to learning and be HUMBLE. I thought school was hard and now that I'm working, I am studying once again almost just as much. When you swallow your pride and admit that you feel like you don't understand things, it is at that point you're on your way to becoming a better nurse. To the nursing students that think they know how actual nursing works, cut it out now. You need to understand that the learning doesn't stop, especially in this field. However, that is not to say you should not be confident. You studied your material, you practiced in the lab, and you have goals to meet, so when you step in the hospital for clinicals be confident in yourself. Throw yourself into any learning opportunity or experience, you're there to learn and soak it all in.

Realize that this job is not about you, it is about serving others. Nursing demands that you sacrifice your time and skill to help and save people's lives. The fulfillment comes when you bring someone back to health and they and their families are comforted. Nursing isn't easy, it never was. But if you have the heart to heal, the patience to help the unfortunate, and the willingness to learn you'll be just fine.

If there is a nursing student (past or present) that you would like to highlight for the Image of Nursing please send a blurb and picture to fnsacorrespondingsecretary@gmail.com

FNSA Convention Updates!

FNSA Convention is coming back to Daytona Beach this year, and the we could not be more excited! We have so many new speakers and exhibits being added to the line up! Even though October may seem like it is far away, it will be here faster than you realize! Mark your calendars for this!

Where: Hilton Daytona Beachfront Resort

Dates: October 24th- 26th

Theme: Be the Light others will follow

Opening night Party: Welcome to Bollywood



Region 6 Director Position available

Priority will be given to members that reside in Region 6, but all members are welcome to apply. The application is located on the FNSA.net. After completing application please send it to FNSApresident@gmail.com Deadline to apply is April 4.

Would you like your article to be published in the Hotline?

Whether you enjoy writing, have a story from your clinical experiences, or are passionate about nursing, I encourage you to send an email to fnsacorrespondingsecretary@gmail.com. Let your voice be heard!

**Attention Members: FNSA welcomes all members to attend board meetings! The next meeting will be held on May 5th at 11:00 am sharp. The meetings are held at the FNA headquarters:
1235 East Concord Street
Orlando FL, 32803**



FNSA



flstudentnurses