



CSNA BOARD MEMBER OF THE MONTH

Chelsea Nash

Hi! My name is Chelsea Nash and I just graduated from Otero Junior College with my ADN. I have been the Director of Break Through to Nursing since September 2007. I was born and raised in Northern California before my family moved to Colorado. Before I was accepted to Otero Junior College, I lived in San Francisco, California where I managed a family practitioner's office and worked as a nanny. Nursing has been my passion since high school. I love working with people and helping them during a time of need. I hope to work in emergency medicine and I am currently applying to hospitals in the Denver area. The next big step for me is passing the state boards!

CSNA Update

JUNE 2008

Here's to your health, Dads.

**By: Michelle Chew
CSNA President**

Let's remember dear old Dad by encouraging healthy eating and living, so families can enjoy many more Father's days to come. We all—not just Dad—should be eating healthy (low-fat and rich in nutrients) and staying physically active at least 5 days a week for 30 minutes a day. Dads have different health risks than Moms do. If you know the biggest threats to men's health, you can increase the chances of extending Dad's life. Here are the top two risks to Dad's health and what can be done to lower the chances of mortality.

The number one health risk is heart disease (Mayo Clinic, 2007). Heart disease is "any condition of the heart that impairs its functioning" (Heart disease, n.d.). These conditions can be high blood pressure, high chole-

sterol, being overweight, or various other factors that lead the heart to work harder than normal. Dad can reduce these factors by not smoking, eating fruits and veggies, keeping a healthy weight, and regular blood pressure checks.

Cancer is the second leading cause of death among men in the US in 2003 (Mayo Clinic, 2007). The most common type of cancer is lung, which can be prevented by not smoking. The second type of cancer in men is prostate and third is colorectal. According to the American Cancer Society (ACS), starting at the age of 50, men should get the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) to ensure early detection (ACS, 2008). High-risk men include African-Americans and those with one or more first-degree relatives diagnosed before 65 years of age. Men with a

high risk should begin testing at age 45. Colorectal cancer screening includes fecal occult blood test or fecal immunochemical test annually; flexible sigmoidoscopy, double contrast barium enema, or virtual colonoscopy every five years; or colonoscopy every ten years beginning at age 50 for men and women.

These are only the top 2 health threats for Dads. Give your Dad the gift of life and encourage him to reduce these and more risks to his health by eating nutritiously, getting regular check-ups, being active, and not smoking. CSNA loves Dads. Thanks for all you do, Pops! Remember, June 9-15 is Men's Health week. Please visit the Mayo Clinic for more information on "Men's top 10 health threats." (<http://www.mayoclinic.com/health/mens-health/MC00013>)

Children's Summer Safety

**By: Kimberly N. Smart
CSNA Membership Director**

This summer is the beginning of fun and sun for little ones running around. Whether your child is just beginning to walk around the house or in the starting lineup in their little league baseball team, these easy, yet important safety tips will help you and your children to enjoy this summer to the fullest!

- Safety tip #1: Use sunscreen!

While your child may only be out in the sun for short amounts of time, using sunscreen

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Featured Nursing Program: University of Colorado, Denver

Mission

Improving human health by educating health practitioners, delivering exemplary health care, and conducting research in the health sciences.

Available Nursing Programs

- Offers three BSN programs: Traditional, Accelerated, and Online RN-BSN
- RN-MS and MS
- DNP and MS/DNP
- PhD and MS/PhD
- Non-Degree Programs

Highlights

- Founded in 1898
- "Birthplace" of nurse practitioner and caring movements
- Ranked as a top school by U.S. News
- Average class size: 45
- Student/Faculty Ratio: 6:1
- **96.6% NCLEX pass rate.**
- Simulation and skills labs
- In-class and online

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Newsletter
edited by
Aurora Davis

will decrease their chances of sunburn.

- Safety tip #2: Drink plenty of fluids!
Children become dehydrated quickly. Encourage your child to drink fluids to prevent heat stroke.
- Safety tip #3: Wear a helmet!
Encourage your child to wear a helmet when biking, skateboarding, or rollerblading to prevent head injuries. Using elbow and knee pads will help reduce other injuries as well.
- Safety tip #4: Eat right!
A nutritious, well-balanced diet will keep your children healthy, helping them to steer clear from infections.
- Safety tip #5: Beware of strangers!
Encourage your children to tell you where they are at all times to keep them safe and keep you informed.

Be sure to have fun this summer! For more information on summer safety for children, visit <http://www.aap.org/advocacy/releases/summertips.cfm>.

Transitioning from a Student Nurse to a Registered Nurse

**By: Chelsea Nash
CSNA Break Through to
Nursing Director**

It's that time of year again, and that moment that we've all been waiting for—graduation! So now it's time to study for and pass the NCLEX, get your dream job, and start working. But is it really that simple to drop the "student" identity and adopt the "professional" label in what seems to be overnight?

The eagerness that nursing students bring to the job is a benefit to them during the transitional phase from student to nurse. According to Bice-Stephens (2008), there are five different stages of professional development: honeymoon, disenchantment, maintenance, peak performance, and resignation/retirement stage. Many new graduates find themselves in the first stage, the honeymoon stage. In this stage, you

are extremely enthusiastic about your employers and organization. At the same time, employers are evaluating you and they are identifying your strengths and weaknesses.

This is the time that socializing and networking is crucial for new employees to succeed.

The next stage of professional development is the disenchantment phase. During this phase the employee decides weather or not to continue working at that job. It is at this time that problems may arise and you may discover certain advantages and disadvantages of the organization that you're working for.

Being involved in professional organizations is a crucial tool to have when this stage arises. It opens avenues for you to bring items to your manager's attention that need to be changed. It also allows you to relate to other employees that may feel the same as

you do. Not only does this provide an opportunity for you to increase your own job stability, it also promotes nursing as a profession.

Ultimately, our goals as nurses are to be the best leaders and patient advocates that we can be. Utilizing professional organizations allows nurses to constantly improve as a whole. By taking advantage of our resources and enhancing our professional skills, the "student" identity will automatically fall to the wayside and the "professional" will lead.

References:

- Bice-Stephens, W.M., (2008) "[Stages of employment: Where do you fit in?](#)". Nursing. Accessed on May 28, 2008 at http://findarticles.com/p/articles/mi_qa3689/is_200105/ai_n8943326.