



CSNA Update

CSNA BOARD
MEMBER OF
THE MONTH

MARCH 2008

Chris Wall

Christopher began his path toward nursing in January of 2003. He was waiting tables and, while actively looking for something more fulfilling, stumbled upon nursing. With everything nursing has to offer, it sounded like a great career to pursue. He eventually graduated from Metropolitan State College of Denver in 2006 with a Bachelor of Science in Biology. After graduating, Christopher applied and was accepted into Regis University's Accelerated Nursing program. He graduated in December of 2007 with a Bachelor of Science in Nursing, passed his boards a short two months later, and is now a registered nurse! He is very excited to have begun his nursing career at the new Children's Hospital of Denver in the emergency department. Caring for children and families in their time of need has turned out to be very fulfilling for him.

Becoming a Professional: Joining Your Professional Organization

Nurses often cite a desire to make a difference as a principle reason for joining the profession. Professional organizations allow you to partner with nurses who share your passion for patient care to truly make a positive impact in lives of individuals, families, and communities. You may wish to focus on a specific population. Therefore, it might best suit you to join a specialty nursing association.

It is important to **expand one's knowledge** base to improve patient care. Members are provided with current nursing research, as well as information regarding issues and advances in patient care. In this way, nurses' professional expectations are met and delivered by joining their local, state, or national nurses' organization(s).

Professional organizations participate in legislation. As nurses, an important role that we fulfill is that of the patient advocate. Who better to offer

input and guidance in health care policies than the nurse? It is crucial to advocate for ourselves and the profession to ensure that we can continue to provide care for our patients in a safe and appropriate manner.

Professional organizations are responsible for defining the scope and standards of practice. The scope and standards of practice articulate the **nurse's role and are designed** by nurses. Health care is a constantly evolving environment. Therefore, the standards of practice are revised every five years. As a nurse, you will encounter ethical dilemmas. The American Nurses' Association has also developed the Code of Ethics which nurses can then apply to their practice (Rowell, 2003).

The professional **organization's greatest** asset can be found in its members. You will be able to join with like-minded nurses to make a difference in patient care.

Joanne Ruth, a Colorado Nurses' Association board member stated that professional organizations offer leadership skills and the confidence to speak **up, "You are empowered** to do something about the frustrations. You can impact the care of your patients. You can impact on the health of the community. Ultimately, this enhances the value of the profession. We are here for a purpose; to make an impact on the health of the people."

Reference:
Rowell, P.A (2003). The professional nursing association's role in patient safety. *The Online Journal of Issues in Nursing*. 8 (3) Retrieved February 19, 2008 from http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN/TableofContents/Volume82003/Num3Sep30_2003/AssociationsRole.aspx

“Blazing Trails: The New Age of Nursing”

NSNA Spring 2008 Convention

This year's 56th Annual NSNA Convention will be held in Grapevine, Texas March 26-30, 2008. The convention will take place at the Gaylord Texan Resort and Convention Center on Lake Grapevine. Drexel University will once again be sponsoring a elective NCLEX Excel mini review that is open to all student who sign up. The NCLEX reviews will take place the 26th, 27th and 28th. The opening ceremony for this convention will be held on the evening of March 26th at 5:30 pm. Major General Gale S. Pollock, Deputy Surgeon General for Force Management and the 22nd Chief, Army Nurse Corps will be the key note **speaker at the ceremony. “General Pollock is an outstanding speaker and internationally known nurse leader with many honors, awards and decorations to her credit. She will invigorate you and inspire you to “Blaze Trails” throughout your nursing career.” To add to the excitement, NSNA is hosting a first night party on the 26th followed by countless informative session regarding health care policy, what the future of nursing holds for you, and individual break out sessions to accommodate any student's interests. The online registration deadline for this years convention will be March 10. To register online and to find out more information about this years convention, visit www.nсна.org. Don't miss out on this great opportunity!**



Stress Management

All nursing students understand the stress that comes along with nursing school. The countless exams, journals, papers, NCLEX prep questions and the list goes on. With the all of the pressures in the classroom and the clinical setting, it is essential that nursing students have effective means of stress management. **Here are a few ideas to get you through the rest of the school year...**

Work on managing your time better

Get some exercise

Avoid unhealthy habits to deal with stress such as alcohol, smoking and eating

Take a break

Minimize interruptions

Eat Healthy foods

Participate in some type of daily relaxation

Think positive

Know when to ask for help and actually get it!

Learn to say no

Get enough sleep

Put stressful situations in perspective

Newsletter
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