

# The HYPODERMIC

North Carolina Association of Nursing Students

Volume E1, Issue 3 November 2007

## **Another First for North Carolina: NCANS passes the go ahead for a separate foundation to support student scholarships.**

*By Brad Sherrod, RN, MSN*

North Carolina has yet another FIRST in nursing. The NCANS board of directors voted to pursue creating the North Carolina Student Nursing Foundation (NCSNF), making North Carolina the first state to have a separate foundation in existence for student nurses.

The purpose of NCSNF is to provide scholarships to diploma, ADN, and BSN students in the state of North Carolina.

The NCANS board asked Brad Sherrod RN, MSN to act as the Executive Director of the foundation to ensure forward progress toward a projected operational date of early 2009. The foundation board of directors will consist of a mix of NCNA members at large who were prior NCANS board members and the NCANS offices of President, Vice President, and Treasurer.

The foundation is in its early infancy. We are currently working to move forward with the process of completing proper state and federal paperwork, developing our by-laws, and identifying members who would like to serve on the board of directors.

NCANS is excited to be able to be a part of yet another FIRST in nursing for NC.

## **Mark your calendar!**

- ✓ COSL to be held February 2
- ✓ NCANS Spring Mid-Year Conference: February 29-March 2, 2008 in Asheville, NC
- ✓ NSNA Annual Conference in Grapevine, TX March 26-30

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**Letter from the President/Past Hypodermic Editor**

*Dear Fellow Students,*

*First I would like to thank each and every one of you who took the time to vote. It always makes a difference. You have selected a dedicated board who has a great passion for nursing.*



*I took to heart what each one of you suggested for enhancements for our next conference.*

*Mark your calendars now for our Mid-Year Conference in Asheville, NC February 29-March 2. The new board is already in the works to make this one of the most successful conferences yet; incorporating your suggestions and ideas. Check out our website at [www.ncans.org](http://www.ncans.org) in the coming months to see what things we have planned. Register early for the best discounts and cheapest hotel rooms.*

*The NCANS House of Delegates passed several platforms this year. Your board will be collecting information and supporting these initiatives. The Community Health Project and Legislative platform entail helping insure all people of North Carolina. With 1.4 million residents of NC without insurance and 1 in 8 of those being children it is imperative for all of us to look for a solution. It currently cost 1.3 billion dollars to care for these individuals largely repaid through increased taxes and hospital charges to the general public. Keep a look out on our website for ways you can help and how the legislators of North Carolina are weighing in on the problem. The resolution NCANS will present at the Annual NSNA conference in Grapevine, TX March 26-30 is in support of nationally recognized end-of-life orders. (To see a copy of this resolution go to [www.ncans.org/resolutions.html](http://www.ncans.org/resolutions.html)) The state of North Carolina is already moving in that direction; recognizing living wills from any state as long as they meet that states legal statutes.*

*As the past Hypodermic Editor, this is my last edition of the Hypodermic e-zine. It has been a pleasure in collecting information and making it available to the nursing students of North Carolina. Please send future submissions to Shalia Gregory at [sshani1@email.unc.edu](mailto:sshani1@email.unc.edu).*

*I look forward to another year on the board and representing all the nursing students of North Carolina. Please contact me at [kbenglert@yahoo.com](mailto:kbenglert@yahoo.com) with any comments or concerns.*

*Sincerely*

*K. Brooke Englert – President*

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**Reflections: A Special Thanks to the 2006-2007 Board of Directors**

It is with great admiration I give thanks to all the past board has accomplished and how dedicated each individual was in their role to the future of NCANS. In addition to their regular responsibilities of representing the nursing students of North Carolina, putting on two Council of State Leaders seminars and planning two state conferences the 2006-2007 NCANS Board of Directors raised \$1500 in a penny war split between Sampson Community College and The Safe Kids Campaign, presented and gained a unanimous vote for The Safe Kids Campaign resolution in Anaheim, Ca and voted to create the first ever student nursing foundation to build scholarships for our diploma, ADN, and BSN students are to name but a few accomplishments. Other accomplishments of the board, in their own time, include: Lisa Biltz's compilation and presentation of a separate resolution on the Image of Nursing that passed at the annual NSNA conference and Tammy Walker, who went on a trip to Africa with several of her fellow students to bring needed supplies and nursing care to a remote village. A special thank you to our consultants this past year, with special recognition to Johnathon Francis for stepping up in our time of need to help complete the planning process of our Annual Conference. I wish each and every one of you a successful career and encourage you to continue making a difference in the lives of everyone you touch.

K. Brooke Englert, NCANS 2007-2008 President

**Words of Wisdom from the past board of directors:**

*Meredith Johnston, currently working at High Point Regional Health Systems gives this advice to the new board: "Let school come first and don't get too far behind...ASK FOR HELP."*

*Garrett Straughn encourages his fellow board members to stay passionate, focused and don't be afraid to ask questions. Sara Miller, employed at Baptist Hospital as an Surgical ICU nurse, adds, "stay motivated and dedicated, manage your time wisely."*

*Lisa Biltz, employed as a Cardio-thoracic ICY nurse at UNC-Hospital says, "The past year has been amazing! I am thankful for the opportunity to serve my fellow constituents. The one thing NCANS has taught me about leadership is that it is the single most important thing a person can do for professional development and personal fulfillment."*

*Carolyn Helms reminds everyone to be proactive and work together. Rebekah Angel, working in the Duke Emergency Department reminds everyone not to procrastinate. And Bethany Rouse, employed at High Point Regional Health systems, states "communicate with each other, don't be afraid to ask for help, and be yourself."*

*Brad Sherrod, executive consultant, advises you to "keep in mind you are representing your state and you must use sound judgment in all decisions. Jenna Brown, works at New Hanover Regional Medical Center, reminds us to "keep an open mind to other members ideas, this is the students money not yours."*

*Tammy Walker, currently working at Frye Regional Medical Center suggests shorter meetings, rotating the site of meetings and getting out in the community through communication with your district directors. Stephanie Boone, employed at Cape Fear Valley Health Systems said, "I had the best time, learned so much, made friends, and loved every minute of it. I'd do it all over again."*

*To sum it up, Johnathon Francis, CTICU nurse at UNC-Hospital says, "Work Hard, Play Hard, and Learn Lots together."*

**Focus on Care: The Pediatric Patient with Cystic Fibrosis** *by Sara Miller*

Cystic fibrosis is a debilitating disease that effects many children and adults in the United States and worldwide. The problem with cystic fibrosis (CF) is we do not know how to prevent or cure the disease, but rather only to treat the symptoms that arise. With planning, preparation, and hard work from the health care team, nurses, and family members, patients with cystic fibrosis can live a decent life.

As a short life span used to be the norm for patient with cystic fibrosis, this is no longer the case. Patients affected with CF are now expected to live into their thirties and forties, which keeps them hopeful that a cure is soon to come. There are approximately 30,000 children and adults living with CF today, and approximately 1,000 infants, or one out of every 3,500, are born with CF every year. Approximately 70 percent of the cases of CF are diagnosed by age one. CF is a disease that most commonly effects the white population, though it is a recessive, genetic trait that many people do not even know they have.

*It is estimated that between seven and ten million people are carriers of the CF trait and don't even know it.*

Cystic Fibrosis is a debilitating disease that not only affects the lungs, but also the reproduction, digestive, and the endocrine systems. There is currently no cure for cystic fibrosis; however, various treatments allow patients to have a longer lifespan than in earlier years. Family members, such as parents, are most likely the ones that will be helping to carry out the therapies. Like many diseases that have an unidentifiable cure, treating the symptoms is the next best thing.

For patients with CF, it is important to clear the lungs of the thick mucus, which can be done by various machines or by postural drainage. Postural drainage involves putting the child in various positions for a certain amount of time to allow for proper drainage of the lungs. Postural drainage combined with exercise and repositioning at night

has been proven to successfully clear the thick mucus from the lungs of the CF patient. CF patients also must take antibiotics to prevent and cure pulmonary infections along with pancreatic enzymes to aid in the digestion of fat and proteins.

More and more people are beginning to choose a lung transplant as a treatment option, which involves receiving live lung lobes from two living individuals. There are many ethical concerns that go along with this, such as taking lung tissue from a perfectly healthy human, not to mention the fact that it is also a risky and expensive surgery. The nurse and health care provider need to make sure the family is well informed before they make the decision to go through with a lung transplant.

It is extremely difficult on the family and parents having a child with cystic fibrosis and it can also cause a lot of stress on the family, as well as on personal and professional relationships. The many time consuming and complex therapies, the extensive drug and diet regimen, and simply having a child with a chronic illness can all contribute considerably to the stress experienced by a family. It is important for the nurse to give the family and parents support as well as answer any questions the family might have about the disease or treatments. It is believed that the quality of life of a patient living with CF is impacted both by the severity of the disease, and by the care and attention they receive. Therefore, nurses play an extremely vital role in the quality of life of a CF patient.

Even though there may be no cure for cystic fibrosis, it is still possible to live a good life, but it is very important for the nurses to help in this respect. Patients living with CF today have a better outlook than those in the past as long as they follow their treatment regimen. It is important for the pediatric nurse to fully understand and carry out their vital role in the CF patient's life; if this is done then the patient will likely have a longer lifespan and better life in general.

Sara Miller works as a surgical ICU nurse at Baptist Hospital and plans to pursue a career as a Nurse Anesthetist. She serves as a consult on the 2007-2008 NCANS board of directors and was the 2006-2007 treasurer.



To contact her write to [SEMvb21@hotmail.com](mailto:SEMvb21@hotmail.com)

**Have your Board work for you...**

- ? **Need help recruiting members?**
- ? **Want someone to help explain what state and national conferences are all about?**
- ? **Just want to hear what it's like to sit on the board or what NCANS can do for you?**

**Contact your district director for help.**

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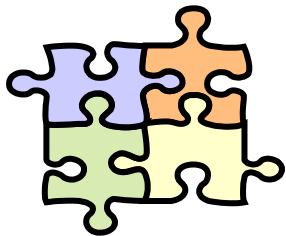
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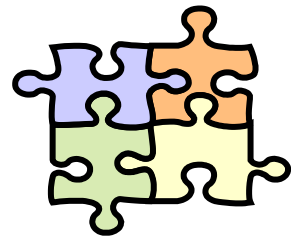
**COSL**  
Council of State Leaders

- ❖ Learn about holding a board position
- ❖ Learn about upcoming conferences and scholarship opportunities
- ❖ Have fun and meet with other nursing student leaders

**Mark your calendar for February 2, 2008**



North Carolina Association of Nursing Students  
Mid-Year Conference  
February 29- March 2, 2008



**Putting the Pieces Together**