

Hypodermic

North Carolina Association of Nursing Students

Durham Accomplishments

*** Silent Auction raised \$928!**

- **100% of the proceeds go to The Scholarship Foundation, which gives back to nursing students from North Carolina.**
- **NCANS 2008 Annual Convention Penny War was a great success! We were able to raise \$1,055.74.**
- **Thanks to all the participating nursing schools in North Carolina.**



- **Congratulations to Wake Technical Community College of Raleigh, NC for winning the penny war contest. Wake Tech received 50% of the proceeds.**

- **The National Alliance on Mental Illness (NAMI) also received 50% of the proceeds. NAMI is the nation's largest grassroots organization for persons with mental illness and their families. The organization is dedicated to the eradication of mental illness and the improvement of the quality of life of those affected by mental illness.**

*** 45 people registered for the Bone Marrow Drive**

*** Nursing schools from all over North Carolina were represented at the conference.**

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Editorial

I am excited about serving as your Publications Director for the 2008-2009 term. This issue of the Hypodermic will take you for a ride as we travel back to Durham for a recap of NCANS 2008 annual convention, then cross country to Nevada for first hand experiences from NSNA participants.

This past October, NCANS made impressive strides towards our goals. We were able to raise money for The Scholarship Foundation and the National Alliance of Mental Health during the annual convention. This was due to the support from nursing schools all over North Carolina

who participated in the convention events. Students also attended helpful NCLEX reviews, enjoyed the exhibit hall and presented resolutions to the House of Delegates.

The next event was the NSNA mid-year conference in Reno. It was here where new ideas were formulated and the purpose of pre-professional organizations clicked for many. I hope you will be able to relate to the articles in this issue such as "Becoming a Nurse Educator," "What's the Big Deal?" and "I've graduated...Now What?" Perhaps these articles will inform you of questions to consider when looking for your first job, the advantage to becoming actively involved in professional organizations or bring out the teacher within you.

As you read this issue, be assured that I would love for you to contribute to the Hypodermic. Send in your

own article and you might see it in the next issue!

Best wishes as you finish yet another semester in nursing school!

Tiffani A. Broderick

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Recap from Raleigh-Durham

By: Scott Goodsite

My name is Scott Goodsite; BTN Director of NCANS. My introduction to N.C. Association of Nursing students (NCANS) came during the initial chapter meeting I attended at Wake Tech Community College in Raleigh, N.C. Kati Bloedau was the guest speaker and talked to our school about getting involved with NCANS. She described the many opportunities to get involved at the state level; although this is my first semester in nursing school I decided that day that I would at least look into how this could benefit me, my school, and community. Since there is nothing overwhelming about the first semester of nursing school, being active on my campus as a Student Government Senator, being elected Treasurer of our local chapter, and working as a Pharmacy Technician I decided to go to the NCANS convention with the intention of running for office (my attempt at a little humor).

Upon arriving at the convention, I attended the House of Delegates session, something I recommend everyone do. Listening to the outgoing board of directors and talking to the other delegates was all I needed to know that I wanted to be a part of NCANS. In fact, some of the delegates I spoke with are now members of the current Board of Directors. I noticed how focused and driven the leaders in this organization were, and I knew I would fit in well in this environment because I like to surround myself with people who not only excel at school, but enjoy giving back to the community. A little later in the day I got the chance to talk with students from other schools and several were at their first convention, but it was their last semester in school. The story was similar with each one; they all wished they had come to a convention before their final semester. This gave

me yet another reason to get involved, although my mind was made up long before talking with them.

The convention was put together with all levels of nursing students in mind. It is relevant to both two and four year programs. The speakers that were there talked about a variety of topics and provided real world experience to help students understand topics better, such as sessions on Pharmacology, fluids & electrolytes, and Endocrine. It seems that many of the students getting ready to graduate were there for the NCLEX review, but they found out there was so much more available to students, including an exhibit hall with many graduate school representatives and employers looking to hire! As the new Breakthrough To Nursing Director, I plan to encourage students at schools across the state to attend conventions and get involved earlier in their nursing studies. The convention really opened my eyes to all the opportunities that are available to successful nursing students. I am now looking forward to attending the mid-year national convention in Reno, NV. I hope to learn more while I am out there and to come back with new ideas I can implement with NCANS, as well as my school's chapter.

I encourage anyone who would like to get involved to contact me and I will be happy to answer any questions you may have. There are many opportunities besides being on the board. Come to a monthly board meeting or consider joining one of the many committees. If you want to get your school more involved I am here to help. I look forward to serving as your Breakthrough to Nursing Director in the coming year and look forward to hearing from and working with many nursing students across the state.

Becoming an Educator

By: Michael Bury

I attended the focus session on nursing education at the NSNA conference in Reno, Nevada. There were several different sessions that were available to the students during this conference ranging from ER nursing to oncology nursing. To me the one that was most compelling to my nursing future was the session on becoming an educator. A fact that I did not know was that the national average age of nursing teachers is 59 years old. To me this was a little stunning. I was very ignorant to the fact that the nursing educators in the country are so close to retirement. I've always had intentions on continuing my education and obtaining my Masters in Nursing, but I didn't know what I was going to specialize in. After hearing the presentation that was given at the conference and doing some soul searching of my own, I've decided to go into teaching. I've always liked helping people, which is why I decided to go into nursing, and teaching people has also always been a passion of mine. After assessing my career goals and applying my life's passions with these goals, I have made a decision to go into education.

If there is someone who is considering going into education and would like some advice to help assist you in making a clear decision, these are some tips



I picked up from the lecture:

1. Find a mentor
 - * Make sure this mentor has a style that interests you and the desire to be a mentor.
 - * Ensure this person is good at their job.
2. After finding a possible mentor, make sure their style of teaching matches the style you would want to have.
3. Assess this person's interactions, not only with the students, but with the patients he/she comes across and the interactions with his or her boss.
4. Become a colleague in professional organizations that suit your style, personality, and philosophy of nursing and nursing's future.
5. After finding the perfect mentor for you, learn everything you can by becoming a sponge and soak up all the information that the person you picked gives you.

I hope this insertion to our NCANS web site will touch some people and help inspire some of the soon to be RNs to become nurse educators. Anyone who has any questions about this entry please do not hesitate to contact me at:

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What's the Big Deal?

Where pre-professional and professional organizations meet

By: Lynn Tran



Having the opportunity to be a part of the NCANS Board and my local ANS chapter, I have a grasp of why these groups are valuable for my career and life. I do understand, however, how some people feel a disconnect between student organizations and their professional lives post-NCLEX. The truth is that these two arenas do merge in an unspoken but profound way. When members are active or pay dues, they are supporting their organization and classmates. It is an investment in the goals of that group, and in turn, the individual. That's the theory, right? It's not until the Annual NCANS Convention in Durham that it really clicked on a larger scale for me.

This year, we passed a Safe Patient Handling and Movement resolution submitted by a student. No, this doesn't just get buried some where in the archives. It's going to the American Nurses Association and the

National League for Nursing, both professional nursing organizations that do have an impact on every nurses' lives. When resolutions are approved by NCANS or NSNA, they are distributed and are up for consideration by groups that set the standard for our practice as RN's. Your membership at the student level does matter, and it's a true chance to be heard. It's working from the ground up, but that's a great place for any idea to grow and have its roots supported. So next time you're in a House of Delegates meeting, use that power that you have as a pre-professional. You might see a return on that original investment in your future as a registered nurse.

I've Graduated...Now What?

By: Bethany French



Of all the sessions I attended at the NSNA Mid-Year Conference in Reno, one of the most helpful was the "Transition from Student to Professional: Diverse Paths in Nursing." A panel of five members from the 2005-2006 NSNA Board of Directors conducted an open forum where students in attendance could voice their concerns and questions.

Choosing a hospital to orient and work in was a main topic of discussion during the session. The former NSNA board members talked about their experiences with orientation and what was most helpful to them. They suggested shadowing nurses and interviewing them to get a more true idea of what it is like working at that particular facility. Meeting with the nurse managers of your choice hospitals will allow you ask them questions and give you networking opportunities. An impressionable meeting could even give you a "one up" over other applicants. It is also important to look for a hospital that has an orientation program that assesses your personal readiness to practice on your own. Having an orientation advisor who talks with you about your comfort level and guides you through your orientation process will make a world of difference. Some orientation programs even allow you to extend your orientation time to ensure that you are confident in your own ability to provide autonomous patient care. The panel emphasized the importance of working at healthcare facilities that have achieved magnet status. Magnet status, which is measured

by the quality and strength of nursing, ensures that the nurse's voice is heard on every level of the hospital on issues concerning the improvement of patient care and working conditions for nurses, among others.

The members of the panel also stressed the importance of seeking out professional organizations like the ANA (American Nurses Association) and the NLN (National League of Nursing) after graduation from nursing school. They advised us to get involved with these and other professional organizations on a national and state level because we are the new generation of nurses that will need to invigorate and produce the new ideas for our profession. Many members of these professional organizations are older nurses, and these organizations can only grow and advance if fresh faces are added to the mix. Subscribing to the publications of professional organizations on a national and state level is an easy way to stay updated on current events and ways to get involved. I look forward to getting involved in the events and opportunities of professional nursing organizations after I graduate.



Healing Hearts Worldwide

Healing Hearts Worldwide is a non-profit organization started in the Summer of 2008 as an initiative to fund and open a clinic for homeless children in Mali, West Africa as a partnership with a native nurse.

By August the organization raised \$2,500, enough to open the clinic by September 2008 and care for more than 1,300 patients by providing potentially life-saving care such as anti-malarial drugs, antibiotics, wound care and health screenings.

Now it's up to YOU to help keep this clinic running by purchasing beautiful jewelry, handmade in Virginia by Moonrise Jewelry.

Do your holiday shopping on MoonriseJewelry.com and 25% of your purchase will be donated to Healing Hearts Worldwide.

Simply enter the [Donation Code: AFRICA](#) at checkout.

You'll also receive Free Shipping and a Free Gift with your order!



Be rewarded knowing your purchase has helped to provide much-needed medical care for homeless children in Mali.

Thanks for supporting Healing Hearts Worldwide!

If you have any questions, please contact Raeanne Tatem at healingheartsworldwide@gmail.com

Or Meredith at meredith@moonrisejewelry.com.

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Save the Date!

NCANS 2009 Mid-Year Convention

March 6th - March 9th, 2009



Hilton Wilmington Riverside
301 N, Water Street
Wilmington, NC 28401

**This will be your chance to network with nursing leaders,
find a job, get ready for the NCLEX & make new friends
from across the state!**

Please continue to visit the NCANS website for 2009 Mid-Year Convention updates!!!

We're on the Web!

www.ncans.org



Comical Clinical

Funny incidence

Student: "How loud are contractions?"

Faculty: "I don't understand what you mean."

Student: "You were talking about uterine tone and tone means noise, so how loud are contractions?"



Share your Story!

Send in your own
experience from clinical to

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