



NCANS Hypodermic

September 2009

Issue 4 Volume 5

The Start of Something New

Dear Fellow Students,

Summer has come and gone and the fall semester of 2009 is beginning faster than we expected. For some of you, this semester may be your first semester in nursing school and for others it may be your last, but no matter what year you are we are all beginning new courses, and making new memories.

I hope this issue of the Hypodermic will open your eyes to what NCANS is all about. There are many great opportunities available to you as a nursing student of North Carolina through NCANS. I took advantage of these opportunities a year ago in I am so glad I did. Looking back, I have been stretched as an individual, and have learned a great deal more about nursing as a

profession than I would have if I had just sat in a classroom and read textbooks.

I want to challenge you to read this Hypodermic with an open mind. These articles cover topics meaningful to your peers, who want to share their ideas and experiences with you. Enjoy reading, "Why I recommend attendance at Annual Convention" "Common Cents" "NIWI" "What Nursing School Means to Me" "Your Pennies Bring Relief" "Impacting Your Future Career" and "Life as the BTN Director." Who knows; you might be the next individual NCANS needs to continue to make an impact on the state and national levels.



I hope to see you at our Annual Convention!

Sincerely,

Tiffani Broderick,
RN

Tiffani Broderick, RN
Publication Director

Inside this Issue

Editorial	1
Note from President	1
Don't Miss COSL	2
Why attend Annual Convention	2
Common Cents	3
NIWI	4
What Nursing School Means to Me	5
Your Pennies Bring Relief	5
Impacting Your Future Career	6
NCLEX Review	7
Life as BTN Director	8
Comical Clinical	8

Note from NCANS President

A new semester is starting for many of you, after an all-too-short summer break. Others of you are starting new jobs, after successfully passing the NCLEX (congrats!). NCANS would like to help all of our members continue to achieve success as nursing leaders.

We will be offering two leadership councils on September 12th absolutely free and a three day convention in October in RTP for only \$55 (NSNA member discount, so join now if you haven't already!). You'll have a chance to learn about NSNA and NCANS and talk about ways to jump-start

the semester for your local ANS/SNA chapters.

New grads (congrats again!) should know that they can join the North Carolina Nurses Association for an incredible discount. Visit the NCNA website for more information.

This board of directors is busy, planning the two exciting events for you this fall, and getting ready for a NEW board of directors to take over after the elections at October's convention. We would also love to visit your school - contact your District Director, or me about when you'd like us there!

Thank you again for the opportunity to serve as president this year; I've learned so much about professional organizations, the nuts and bolts of leadership, and about myself! I would highly recommend the experience to any of you considering running for election!

Kati Bloedau, RN, BSN
Duke Hospital, Neuroscience
Critical Care
Ncanspresident@gmail.com

Future Events:

- **NCANS 2009 Annual Convention October 1-4 in Durham, NC**
- **NCANS 2010 Mid-Year Conference March 5-7 in Asheville, NC**
- **NCANS 2010 Annual Convention October 7-10 in Greensboro, NC**



Purpose:

- Learn about leadership opportunities at the state level
- Tips to help strengthen your school's ANS/SNA chapter
- How to run for a NCANS board position
- Meet the current NCANS board and ask questions
- Upcoming NCANS events

When: September 12, 2009 **Time:** 9:00am to Noon

Where: Two Locations to Better Serve you!

East- CarolinaEast Hospital Auditorium
2000 Neuse Blvd.
New Bern, NC 28561

West - Catawba Valley Community College
2550 Highway 70 SE
Hickory, NC

Cost: FREE!!!

"I had never been to a convention with NCA a positive experience! I have gained a lot of knowledge from the focus sessions, keynote speaker (who was my favorite) and I have been able to meet a lot of new people!"

- Christie Jones Fayetteville Technical Community College (NCANS Mid-year Conference)

Why I recommend attendance at Annual Convention

By Jackie Mieczkowski, NCANS Vice President

I find it very difficult to think about how different my life would be right now if I had not taken part in NCANS Conventions. Not only did I get to meet people from all over the state, but I was also inspired to run for a position on the board of directors. By becoming Vice President of NCANS, I have had the great opportunity to meet nurses from all over the US and listen to speakers on many various topics as well as, develop better leadership skills. I feel like I have not only grown professionally, but also increased my knowledge base and discovered my spot in nursing. I found an externship and also my very first job as a nurse through meeting exhibitors at convention and by forming friendships with nurse recruiters all over the state.

I found that these connections were extremely helpful when looking for my dream nursing job in a struggling economy. In addition, I have made friendships and created support systems with other nursing students I would not have met otherwise. Conventions are a great place to learn information on different topics that classrooms can't provide and to grow both professionally and as a person.

Common Cents

By Lynn Tran, NCANS Treasurer

Keeping healthy finances is an important issue for students and nurses and is a lifelong skill. Money shouldn't run your life but it shouldn't hold you back all the time either. It's a balancing act and a practice in planning and a consciousness of where you are and where you want to be. Below are just a few things that are important to consider when maintaining financial wellness.

Negotiate – Negotiation can be an art form and it works more than you would think because not everyone is doing it. If you don't try, you will fail 100% of the time. Did you get charged a late fee on your cable bill? If it's not a regular occurrence, ask for them to extend a one-time courtesy and waive the late fee. You might have to go to the manager or supervisor but most of the time this works. Have you had a good track record with them and been a loyal customer? Let them know now. A ton of things are negotiable, even interest rates on your credit card, but you have to ask and be persistent. Sometimes it works, sometimes it doesn't, but you have more to gain than lose. In one example, a \$240 doctor's bill was reduced to \$100 through talking to the office manager and explaining the situation and then agreeing to pay the bill in full over the phone. Be patient and respectful and that relationship you build just in that phone call can lead to big savings.

Shop around for the best place to put your money – Are your checking and savings accounts interest bearing? If not, you could be missing out on free money. When looking into the best bank for you, you may also want to look at fees and penalties because these can really add up. Do you have a savings account? Moreover, do you have money in that account? You should work towards having several months' salary in this account to help you if anything emergent is to arise. If you have kids, not only should this account cover you but your children's needs as well over the length of a few months. The security of knowing you have at least an emergency fund is worth more than that Nintendo Wii or other impulse buy. Also, look into investing more long term through a Certificate of Deposit (CD) or Money Market Account, which have higher interest rates and earnings than your checking/savings accounts but require a greater investment.



Online banking – You should not be "accidentally" overdrafting anymore with the advent of online banking services. Transfer funds over from different accounts so you don't get charged an overdraft fee but keep in mind that you need to replace that money in the future in the account you "borrowed" from. Automatic Bill Pay is a great tool most banks have now. You can set your account up to automatically write a check that gets mailed to your landlord, utility bill, or other payee monthly or one-time. You'll save a stamp and gain some peace of mind. You may also set up online accounts with your utility companies (e.g. cable, phone, cell phone) to automatically draft the bill from your account. Be careful with this option, however, because there may be errors in your bill that you overlook if you're not paying attention or you may not have enough money in your account if things get drafted when you're not ready.

Purchases – Watch out for impulse buys and check your account balances before purchasing, especially online when the urge to buy may be greater. Something may be 10% off but you can save 100% if you just don't buy it at all (a line courtesy of my mom). Compare prices, especially on more expensive items. If you're comparing online, factor in shipping/handling and even tax in the total price that it will cost you (some sites don't charge tax). Making an excel spreadsheet may be helpful. Try applying the nursing process, too. *Assessment* – is this a want or a need? What is it for really? *Diagnosis* – I will/won't buy because... *Planning* – how am I going to pull this off? Do I promise to stick to it? What's my time frame? *Implementation* – I will give up X or do Y to afford Z. *Evaluation* – Was it worth it, did I really need/want it, and what did I learn?

Is there anything else you'd like for us to write about? Budgeting? Saving? We're not your professional financial advisors, but we can always try to give you our two cents.

NIWI

By Douglas Reid, NCANS Legislative Director



At the end of last semester I had a wonderful experience I want to share. In late March/Early April I attended NIWI (Nurses In Washington Internship), a three-day lobbying event in our nation's capital, which not only afforded me the opportunity to directly lobby lawmakers, but also reinforced the importance of remaining politically active.

The internship is divided into classroom and lobbying time. On our first day we learned about lobbying in general. The lectures cover general topics many of us might have learned in high school civics, and served as an excellent refresher course. On our second day we spoke about topics of importance to nursing. At the time of the internship, the legislators were still debating the particulars of the stimulus pack, and as such we concentrated our conversation on funding for nursing related programs. The two programs we focused on were the Nursing Workforce and Development Program (NWDP) and increased funding for the National Institute of Nursing Research (NINR). The NWDP would assist in the recruitment, education and retention of nurses through scholarship and loan repayment, and the NINR resources would support current and future nursing research.

Despite an interesting and informative first two days, the final day of the internship was by far the best. The other nurses and I were given appointments to meet with staff from the office of each of our representatives. Nurses from the same state had combined appointments with their two senators before separately meeting with their member of the house. The other nurses from North Carolina and I meet with legislative correspondents from Senators Richard Burr's and Kay Hagan's offices before I went to Rep. David Price's office. The inviting and friendly manner of the staff made me feel immediately at ease, and everyone I met with, seemed genuinely interested in what I had to say.

If my trip has taught me anything, it is that politicians need and want their constituents to keep them informed. It is up to us, as future nurses, to keep legislators informed about healthcare issues. You don't need to go to Washington in order to be heard, you can write, call or even e-mail any of the members of Congress. Each member Congress's contact information is listed on one of two websites, <http://www.senate.gov> for senators and <http://www.house.gov> for representatives.

Six tips for maximizing your efficiency in communicating with your legislator

- 1) Don't be disappointed if you don't speak with your legislator directly. Politicians are very busy and their legislative correspondents and assistants will get them your message.
- 2) Again, these are very busy people, so be brief and to the point.
- 3) Use a personal story or anecdote pertinent to the topic. It will reinforce your point and is much easier to recall than bunch of facts.
- 4) Though you don't want to bore them by reciting facts, facts are still important and necessary. If your meeting is in person leave them a folder with fact sheets, if you are writing them, send it on separate pages or as attachments.
- 5) Thank them. If you voted for them, let them know that. If they recently supported a bill you agree with, tell them. Even if you disagree with their views, at least thank them for their service and their time.
- 6) FOLLOW UP! I cannot emphasize this enough. Legislators meet with several groups, all with very different interests every day. Following up will remind them of your issue, and show them you truly want it addressed.



What Nursing School Means to Me

By Natasha Williams, Johnston Community College, Senior Nursing Student

When, I think back to reasons why I decided to go to school for nursing...I have all these memories of wanting to help people and make a difference. When my dad passed away I can remember all the nurses comforting me and my family. They made me want to be a nurse and touch other lives like they did for me and my family. I was honored to get into the program at Johnston Community College, because the list of students applying was very long. I remember my first day sitting in class and absorbing everything they said, while trying to write, and look over the paper work they handed out. I would soon learn what it meant to have sensory overload. My teachers greeted all of us with those same kind smiles my father's nurses had. Their smiles could not rid the fear and panic I felt, yet at the same time it did calm the atmosphere. All of the past students, had instilled nightmares of teachers who cared nothing about anything, but a grade and clinical instructors from the underworld and don't forget the dreaded care plan that would take a whole day to complete and would never be right.

Now that I can speak from experience I can say; "I have cried at clinical and not made the satisfactory on care plans (that took me hours to finish) and of course like most of us I no longer have a 4.0 GPA. All these things are okay, because I have learned from mistakes, and I have learned to deal with stress. I still need to master the task of multi-tasking, but it is all coming together."

My dream is still alive and I believe that skills can be taught, yet caring is inborn. I want to let, any first year student or seniors to know that, we will make it out school and that all the things you do now may seem meaningless, but in the end you can look back and say; "Oh, I understand why, I did that." You did it to become a NURSE!!!

Your Pennies Bring Relief

By Bethany French, NCANS District I Director, Chair of Community Health Committee

The NCANS Board of Directors decided to give half of this year's Penny War proceeds to the American Red Cross Disaster Relief Fund. According to the Red Cross "to provide desperately needed immediate emergency assistance to victims of all disasters, small and large. The fund provides for free assistance not only to victims of major disasters like the recent floods, but also to smaller local disasters, like house fires." The American Red Cross is not a government-funded agency, but is supported by the gracious donations of private organizations and individuals. Those donations in turn allow the Red Cross to provide the necessary assistance and supplies to those affected by disasters. "For example, a \$25 donation can provide five blankets at an emergency shelter; a \$350 donation can provide emergency food and shelter for up to 25 people for one day." The Red Cross honors donor intent if the donation is for a specific disaster. Donations to the Disaster Relief Fund have the potential to help many individuals and families subject to the horrors of large and small disasters.



You can help those affected by disasters, by participating in this year's Penny War at the NCANS Annual Convention in Durham, NC on October 2-4, 2009. The winning school will receive half of the Penny War proceeds and the other half will be donated to the Red Cross Disaster Relief fund. Begin collecting pennies to help your school win and to raise funds for the Disaster Relief fund. You can help to give emergency medical and life-sustaining supplies to those involved in disasters just by dropping your loose change into your schools cup at the Penny War. Such a small gift can make a world of difference! Please plan to bring in your pennies and help to save lives in future disasters. For more information on the Disaster Relief Fund and how you can help, visit www.RedCross.org.



Impacting Your Future Career: The 6 Steps of Becoming a Board Member



By Michael Bury, NCANS District V Director

Running for a position on the NCANS board of directors can positively impact the future career of any student nurse, no matter what the position. Nursing is dynamically changing every waking clinical day, and staying abreast to these changes is very important for every nurse. The NCANS board of directors is a voice in these changes that will affect your career, as well as the pipeline of information for fellow nursing students and current nurses. To assist in successfully running for the board of directors, NCANS has established six steps on how to obtain an NCANS position:

The first step is to read the NCANS bylaws available at www.ncans.org. This step is important because the bylaws give descriptions of all the board positions. Knowing and understanding the scope and responsibilities of the position you are interested in is the most important step in running for the board of directors.

Step two is reviewing and completing the candidate application. Within the application you should have two letters of recommendation and a personal essay. The topic of the essay should cover why you are qualified for the specific position and what your goals are for the year. These can be mailed to the Nominations and Elections Committee (NEC) Chair Michael Bury or turned in at the conference registration table at the annual convention in Durham, NC. The NEC Chair's mailing address is as follows:

Michael Bury

1000 Smith Level Rd Apt. R8

Carrboro, NC 27510

Step three and four take place at the convention in Durham. You should plan on creating a poster board which includes the position you plan on running for, your goals for the year, some interesting topics about yourself, and your respected school. Be prepared to talk to the convention participants about the above topics. Having a current resume on hand is also encouraged. There will be a time set aside prior to voting where all candidates should be available for campaigning on Saturday, October 3rd, at the convention.

Please see the convention schedule available on the NCANS website for the exact time. On Saturday, you will also be expected to recite a speech at lunch which should be 1-2 minutes long and should address why you would make a good candidate.

Step five is something that is not only important, but should be fun. This step is for reviewing your schedule and planning for the exciting upcoming events. As a NCANS board member, you are expected to attend monthly meetings (these meeting times and places will be determined Sunday October 4th at your first board meeting), state conferences & conventions, and national conferences & conventions. Looking at this step can be somewhat intimidating because of the financial and time strain that it implies, but this is why we ask that you follow these six steps so it is not overlooked. Another benefit of becoming a board member is that NCANS provides financial reimbursements to the NCANS and NSNA functions you are required to attend.

The last step is planning on meeting with the former board of directors after dinner Saturday October 3rd, and attending your first board meeting Sunday October 4th. The meeting will take 3-4 hours on Sunday so please plan your travel arrangements accordingly. During this meeting I suggest bringing a current school/class syllabus with you so you can have this on hand when the board is planning events.

I hope this article has helped answer any questions about running for a position on the NCANS board of directors or at least created some interest for someone considering running. If you still have any questions that remain, please feel free to contact any board member. To conclude this article I would like to end with a quote from Florence Nightingale:

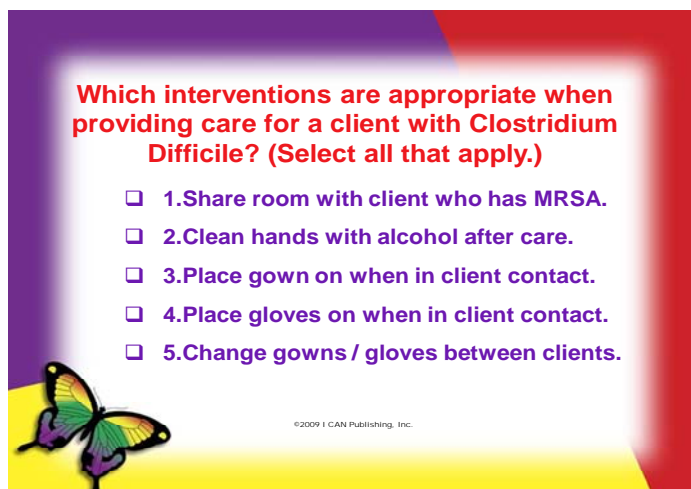
And so is the world put back by the death of everyone who has to sacrifice the development of his or her peculiar gifts (which were meant, not for selfish gratification, but for the improvement of that world) to conventionality. [1852]

NCLEX Hints from I CAN Publishing, Inc. and Sylvia Rayfield & Associates;

Written by Loretta Manning, MSN, RN, GNP,
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This NCLEX column will focus on successful testing and thinking which will result in an improvement in your thoughts. The first question will focus on an alternative style question that most graduates groan over. The simple truth is that this style of question, *select all that apply*, is nothing more than a series of true or false items. The question will be presented first, followed by the correct answers and rationales, and then the memory technique.

QUESTION:



Which interventions are appropriate when providing care for a client with Clostridium Difficile? (Select all that apply.)

- 1. Share room with client who has MRSA.
- 2. Clean hands with alcohol after care.
- 3. Place gown on when in client contact.
- 4. Place gloves on when in client contact.
- 5. Change gowns / gloves between clients.

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ANSWERS AND RATIONALES:

Options #3, #4, and #5 are correct for this client's care since the requirement is Contact Precautions. (Refer to Memory Techniques below!) Option #1 is against the Standard of Care for this client. These clients with MRSA and C. Diff should not be in the same room. Option #2 is incorrect practice for this client since alcohol is not sporicidal.

The Six Step Approach to Success

- M** Master Testing
- A** A Positive Mental Attitude
- S** Study and Learning Techniques
- T** Thinking and Time Management
- E** Evaluate Testing Performance
- R** Reflect and Redirect Learning

MEMORY TECHNIQUE:

- P** Place client with stool inconsistency preferentially in private room
- R** Remove gown and gloves and perform hand hygiene when going from patient to patient! Gowns and gloves are a must!
- I** Isolation – use CONTACT precautions
- V** Visibly soiled from contaminants or touching feces result in changing gloves immediately
- A** Alcohol is not sporicidal!
- T** The clients with VRE / MRSA – not in room (CDI)
- E** Equipment for care that directly touches the patient and environment are potential reservoirs for transmission of C. Difficile (i.e., thermometers, blood pressure cuffs, stethoscopes, over – bed tables, bed rails, toilets, door knobs, IV pumps, etc.)

New Graduate Benefits

North Carolina Association of Nursing Students (NCANS) members can join North Carolina Nursing Association (NCNA) at the **Discounted Rate** of \$35 your first year! And then take advantage of the three-year sliding scale for dues payment!!

NCNA Application available at:
www.ncans.org/membership



NCANS Members

Don't Forget to Renew Sustaining Membership!

www.ncans.org/membership

Life as the BTN Director

By Scott Goodsite, NCANS Breakthrough to Nursing Director

This has been an incredible year for me serving as the Breakthrough To Nursing Director for the N.C. Association of Nursing Students (NCANS). I took on this role as I was starting my first semester in nursing school and was unsure of how I would handle this important position and maintain my grades. I soon found out that having this position helped me manage my time more efficiently. The job of the BTN Director entails promoting the profession of nursing in the community and reaching out to schools across the state to assist their chapters in doing projects related to the BTN project. During this process I was able to work with schools who were interested in starting chapters at their schools. That part of the job could not have been accomplished without the hard work of all the district directors.

There were several outstanding projects throughout the state this year that incorporated the goals of this year's BTN project and I was able to attend some of these events. One project in particular was very impressive and showed the full support of their school, which is a message I wish all schools embraced. Tar Heal Explorations at UNC-Chapel Hill was a daylong event where their ANS chapter hosted over 100 girl scouts and showed them various aspects of nursing from basic tasks such as hand washing to nursing instructor's demonstrating the use of their simulation labs. It was great to see such enthusiasm on these young girls' faces and how excited they were, and undoubtedly some of these young girls are future nurses in the making.

In addition to visiting schools and meeting students from across the state, I was able to attend the National Student Nurses Association (NSNA) Midyear and Annual conventions. At both events I was asked to be a feature speaker at the Breakthrough To Nursing focus sessions, which was a tremendous honor and a true joy to speak with students from different parts of the country. There was a lot of sharing of what has worked for schools as well as helping some that have struggled in implementing their state and school projects. At the annual NSNA convention NCANS won the award for best state BTN project, which was a tremendous accomplishment for our state. This year's project will build on last year's project with some additional elements. It has been such a confidence boost for me to be involved with the Board of Directors this year and I hope to continue my involvement in the coming year. This has also translated into improved performance in the classroom and clinical setting and would recommend to all students to get involved, if not at the state level, at your school level.

Comical Clinical

By Kati Bloedau

During my paid externship last summer, there was a clinical group of nursing students on the floor where I was working. One of the patients on my side of the hall needed an enema. As I gathered my supplies, I asked the instructor if she wanted to send a student in with me.

went to administer this enema.

Ten minutes later, we are trying to contain the results of our efforts and trying to convince the patient to stop moving and making the mess bigger. I turned to the student and said, "**We really do have the weirdest job in the world, don't we?**"

She replied, "**Yes, but you are getting paid to be here;**

I'm essentially volunteering right now!"



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Share your Story!

Send in your own experience from clinical to

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