

Nursing Notes



A letter from the President

Greetings IANS members!

I hope that this message finds you in good health and preparing for a well deserved break at the end of the semester.

I know it's not always easy to do well in school, especially in nursing school, as most of us might have realized. Some of us have challenges in our lives that make it hard to focus on school work or get the grades we want. But we have to persevere and put

in all the hard work it takes to succeed.

IANS is your organization and is here to support you on your journey as a nursing student. It provides various opportunities (scholarships, job, networking...), resources and information needed to empower its members as great nurses of the future! You can begin to take advantage of these opportunities at our forthcoming Annual Convention, "Navigating the Cornfield: Success during and

after nursing school" on March 5th, 2011.

I look forward to working with you for the remainder of this year. If you need anything from me at any time, please don't hesitate to contact me at Heatherkm@goshen.edu. Remember, IANS is YOUR organization and we are here to serve you. I wish you best of luck with the rest of spring semester!

Your IANS President
~Heather Savage-Maierle

NSNA Awards and Honors

Every year, schools are honored for various achievements at the NSNA Annual Conference. All awards carry a \$100 prize and certificate. A sample of awards offered to constituent schools is as follows:

Most Outstanding School Website

Most Successful School Community Health Project

Disaster Preparedness Award

- Based on how a school chapter has raised the awareness of its disaster plans, or developed plans for individual, school and community responses. Projects can highlight education presentations, development of school or community awareness projects, or disaster-kit preparation.

Most Successful Breakthrough to Nursing Project

Global Initiatives in Nursing Award

NSNA Stellar School Chapter Recognition

- School must have held constituency status for at least 5 years

Bylaws and Policies Award

More information, judging criteria and applications for each award can be found in the NSNA Awards Booklet 2011. This can be found at www.nsna.org. Click the "Resources" tab and then "Awards and Contests." On this page, you will see a booklet for 2010 Awards. This is not what you want. Instead, click the blue tab on the left called "Awards and Honors." More awards, including individual and essay awards, can also be found here.

Most awards due by March 19, 2011 at 5 pm EST.



Did you get your e-mail Newsletter?

If not, NSNA does not have a proper e-mail address for you. We'll be sending out newsletters by E-Mail and we want to know you are getting the info. Please take a moment to visit the membership section at <http://www.nsna.org> and update your member info so you don't miss a single update!

Goals of the IANS Membership Committee

Winning the **Winners Way Award** which puts IANS into the drawing for the **NSNA State Excellence Award**, an award given annually to the states which best fulfill NSNA's goals. The award recognizes achievement in membership growth, number of pre-nursing student members, number of PIT recruiters, involvement in program activities. All official states constituents are considered for this award.

We plan to do this by dividing the state into sections to focus on **recruiting schools individually, utilizing every recruitment member** along the way, and **sending information to the current constituency schools** of nursing about the annual IANS conference recapturing individual's interests.

Not a Member of IANS!?

Are you **not a member** of IANS, but got your hands on this newsletter? Are you interested in becoming a member of this great organization? It is **EASY!**

Membership to the IANS is automatic with a membership to the National Student Nurse Association (NSNA). There are countless benefits to becoming a member besides receiving our newsletters, discounted convention admission, networking, and not to mention a great line on your resume. For more information on the benefits of becoming a member and on-line registration visit the NSNA membership website. We are excited for you to become a member of our organization!

www.nsnamembership.org

What is new on the IANS Website?

The Community Health and Disaster Preparedness Committee members are currently working on updating the IANS website. We are compiling student nurse volunteer opportunities from across the state according to county for easy accessibility. We are continuously adding new opportunities so please visit the website periodically throughout the month.

Written by: Dana Fiedler, Community Health and Disaster Preparedness Committee Director

How Can I Be More Involved?

There are so many ways to get involved with **IANS!**

- Attend **monthly meetings** and let your voice be heard by voting on various topics
- Become a **member of a committee**. Current committees needing slots filled include Membership, Newsletter and Community Health
- Attend state and annual **conventions**
- Start an **IANS chapter** at your school
- Contribute articles regarding nursing developments, issues, or events to the newsletter

NSNA Mid Year Conference 2010

This past November the National Student Nurses Association held their Mid-Year Conference in Cincinnati, Ohio. IANS had seven board members attend this conference along with several faculty members as well as nursing students from all over Indiana. The board has included summaries of the meetings we attended to update you on the conference as well.

Council of State Presidents

The NSNA Council of State Presidents (COSP) meets twice a year to discuss the priorities of the organization, its activities and accomplishments for the year, and to share association challenges and ideas. At Mid-year the focus was on reviewing the changes in NSNA, sharing convention ideas, and learning about the priorities for state organizations. The 2010 Midyear COSP meeting brought together more than 25 state presidents from all over the country and was a great success.

Treasurer's Workshop

The treasurer's workshop brings together school, state, and aspiring treasurers from across the country to discuss the various aspects of managing an organization's funds. Discussion included budgeting, banking, insurance, and bookkeeping practices as well as a time to share best practices.

Secretary's workshop

The secretary's workshop brings together school, state, and aspiring secretaries to learn about and discuss record keeping in professional organizations. The meeting was lead by Laura G. Lunsford who is the secretary/ treasurer for NSNA. If you missed the workshop and would like more information, click here to take a look at the [Tips for SNA Secretaries: Frequently Asked Questions](#).

Interview in the Morning?

This workshop was led by professionals from UCLA in charge of the hiring process. They shared their tips on what to say and what not to say in your interview, along with what to bring, wear, and how to act. They also gave out sample questions that they ask their interviewees.

Guerrilla Warfare – Marketing Yourself in a Tight Economy

This workshop was also led by the hiring professionals from UCLA. They emphasized the importance of a cover letter with your resume. They also covered what to include in your re-

sume, how long it should be, and how to thank the business for their time before, during, and after the interview process.

Experience Another World of Nursing

This general session was lead by Keynote Speaker is Joe Niemczura, MS, RN of the University of Hawaii at Manoa. He spoke of his experiences traveling to and working with the nursing students of Nepal. He was an advocate for experiencing nursing in lesser developed countries and shared his knowledge to those interested in doing the same.

Image & Social Networking

During this workshop we discussed the impact that Facebook and other social networks are having on our professions. There was a discussion and debate whether these social networks of our "private life" should be allowed to influence our careers. However, it was mutually decided that these social networks aren't really our private lives but really are rather public.

Our Environment and Our Health

This session informed student nurses of various environmental toxins and their effects on our health, both as patients and as nurses. It discussed the importance of energy efficiency and recycling, and described ways to be environmentally-conscious in the nursing profession.

Empowering Resolutions

This session discussed the process behind formulating a nursing resolution for consideration by the House of Delegates at the National Convention in April. Some resolutions approved by IANS have gone on to be adopted by the American Nursing Association! At the convention, a resolution author would be required to attend an author's meeting, board of directors meeting, resolutions hearing, and House of Delegates debate. All resolutions are due to NSNA by February 23, 2011. If you are interested in submitting a resolution for consideration, please contact Brittney Hoge (blhoge@indiana.edu) for more information.

IANS State Convention

The annual **IANS State Convention** is quickly approaching! This year, the convention will be held at the Crowne Plaza Union Station Hotel and Convention Center in downtown *Indianapolis on March 5, 2011*. The convention will include a keynote speaker, breakout sessions, NCLEX review sessions, and opportunities for students to develop their professional and networking skills. Various hospital networks will be present to offer information about landing jobs at their locations in the future. You won't want to miss it! Be on the lookout for postcards being sent next month to all constituent schools, as well as for updates regarding registration on the IANS website! <http://indianastudentnurses.org>

Don't Forget to Register!



Indiana Board of Directors at Mid-Year Conference in Cincinnati, OH.

Nursing Students Around Indiana

IUSON: Where Tradition Meets Innovation

Founded in 1914, the **Indiana University School of Nursing (IUSON)** on the Bloomington campus strives to keep traditions alive. These traditions include inspiring learning through excellence in teaching; creating and advancing knowledge through science and research; shaping care through practice innovations and partnerships; and appreciating, developing and recognizing

faculty and students. The Bloomington campus offers the Bachelor of Science in Nursing (BSN) degree and the RN-BSN degree. The nursing program is highly competitive and requires students to push their limits in order to excel. Through the nursing program, students are exposed to supportive and highly educated faculty, challenging and engaging skills and simulation labs, and clinical rotations at the

Bloomington Hospital and Monroe Hospital. The IU Bloomington nursing program is fully accredited and is recognized by the Commission on Collegiate Nursing Education, Indiana State Board of Nursing, National League for Nursing Accrediting Commission, and the American Nurses Credentialing Center's Commission on Accreditation.

Written by: Zack Johnson,
IANS Member

Nursing Students Around Indiana Cont.

Look what the University of Southern Indiana is doing!

This past June, ten **University of Southern Indiana** nursing students attended the American Diabetes Association's Camp John Warvel in North Webster, Indiana to volunteer as medical staff for campers with Type 1 and Type 2 Diabetes. Students worked alongside pharmacy, dietician and medical students from Indiana, Butler, and Purdue Universities. Duties included testing blood sugars, calculating and administering insulin, and adjusting doses as needed. In October, several of these stu-

dents participated in the American Diabetes Association annual Step Out: Walk to Fight Diabetes in Evansville, Indiana to raise money and awareness regarding this rapidly growing disease. The students joined forces with USI faculty and other University of Southern Indiana nursing students to create a campus-wide team raising a total of \$1,473.

Submitted by: Sara Titzer, University of Southern Indiana nursing student

Harrison College Nursing Program Gathers Speed

Admitting its fourth class this fall, **Harrison College** has graduated two classes of associate degree nursing students and is preparing to open its RN to BSN completion program in April, 2011. Located east of Indianapolis, the nursing program is under the direction of Dean Annette Zanto, MSN, RN, who heads a staff of five full time faculty and several adjunct professors.

The full-time Associate Degree in Nursing Program is an accelerated program that combines learning in an on-campus simulation/skills lab and clinical rotations at over 12 sites throughout central Indiana. One of the highlights of the program is SimMan®, an advanced patient mannequin whose realistic anatomy and interactive technology provide simulation-based education to challenge and test students' clinical and decision-making skills during realistic patient care scenarios.

The RN program is designed to provide

students with the academic, professional and clinical skills needed to administer nursing care to individuals, families, and communities in a variety of health care settings.

The Indiana State Board of Nursing has granted full accreditation to Harrison College and the National League of Nursing has granted the program candidacy status.

Written by: Angie Best, IANS Member



**HARRISON
COLLEGE**

Nursing Students Around Indiana Cont.

Goshen College Community Service

The **Goshen College** chapter of the National Student Nurse's Association, GCNSA, has been working this fall with community service projects. This November the chapter participated in the annual walk taken by a local elementary school to celebrate health. The walk begins at the school escorted by police and the students are accompanied by the high school drum line. The midway point is Goshen College where the students are provided with cheers of encouragement and apples as they head back on their walk to school. This year approximately 400 apples were given out by GCNSA members when the children arrived at campus.

GCNSA also joined the pre-med club on December first to celebrate *World AIDS Day*. The Kansas Bible Company, a popular band in the Goshen area opened the event with a live performance that brought in a standing room only crowd. There was also cafe style refreshments, a small speech on AIDS statistics and a talk about work in AIDS relief efforts by Goshen College Nursing Professor, Jan Enswiler. The event ended with a candlelight vigil. Over \$200 was raised for Mennonite Central Committee's Generations at Risk Program. Generations at Risk is a program designed to care for people living with HIV/AIDS, support children orphaned by the disease, teach

prevention and address the poverty and injustices that perpetuate the spread of the disease.

These projects were chosen by the GCNSA board to help the chapter fulfill the college's goal of healing the world peace by peace. The board also recognized these projects as an opportunity to promote health in our community and be a part of global nursing initiatives.

Article by: Judy-Weaver Yoder, A GCNSA faculty advisor and Heather Savage-Maierle, GCNSA treasurer.

Photography by: Heather Savage-Maierle, GCNSA treasurer.



Kansas Bible Company band performs during the World AIDS Day event hosted by GCNSA and the Pre-Med Club.

Get to know your Board of Directors

Heather Savage-Maierle

President

Goshen College, Senior

Favorite Holiday Gift : Engagement ring, Christmas 2003

I have perfected the art of procrastinating on my way to becoming a nurse for people who cannot cope with the world around them.

Amanda C. Miller

Vice President

Indiana University, Senior

Favorite Holiday Gift : Goo Goo Dolls Tickets

I am a senior nursing student at IU and am hoping to work in an ICU somewhere in Chicago after graduation!!

Eric Kern

Secretary

Indiana University, Junior

Favorite Holiday Gift : A BB gun when I was a little boy!

Sarah Empson

Treasurer

Indiana University, Junior

Favorite Holiday Gift: Barbie Car Convertible when I was 5 years old.

I am excited to be a part of this organization!

Andi Harper

Newsletter Editor

Indiana University, Junior

Favorite Holiday Gift : Nintendo 64 (back when there was time for video games)

If I was not a nursing major, I would most likely be an art major!

Brittney Hoge

Newsletter Co-Editor

Indiana University, Junior

Favorite Holiday Gift : Tickets to a Coldplay concert

I am a junior nursing student with an interest in Peds/OB.

Elles Niessen

Director of the Recruitment Committee

Indiana University, Junior

Favorite Holiday Gift : Soft White North-face

I am a very outgoing, student from the Netherlands whose family is one of the largest dairy farmers in Indiana.

Dana Fiedler

Community Health and Disaster Preparedness Committee Director

University of Southern Indiana, Senior

Hand-made Doll House

I am a dedicated nursing student who likes to have fun!

Natasha A. Bertsch

Director of Bylaws/Policy

IU School of Nursing, IUPUI Sophomore

Favorite Holiday Gift : Pink Barbie Mobile, nothing has beaten it!

I am nursing student that loves to get involved. I am also the Vice President of Phi Mu Rho Alpha Chapter and something that makes me a little different in I am a Muay Thai fighter!

Contact us at:

<http://www.indianastudentnurses.org/>