

Hoosier Nurse?

An Indiana Association of Nursing Students
Publication



A letter from your Vice President

Hello, IANS members! The end of the semester is near and I know you are all ready for a well deserved winter break!

With the fall 2011 semester wrapping up, the convention planning committee and myself are pleased to report lots of progress is being made towards our IANS state convention next spring. Our upcoming Annual Convention will be held March 24, 2012 at Ball State University. IANS is an organization for students to find support, information, resources, and opportunities to optimize the experience for Indiana nursing students. We hope that each of you will find the convention as an opportunity to do just that. Annual Convention will feature roundtable discussions with topics including global health care, a variety of nursing specialties, and tips to protect your license, as well as an NCLEX review session!

I look forward to working with all of you for the remainder of this year and next semester! Have a wonderful holiday and I look forward to seeing you at convention!

Your IANS Vice President,

Brittney Hoge

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MidYear Conference Highlights!

NSNA MidYear Conference 2011 was held in Memphis, Tennessee on October 27-30. The conference featured several exciting speakers, informative breakout sessions, and numerous opportunities to interact with fellow nursing students and experienced RNs from around the country. Four IANS board members attended MidYear Conference, as well as several other Indiana nursing students from around the state.



“Protect Your Career: The Road to Sharps Prevention Injury”

ANA President Karen Daley, PhD, MPH, RN, FAAN, spoke about the prevalence of needle stick and sharps injuries among healthcare workers today. Her lecture emphasized the seriousness of the issue, the progress being made towards sharps injury prevention initiatives, and tips for nurses to ensure the safest practice for themselves. Daley also shared her own personal story about a needle stick injury, which led to her endeavors as a health policy advocate. The work of Daley and her colleagues led to The Needle stick Safety and Prevention Act, a federal bill passed unanimously by Congress in 2000. Since its enactment, there has been a decrease in the number of injuries due to conventional devices, and increase in the number of OSHA inspections, and the increased availability of safety devices.

Learn more about needle stick safety and prevention at <http://nursingworld.org/safeneedles>

“Acing Nursing School Exams”

This breakout session was hosted by Kaplan and featured useful tips for approaching the tough material covered in nursing school classes. Study tips included setting aside short but frequent blocks of time for studying, making a weekly schedule and rewarding yourself when you stick to it, study complex material and then easier material, talking out difficult concepts with study partners, and learning by categories.

For exams, the Kaplan representative suggested taking deep breaths, visualizing oneself doing well, and eliminating answer choices.



Kelley Elkins posing a question to a panelist at the Nursing Specialty Showcase

Nursing Specialty Showcase

This interactive two part session spotlighted RNs from diverse specialties including critical care, air and surface transport, nephrology, emergency, neonatal, uniformed federal services, infusion, midwifery, oncology, perioperative, and geriatric nursing. Panelists from these specialties gave a brief presentation about their field, current trends in their area of practice, and experiences unique to their role. Students were then given an opportunity to interact and question panelists. This session was excellent exposure for NSNA members to learn about RN roles in many different settings.

Getting to Know Your Secretary!

Eric Kern
Year: Senior
School: IU Bloomington
Hometown: Jasper, IN
If I weren't a nursing major I would be: A Police Officer
Favorite nursing class: Critical Care
If I could have one superpower, it would be: Flying



Eric, JoAnna, Brittney and Courtney with the AirEvac helicopter!



AirEvac Visits IU

On November 17th, 2011, IU Bloomington and the Emergency Nurses Association paired up to bring an AirEvac helicopter to Bloomington. The helicopter landed in the parking lot of Assembly Hall in front of approximately 50 students and staff. Inside the helicopter was a paramedic, the pilot, and the flight nurse, as is customary. The AirEvac nurse then taught the viewers about the helicopter, such as the maximum size of the potential patient, limitations of CPR due to the small inside of the helicopter, and the typical day of the AirEvac nurse. For example, the maximum size of the patient is around 300 pounds, although depending on the size of the crew that can change. The crew also cannot perform CPR on an adult patient, as there is no room for compressions and the other necessary medical treatment. The AirEvac crew works 24-hour shifts, and they answer calls throughout the day to pick patients up from scenes of accidents and take them to area hospitals. One advantage to this program is that they can get the patient from the accident to the hospital in about half the time it would take to drive the patient there. It was an interesting opportunity for IU Bloomington IANS members and other students to learn about the typical day of an AirEvac team member!



Getting to Know Your Vice President

Brittney Hoge
Year: Senior
School: IU Bloomington
Hometown: Carmel, IN
If I weren't a nursing major I would be: a Dietician
Favorite nursing class: Community Health
If I could have one superpower, it would be: Teleportation

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
- Join a committee
- Attend state and annual conventions
- Start an IANS chapter at your school
- Contribute articles regarding nursing developments, issues, or events or the newsletter
- Like our Facebook page, Indiana Association of Nursing Students!
- Visit our website, www.indianastudentnurses.org



Indiana Association of Nursing Students

Are You Getting Our Emails?

If not, NSNA does not have a proper e-mail address for you. We will be sending out newsletters and other updates by e-mail and we want to know you are getting the information. 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!

Join NSNA!

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!

