

NURSE NOTES

NH STUDENT NURSE ASSOCIATION/SPRING 2010/VOLUME 1

Welcome from the NH Student Nurse Association President!

Welcome back! I can't believe it is already 2010! I hope that you all found your vacation to be relaxing and are ready for a busy spring semester.

This is a very exciting time for the NH Student Nurse Association - we are working hard on the re-establishment of the NH chapter of NSNA. With so many amazing events, students and impressive nursing programs in NH it seemed like a shame to let the chapter just lay stagnant... no one has worked on it since 2005!!

Does your school currently have a student nurse association? Have you been active with NSNA? If you answered no to either question, please let NH SNA help you in becoming a more active member of the student nurse community in NH. Membership in our organization, as well as NSNA, will provide you with many opportunities for leadership and growth.

Continued on page 2



“Experience the Magic of Nursing”

Ushering in a new decade of increased health awareness, management and education - April 7th-11th, 2010 marks the NSNA 58th Annual Convention, which is being held at the Coronado Springs Resort at Disney World in Orlando, FL. This truly magical destination will bring together nursing students, faculty, administrators and other healthcare professionals

from around the country to meet and discuss all matters pertaining to the work of nurses, with this year's theme of “Experience the Magic of Nursing”. Let your voice be heard, take part in, increase your professional network and have a great time! For more information on the conference, please visit: <http://www.nсна.org/Meetings/AnnualConvention.aspx>.

FLU UPDATE



During the week of January 2, 2010, the NH Dept. of Health and Human Services identified one specimen positive for 2009 influenza A H1N1 (Swine Flu), of sixty-four new respiratory specimens. Furthermore, influenza-like illness and

acute respiratory symptoms were slightly decreased compared to previous weeks (0.2% and 3.8%). NH continues to be listed as 'regional' activity, with 465 total confirmed cases.

The CDC is still recommending that all healthcare workers, families with children under 6 months of age as well as anyone caring for or in contact with someone who has a chronic health condition get the H1N1 vaccine. It is also recommended that you avoid crowds, work or contact with individuals who have weakened immune systems when feeling ill (fever, runny nose, cough, sore throat, body aches and headache).

Wash your hands and stay healthy!!

GET VACCINATED...



If you haven't gotten vaccinated yet, but would like to... please visit: <http://www.flu.gov/index.html> and use the flu vaccine locator to find available doses in your community.

Continued from front page

With all that said, this is a terrific opportunity for all students interested in participating to join us on the ground level and get the ball rolling on numerous events and planning activities as a board member.

WHO WE ARE

NH SNA is a pre-professional association for nursing students. Involvement in the association prepares students for involvement in professional associations and leadership positions after graduation. We are composed of and governed by nursing students. The organization seeks to have direct input into the standards of nursing education and influence the educational process; to influence health care, nursing education and practice through legislative activities; and to promote and encourage participation in community affairs and activities towards improved health care and the resolution of related social issues.

NH SNA wants to invite you to our next meeting - Friday, February 19th @ 10:30. The meeting will be held at Manchester Community College, room to be announced. Please join us for an opportunity to become a member of the board, ask questions and participate in planning discussion.

TAKE IT TO THE NEXT LEVEL



Do you like being a leader? Would you like to get your voice heard? Join NH SNA and become a member of the board. Bring your skills and opinion to the group, you can help shape this organization's future!



Want to connect with us? We are on Facebook - NH Student Nurse Association. This is a great way to network with other student nurses in the state without ever having to leave home! Share your stories and experiences, as well as make new friends!

Good luck to everyone in 2010 and I look forward to working with you all in the future. If you have any questions or concerns, please email me at - lvolinsky@yahoo.com.

Kind Regards,
Leila Volinsky
NH SNA President



CURRENTLY WORKING AS AN LNA?

The NH Board of Nursing is offering 3 free continuing education contact hours (Alzheimer's Dementia in the Elderly, Nursing assistant Scope of Practice and Oral Health in the Elderly). All you need to do is go to the board of nursing website (<http://www.nh.gov/nursing/>), find post in announcement and notices section, read selected document(s), complete post test(s), complete submission form and submit to the board for review.

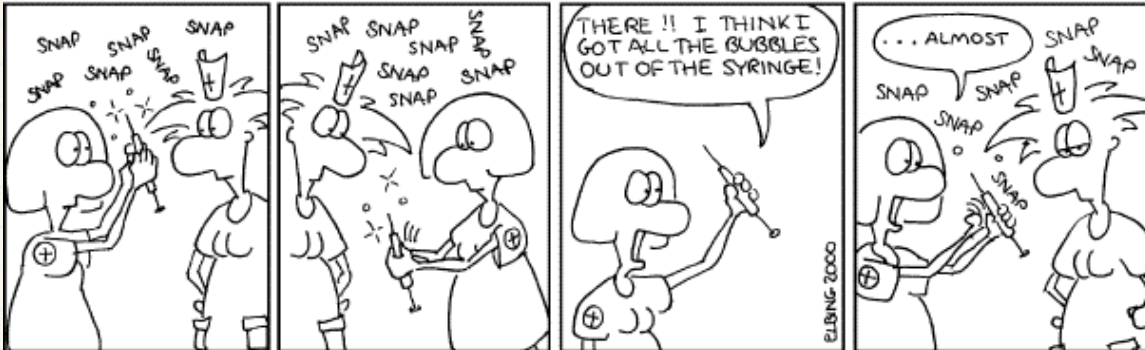
This is a great way to get a few of the 12 required continuing education contact hours taken care of for free. Enjoy!

LEARN A NEW WORD: **HOUSSAY SYNDROME**

def: the amelioration of diabetes mellitus by a destructive lesion on, or surgical removal of, the pituitary gland.

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REVISIONS MADE TO NCLEX-RN EXAM APPROVED

Revisions to the NCLEX-RN Test Plan were approved by the Delegate Assembly of the National Council of State Boards of Nursing (NCSBN) during its August 2009 meeting. Recommended by the NCSBN Examination Committee (EC), the revisions are based on findings from the 2008 RN Practice Analysis, Member Board feedback to the proposed changes including comments from the Board, and expert judgment. The new test plan will be effective in April 2010.

Source: <http://www.nh.gov/nursing/general/documents/v1n1.pdf>

Additional information on the **2010 NCLEX-RN Test Plan** visit: https://www.ncsbn.com/2010_NCLEX_RN_TestPlan_FAQ.pdf.

Download: Drexel University's NCLEX EXCEL! Q & A widget at <http://passnclex.drexel.edu/widget.aspx/>. Widget features daily practice questions and more. Happy Studying!

Manchester Community College Nursing Students Lend a Hand for Orphanage Outreach in the Dominican Republic

By John Cody
NH SNA Treasurer



When mention was first made of the Manchester Community College Dominican medical aid trip, my first question was "what resort are we staying at?" After getting more information and determining we would be staying at an orphanage, I reflected and figured; "It's in the 80's, much warmer than NH in January, that's a no brainer." I thought back to my days in the Air Force when we would regularly visit an orphanage near Osan Korea for barbecues, baseball and games with the kids. I figured I could get some unique practice with my medical skills and have another mark for my resume, so I decided I would go. I truly figured that after the last twenty odd years in public safety, it would be an experience but nothing that remarkable. I never realized how wrong I was.

About a week before we left, I finally began a Google search about the country and area we would be staying in. It was very educational, as I was unaware what the Dominican Republic was like beyond the resort walls. I learned that the Dominican Republic covers the eastern two-thirds of the Caribbean island of Hispaniola with Spanish being the official language. About 45% of the population of the Dominican Republic live well below the poverty level and the average family income is under \$8,000.00/yr with an unemployment rate topping 15%. The Dominican Republic's main sources of income is not tourism, it is manufacturing. Jaibon, the area the orphanage is located in, is situated in Valverde, about 55 miles from Santiago. Jaibon is a town of about 4800 and the location of the Orphanage Outreach's Jaibon Orphanage and the base for the area's operations. This area's main source of income is agriculture.

Finally the day came, we departed from Manchester Community College to Logan Airport in the early morning hours of January 9, 2010, and arrived in Santiago in the early evening. Upon arriving at the Jaibon Orphanage we were assigned our sleeping areas. The women were to nestle in a bunkhouse while the men were assigned a bunk room in the Orphanage. The staff at Orphanage Outreach included Director Tom Eklund, Country Director Courtney "Coco" Barrett, Team Leader Bryson Adams, Program Leader Elizabeth Geddes and John Hopkins. They did an outstanding job orienting us to the Orphanage, area, mission, goals, and philosophy.

We spent our first full day there sorting the medical supplies and

Continued on page 4

Nursing Job Outlook

Overall job opportunities for registered nurses are expected to be excellent, but may vary by employment and geographic setting. Employment of RNs is expected to grow much faster than the average for all occupations through 2016 and, because the occupation is very large, many new jobs will result. In fact, registered nurses are projected to generate 587,000 new jobs, among the largest number of new jobs for any occupation. Additionally, hundreds of thousands of job openings will result from the need to replace experienced nurses who leave the occupation.

Employers in some parts of the country and in certain employment settings report difficulty in attracting and retaining an adequate number of RNs, primarily because of an aging RN workforce and a lack of younger workers to fill positions. Enrollments in nursing programs at all levels have increased more rapidly in the past few years as students seek jobs with stable employment. However, many qualified applicants are being turned away because of a shortage of nursing faculty. The need for nursing faculty will only increase as many instructors near retirement. Many employers also are relying on foreign-educated nurses to fill vacant positions.

Keep up to date on NH Nursing Events

Continued on page 3 - Orphanage Outreach

equipment we brought and then headed out early Monday morning for our first medical Clinic in Jicome. The experience was, without a doubt, life changing for me. These people live in conditions not replicated anywhere that I have experienced. Their need for medical care is genuine, as is their gratefulness for the care they receive. What impacted me the most was the attitudes and general demeanor of the people living in a developing country far below the poverty level. They were always smiling, friendly and courteous. They were making due with things, and without things, living how we have never even considered. The children laughed and played with the bare minimums and without "toys." The children embraced learning and school and had true drive. Men and women returning from work smiled and were greeted by family upon their arrival home, there was no passing in the midst of schedules. Family and togetherness was still abundant and precious here.

On Tuesday while packing up from the clinic in Esperanza, we experienced an earthquake on the island. While only a 4.3 in our area, the feeling was one of the "need not experience again" category. While there was no damage where we were, we would not find begin to realize until later in the evening and the



next day, the extent of the devastation in Haiti. Although we were ready to head there if necessary, the logistics and schedule we had prevented that from happening. With all that was experienced during the week, I think what that amazed me the most was how most Dominicans treated Haitian's in their country. They were treated as the "migrant workers" in the country and could barely obtain minimum medical care when necessary from the services present there. True discrimination appeared to be present. This became painfully evident when we arrived at Batey Libertad on Wednesday, a matter of days after the earthquake.

Many residents of this Haitian community were obviously genuinely concerned about family in Haiti and it openly showed. Even with the natural disaster, they were helpful, courteous, friendly, welcoming and very appreciative. We were able to treat over 250 people that day, but most of those that required more urgent care, but when referred for additional medical care in the area it was refused, for they stated they would not be treated because they were Haitian. It amazes me daily how far the effects of discrimination reach.

We spent our last day touring the area and even stopped at a beach for a few hours. Personally, I spent the entire time in the water. It marked the first time I had been to the Dominican and not been diving. After my experience, although I left feeling more tired than when I arrived, I felt an incredible sense of satisfaction and appreciation for who and what I have and for the experience, as the saying goes.... PRICELESS!



I am definitely returning! I challenge you to join us next January (2011) to share in the experience.

February
American Heart Month

February 3rd
UNH Annual Nursing Career Day
1-4PM UNH Alumni Center

February 19th
NH SNA Meeting: 10:30 - 11:30
Manchester Community College

April 6th & 14th
NH Nurses' Association Health
Policy Days (Concord)

April 7th-11th
NSNA 58th Annual Convention -
Orlando, FL

April 7th-11th
World Health Day Celebrations -
"1000 Cities, 1000 Lives"

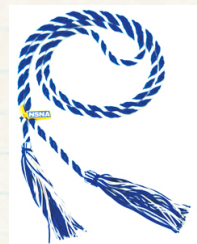
May 6th-12th
Celebrate Nurses' Week

May 13th
UNH Continuing Education -
Confident Voices: A Workshop for
Nurses (\$165 - 6 CEUs)

May 8th
Student Nurses' Day

Graduation
Congratulations Seniors!!

Want to show your nursing pride at graduation? Want to stand out from the crowd? As a member of NSNA you can purchase an NSNA



graduation cord to be worn during the big event. Details on availability and pricing to follow. HOORAY!

Links of Interest:

www.nh.gov/nursing	www.nсна.org	www.allnurses.com
	www.nhnurses.org	www.nursingworld.org
	www.discovernursing.com	www.volunteermatch.org

COMMUNITY HEALTH PROJECTS
Help! Looking for community health project ideas! How can we, NH nursing students, reach out to the local community in a meaningful way?
If you have any health areas (immunizations, women's health, nutrition/obesity) that have been sparking your interest or just want to increase the awareness on a health topic that is meaningful to you (heart disease, diabetes), please bring your ideas to the NH SNA board via email (nhstudentnurses@yahoo.com)

BOARD MEMBERS
Leila Volinsky - President
Kristin Luszyk - Vice President
John Cody - Treasurer

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This newsletter is a true work in progress and we want to hear from you. Please feel free to send us any ideas, concerns, questions, journaling, experiences, pictures and anything else that you want to share with fellow nursing students.
nhstudentnurses@yahoo.com