

ARKANSAS STATE | SNA

THE ROUTINE CHECKUP

Issue 1 | July 2017



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A LETTER FROM THE PRESIDENT

Hi everyone! My name is Felicia Noel and I am so excited to be your President this year. I am a Senior in the traditional BSN program. I serve on the Arkansas Nursing Students Association board, as well as our own, and am a member of Sigma Theta Tau Honor Society. I am a Staff Sergeant in the Army Reserves as a combat medic and plan to Commission shortly after graduation. I am married and have three amazing boys. Well, that's enough about me; let's talk about the exciting year ahead!

Something I am really excited about that will be new for this year is our Welcome Week activity where you can all meet. We will be selling long and short sleeved shirts, polos, pull-overs, and sweatshirts. Throughout the school year we will also be collecting items for donation for the Micro Society. As always we will host the pork tenderloin, and the Yankee candle sale. Be sure to check your e-mails and the pin board on the 2nd floor of CHNP for more information throughout the year.

Monthly meetings will be the first Wednesday of every month at 12:00; you are all welcome to join us. We are working on setting up some "Lunch and Learns". Our main goal this year is to increase participation. We want you to experience how wonderful SNA is. Another goal is to be able to reach the amount needed to get our Endowment Fund up and going. This will enable our SNA chapter to grant scholarships. You can help by donating through the A-State SNA website. We also wish to expand our community footprint. As nurses, we will be taking care of members of our community, but we can also do this as nursing students. Please consider participating in these activities so that we may better serve our community.

I look forward to meeting all of you at your orientations and am very excited about the year to come.

UP TO DATE

CPR Instructor Course 8/15

CPR Certification Course 8/17,8/18,8/25

T-shirt sales go live 8/18

Welcome Week Activity 8/25

State Convention 10/19-20

Health Expo Volunteer

Opportunity 10/3

SPECIALTY SPOTLIGHT

ENTERING THE EMERGENCY DEPARTMENT

A discussion with Tim Paslay BSN, RN
UAMS Emergency Department

What made you decide this was the area for you?

This was the first job offered. I've been through several family deaths and have probably watched too many episodes of ER.

What is your favorite part of your job?

Being part of a team that treats incredibly urgent and life threatening illnesses, as well as traumas

What has been the most difficult part of your job?

Dealing with patients who have substantial expectations for minor issues. For example when I have a patient with a gun shot wound and a patient with a six month of history of stomach pain, it can be harder to advocate and show empathy for the one with stomach pain who is also asking for more than the patient with a GSW.

Have you had a life changing experience in your career? Tell us about it.

As a new nurse I went to retrieve a trauma from the heli-pad, He asked, "Am I gonna die?" We reassured him that while injured, he would live. He did.

What sets the ER apart from other areas of nursing?

While most areas are more specialized, ER nurses are trained to react to all emergencies, situations, illnesses, and conditions.

STORY BY: NICK KITCHENS

WHAT I LEARNED AT NATIONAL CONVENTION & Why YOU should care

STORY BY: MADDIE DULIN

The opportunity to attend national convention came after I finally took a leap and decided to run for the position of the public relations chair. I had wanted to in the past, but my schedule had not allowed for it. Two weeks after running, I found myself on a plane headed to Dallas.

The first thing that amazed me was how big the organization is. Two-thousand four hundred and fifty four students were there. We were in the company of Dr. Mary Wakefield and Kelley Johnson. Representatives from Johns Hopkins, and Johnson & Johnson were there, as well as top notch schools and hospitals from the whole country. Keep in mind the students at convention are only a small part of NSNA. An organization this big provides the power to create lasting change.

As a delegate, I got to attend the resolution debates. A resolution is when nursing students identify a problem, perform extensive research, and ask for the NSNA to back their proposed solution to the problem. They are heavily debated among delegates. Questions on cost, efficacy, and sources arise. These resolutions, if backed by the NSNA have the power to change legislation on

certain issues or promote new evidence-based practice. In fact, two of our past-seniors have a study taking place in four hospitals throughout the country as a result. Deborah Pratt's resolution on detection of child abuse passed and we are excited to see the change it will bring!

Other than being able to change the world you are going to work in, how does NSNA help you? Well, it could be the 250,000 dollars in scholarships that they provide each year. Maybe it is the free resume review table present at convention. Perhaps the career center on their website? A past senior was offered a position in the Baylor trauma center after spending time with a representative in the exhibit hall. The same senior was offered a scholarship to continue education at the University of Kentucky.

Did you know that you also get DISCOUNTS? We get twenty-five percent off Wolters Kluwer NCLEX review material. Other partners who offer discounts are Uniform City, Hotels, Akesso footwear, 3M, and NSO!

You get out what you put in, but this is an organization you need to get active in. It will benefit you for the rest of your life!

WELCOME BACK
COOK OUT
August 25, 2017
Pavilion
PS. We have free food

Meet the New Board



President
Felicia Noel



Vice President
Karley Moore



Secretary
Lauren Gotte



Treasurer
Nick Kitchens



Breakthrough to
Nursing
Ramon Garcia



Nominations &
Elections
Tiffany McClelland



Public Relations
Maddie Dulin



Webmaster
Cebrina Swanson



Senior
Representative
Mandi Finley



Junior
Representative
Megan Belvedresi



Faculty Advisor
Lance Wilcox



Faculty Advisor
Bilinda Norman



Faculty Advisor
Addie Fleming

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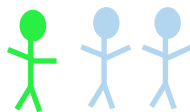
nsna.org

OVERCOMING & ACCEPTING DIVERSITY IN HEALTH CARE



Should Nursing Students have Spanish added to the Curriculum?

BREAKING IT DOWN



1 in 3
babies born in the year 2015 were Hispanic

By 2050
The US will be the largest Spanish-speaking country

40 million
US citizens primarily speak Spanish

Last week I went to work like any other day. My patient was not like any other patient. **She only spoke Spanish.** Our only way to communicate was through her two teenage grandchildren. This bothered me greatly. While her family was clearly very loving, it felt wrong to be trusting someone else to tell her vital information about her condition and medications. It didn't seem right that I could not have this discussion with her. **Remember when you were a kid and played telephone? How distorted was the message by the end of that game?** How distorted do you think the message becomes when it is about medications and uses a vocabulary that isn't exactly common? **A lot of details can be lost in translation.**

What is scarier are the details **we can miss** when we aren't the ones talking to our patients. If we are relying on a family member, especially in the ER or a pediatric unit, we honestly don't always know the truth. If you had a chance to listen to Mrs. Mata's discussion last year over sex trafficking, you know exactly what I mean. For the safety of our patients, a solution is needed.

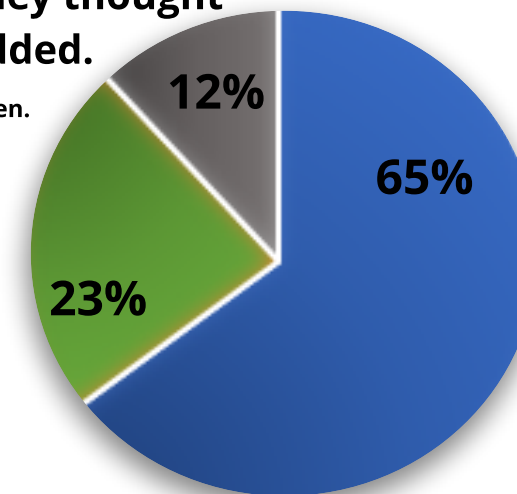
Sure there are phones that can translate. Some bigger hospitals have translators, though in rural areas they can be harder to come by. **Can't we do better?** Is the answer to teach nursing students and medical professionals Spanish, or another foreign language, as part of their program? Is that cramming too much into already rigorous schedules? **You decide.** Offer other solutions. Should more money be spent on translation materials? Responses and topic suggestions can be sent to astateroutinecheckup@gmail.com. Please put "Response" as your subject line. They will be published in next month's letter.

Data collected from US Census

Students' THOUGHTS

The junior and senior class were polled on whether they thought Spanish should be added.

Seventy-Seven responses were given.



- NO, We already have family and translators
- YES, I think it would benefit our patients
- MAYBE, if we had more time in our schedules



We already have so much material we are responsible for. Adding Spanish would overload us and take away from more important things. This is a country whose primary language is English & we have translators available if needed.
-Brooke Shuburte



I like the idea of teaching Spanish and I don't think our schedules are that packed. It's about time management. However, translator phones will be a big argument against it. At my job, I wasn't allowed to translate. We were supposed to use phones for insurance reasons. In an emergency situation, I feel like it shouldn't matter. I also think requiring Spanish would help distinguish Arkansas State.
-Jose Puga



It would depend on whether the course was a pre-requisite before the program or another course added in within the program. It would be cool to have a Spanish class which solely focused on the medical world.
-Jessie Greaser



I would love this idea if they would offer it online. I don't think we could we add another in-class commitment.
-Grayson Broyles