

ARKANSAS STATE | SNA

THE ROUTINE CHECKUP

Issue 5 | February 2018



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A LETTER FROM THE EDITOR

Hey everyone! My name is Maddie Dulin and I am the Public Relations Chair of the Student Nursing Association (SNA) this year. First of all, I want to say thank you! Thank you for your hard work selling pork tenderloins and coming to our events. You have all made this year awesome and I'm glad to call myself part of the SNA! We have helped the community, as well as our own students, because of the work you guys have put in.

I've tried hard to improve the newsletter this year and provide you all with information about events you can be involved in, scholarships, and career opportunities. If there is anything else you would like to see, don't hesitate to send me an email! In addition, if there are any ideas that you guys have for the SNA or events you want to see us participate in, I would love to hear them. I believe we have an amazing chapter and I know we can make it even better. I would love for each of you to send me pictures of things your class is doing in simulations, or just for fun as a group of nursing students. These photos are great for the newsletter and help show others how great the program is. We really have something special here at Arkansas State.

I want to remind everyone that one of the best things about being in the SNA is that you can inspire change. This is a powerful organization and we have a voice. Attending national convention last year taught me just how much the SNA does and how many people will back you when taking a stand. There are many big things going on right now from the opioid epidemic to staffing shortages. They WILL affect you after graduation. Why not start helping yourself now by becoming active and inspiring change. If you'd like to write an editorial about something you care about, I'd be happy to publish it in the newsletter. If you want to write letters to legislators, I'll help you get started. The SNA board is here to serve you and if you reach out to us, we will help.

Again, thank you all for being awesome and I hope you enjoy the rest of your year. I know we are all growing as nurses every single day and I can't wait to watch you all accomplish your goals!

UP TO DATE

CPR Class 3/3

COSL Meeting & Diaper Drive 3/17

Stop the Bleed Day 3/31

National Convention 4/3-4/7

Sigma Theta Tau Induction 4/3

Research Day 4/10

Pinning Ceremony 5/11

Graduation 5/12

ANSA



SMILE DRIVE

FEB 14TH - MAR 17 (COSL)

Seeking:
Toothbrushes
Floss
Mouth rinse
Toothbrush caps
Timers

Products go toward
AR children in need
as part of the
National Children's
Oral Health
Foundation's
America's ToothFairy
initiative



Collected items are to be brought to COSL

20% of children ages 5-11 have untreated cavities.

Children from low-income families are

2 TIMES

more likely to develop cavities than those
in high-income families.

**Please bring items to your
class representatives
before March 16th.**

Sophomore Class Rep: Alannah Davis

Junior Class Rep: Megan Belevdrisi

Senior Class Rep: Mandi Finley

Follow Your Heart

DO WHAT YOU LOVE AT ST. BERNARDS

Summer Resident Positions Available beginning **3/13**

*** Flexible Hours**

*** Great Experience in different clinical areas**

*** Open to those graduating within a year**

Apply at stbcareers.com. Go to nursing then support and float pool. The position is listed under Nurse Resident.

NEA Baptist

Extern positions will be available at the end of April or beginning of May

*** Flexible hours**

*** Great clinical experience on specific floor**

*** Open to those graduating within a year**

More information will be released as it is received.

February is **AMERICAN HEART MONTH**

Story by Maddie Dulin

Heart disease affects millions of Americans. We probably all know someone who has it. The Journal of American Cardiology calls it a major cause of premature death. What is even worse is that the incidence is increasing. As nurses, what is our best approach to help prevent it?

Providing education to our patients is going to be a major part of the way that we combat heart disease. Nurses play a major role in this and have for at least the past forty years. We educate patients on managing risk factors like hypertension, smoking, and diabetes.

There is significant evidence to support the idea that nurse-lead interventions have decreased the progression of known cardiovascular disease in patients and improving angiography studies also support this.

"Educating our patients about risk factors for cardiovascular disease is important because, by working with the patient, we can determine modifiable risk factors they have. We can also discuss symptoms with them and when they

need to see the doctor," senior BSN student Cebrina Swanson said.

Other important things for nurses to recognize when treating patients with cardiovascular disease are the disparities a patient may face. We teach the importance of a healthy diet, lowering cholesterol, and managing diabetes. However, that is not an easy task for all of our patients.

"Poverty often contributes to increased incidence of cardiovascular disease due to the lack of transportation to appointments. Poverty also affects patients because they may lack finances to buy prescribed medications, supplies, and fresh produce that contributes to good health," senior BSN student Felecia Noel said.

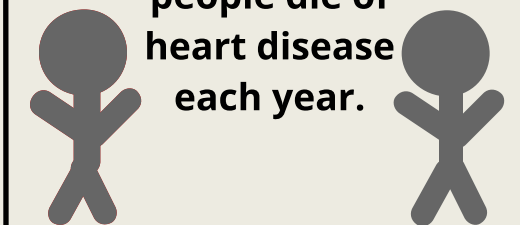
As nurses, we will play vital roles in helping prevent and treat cardiovascular disease. We must make sure we are educated on the disease process, our community resources, and treatment methods to provide the best care possible.

THE FACTS

The American Heart Association defines heart disease as a collective term for diseases of the heart and blood vessels, commonly caused by atherosclerosis.



people die of heart disease each year.



Smoking, sedentary lifestyle, high blood pressure, high cholesterol, excessive alcohol use, poor diet, being overweight, and diabetes all increase the likelihood of having a heart attack.

of sudden cardiac deaths occur outside of the hospital.

information from CDC




Sexual Assault Awareness Week

is **April 2-6**

This will be covered in the April issue. Please send the reasons that you say, "No More to sexual assault" to madison.dulin@smail.astate.edu. If you would like your name to remain anonymous, just say so in the email.

SENIORS

Please send pictures for the pinning ceremony slide show to Mandi Finley mandi.finley@smail.astate.edu

UPCOMING DONOR DRIVE

All it takes is a swab of the cheek.

1 in 300 will be selected as donors

If you would like to help organize the Spring bone marrow donor drive, please contact Alannah Davis.

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 facebook.com/astatesna

 nursingworld.org

 nsna.org
Insight. Inspiration. Ingenuity.

 arsbn.org

 arknursingstudents.org