It’s time for Fireworks!!

Nervous for clinicals? Can’t handle all the stress? ASK FLO in the new advice column!

SARS: Search and Rescue
Dr. Roebert Davis tells how nurses and dogs work together to save others!

#MNSA’s Instagram Photo Contest: read how YOU could be a WINNER!
Leading the Way to a Better MNSA!

A word from our President, Brianna Wilson:

“On May 18th & 19th I was given the opportunity to attend MNA’s Leadership Retreat in Roscommon, where I heard from some great speakers. We learned ways to better advocate for both ourselves and our patients, the benefits unions offer to nurses, and ways to utilize social media to more effectively communicate. I had a great time meeting nursing leaders and activists in a more relaxed environment, and brought along my cowboy boots to learn a few dance moves during our line dancing session. I want to thank everyone from MNA for their hospitality, and I look forward to using the information I learned to strengthen us here at MNSA.”

NurseTalk would like to officially welcome Kristina Terry as MNSA’S new 2015-2016 Nominations and Elections director!
Each month there will be a different topic and a new opportunity for you to enter the contest. Be creative and have fun with it! If your picture is chosen it will appear in a variety of MNSA’s pages, including our website, Facebook page, Instagram, twitter, and the next issue of Nursetalk (NSNA Award Winner twice in a Row)!

The winner will receive 25 dollars!

This Month: #MNSApatrioticnurse

• Instagram is a free app you can download on any mobile device. If you need help getting started or figuring out the app you should go to: https://help.instagram.com/
• Before you enter the contest you must Follow us at Michigan.nsa
• add the hashtag (listed above in blue) in the caption and tag michigan.nsa in the photo!
• Contest begins the 1st of every month and closes on the 20th of that month
• You may enter a total of 2 pictures each month
• Pictures must be Professionally appropriate (no nudity, alcohol, illegal substances, etc.)

The top 3 pictures will be chosen by the MNSA Board Members once the contest is closed. From there those that are chosen will be messaged from MNSA in regards to verifying MNSA membership:
• You will be asked to send us your name, MNSA membership ID number, School you attend, and personal email (school one preferred). You must be Following Michigan.nsa to win
• Once information is confirmed then there will be a vote for the 1 winner

If your picture is chosen as the winner you will be emailed and asked for further information so that the prize can be awarded! The money will be in the form of a gift card, cash or any sponsored voucher. You may choose what information is shared with the public (i.e. name, school) or the picture can be kept anonymous in all publications.

***Disclaimer: Any picture you enter into this contest may be used by the Michigan Nursing Students Association for anything deemed appropriate by the Board of Directors***
Nurses have so many opportunities to serve and to fulfill their mission and duty to society. Some of those opportunities are more obvious than others. I have always been one to explore the proverbial “road less traveled” when it comes to using my nursing skills to serve society. I guess that’s how I ended up becoming a volunteer Search and Rescue (SAR) professional specializing in K-9 SAR. As a K-9 specialist, I have several dogs that are trained in various aspects of SAR in order to help locate missing persons in a variety of settings. I have three German Shepherd Dogs (GSD) that are trained to find both live persons and also those that are deceased.

Why would nurses be interested or well suited for SAR work (with or without the K-9 aspect)? The most common slogan or motto you’ll see associated with SAR professionals, whether paid or volunteer is “That others may live”. What better cause for a nurse than to be part of efforts to ensure that, through our service, others may live? Unfortunately, it’s not always the case that the victims we are trying to save survive. We sometimes assist in locating and recovering deceased persons and help bring closure to families in that way.

Why nurses in SAR? Search and Rescue operations almost always involve persons and families in crisis. The situation SAR professionals are thrown into is chaotic and stressful. Professionals experienced to take charge of a situation, care for those in dire need, and provide calm leadership are needed in these situations. Many times those we locate on SAR missions are in need of some type of emergency care. Nurses are well educated and experienced to step into these situations and be a valuable member of the SAR team.
If you find this sounds interesting, there a number of reputable SAR teams in Michigan that you can become involved with. I would be happy to connect you with some great SAR professionals to help answer your questions. Keep in mind that the pay is lousy (it’s all volunteer), the work is hard, and hours can be long and stressful. But, the rewards are far beyond any investment of money or time. Please feel free to contact me if you have any questions or if I can assist you in any way!

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On the teams I work with, we have K-9 partners that are able to find missing persons in a variety of situations in both alive and deceased states. We have dogs that are trained to find live missing people in large areas. Some dogs are trained to follow the trail of a specific person. We also have dogs that are able to locate human remains in just about any setting, including remains submerged in up to 80 feet of water.
Medication Word Search!

Find these Words:
Abilify
Clozapine
Depakote
Geodon
Keppra
Lamictal
Lithium
Risperdal
Seroquel
Tegretol
Topomax
Trileptal
Zyprexa

If you find a medication but you don’t know what it does then find out before moving on!

Go to www.michigannsa.org/nursetalk-newsletter.html and scroll down to crossword answer key!
The MNSA Legislative Corner

Why Should We Care About Patient Staffing Issues? The New York Times Takes Note:


The article cites studies and anecdotal evidence supporting the need for adequate nurse-to-patient ratios: “Dozens of studies have found that the more patients assigned to a nurse, the higher the patients’ risk of death, infections, complications, falls, failure-to-rescue rates and readmission to the hospital — and the longer their hospital stay. According to one study, for every 100 surgical patients who die in hospitals where nurses are assigned four patients, 131 would die if they were assigned eight.”

The article also cites alarming assertions that nurses who speak out on behalf of patient safety risk retaliation by their employers: “According to the New York State Nurses Association, this month Jack D. Weiler Hospital of the Albert Einstein College of Medicine in New York threatened nurses with arrest, and even escorted seven nurses out of the building, because, during a breakfast to celebrate National Nurses Week, the nurses discussed staffing shortages. (A spokesman for the hospital disputed this characterization of the events.)”

Why should nursing students care about these issues? Because whether or not you see yourself as a Republican or Democrat, pro or anti-union, you are joining a profession that is changing and it is very likely that you will run up against this issue at some point in your career, if not during your clinical rotations. There is a saying that being forewarned is being fore-armed, and in the coming issues of NurseTalk we will continue to discuss this issue, efforts to revive legislation in Michigan, the history of the historic California legislation, and also, the deeper ethical issues related to nursing activism.

As we are all being pushed to higher and higher levels of education (how many times have you been asked if you are going to get your MSN?) and having the importance of patient-centered care stressed to us in every class and clinical rotation, it is important to see how different elements of the healthcare system — agencies, governments, etc. — view their own roles, or more importantly, how they view the roles of nurses within the healthcare system.

I would urge you all to read this well-written and thoughtful piece, and think about its implications for your future career.

Written by Ola Glezen
Edited by Rachel Krueger

Ask Flo

Dear Flo,

I have a friend in nursing school with me who parties every weekend but always manages to get “A’s” on her exams. I feel like I do nothing but study, I have no life and my days are an endless cycle of class, clinical rotations, and writing papers and care plans. All she has to do is review a few PowerPoints and she gets a 90% while I have to put in all this effort and all I get is B grades. I don’t want to sound bitter, but why is it easier for her? Is there a secret I’m missing?

Sincerely,
Second-Rate Nursing Student

Dear Second-Rate Nursing Student,

I know you may have heard this before but not everyone learns the same way. It may be that your friend doesn’t have to read or study as much as you do because she processes information differently. These days many nursing schools have lots of resources for students to use when studying — if you are not the sort of person who can sit with a 50-pound book for hours on end, I would suggest trying the following sorts of things:

1. Look up YouTube videos on the subjects you are studying — this is an especially good way to study when you are tired of reading and you can find a video that appeals to you.

2. Get a study guide from the library - There are many study guides made by different companies that serve as supplements to your textbooks. Many of these have online resources like question banks and crossword puzzles.

3. Form a Study Group — Sometimes people learn through talking things out. If interaction with like-minded students is what you think you need, don’t be afraid to approach someone and ask to study with them!

But in the end, you have to realize that everyone has their strengths and weaknesses. One of our last US Presidents admitted that he was a C student. And when you get your official license, there isn’t going to be a grade-point average next to your license number. You will still be an RN. Everyone gets the same title.

There will always be someone who does better than you and someone who does worse than you. The important thing is that you do what is right for yourself and not compare yourself to others. Sure, your friend may have it easier when it comes to studying for tests, but maybe you do better in clinical than her? Everything balances out and the great thing about this profession is that we can complement each others’ strengths and weaknesses.

Sincerely, Flo
Swampfoot 4mile:
Support the MNSA 2015 Community Health Project
“Helping our Heroes”
Race Day is July 11, 2015!

Run in a race or sign up to Volunteer!
For every volunteer MNSA sends
Swampfoot will donate $45 to “The Lone Survivor Foundation”

Coupon code for $5 OFF registration: “MNSA”
Register under the MNSA team

For more information email Tabatha Sack and mnsa.
Communityhealth@MichiganNSA.org

For more updates on upcoming events and ways you can get involved, please visit us on the web at the following locations:
http://michigannsa.org/
https://www.facebook.com/MichiganNSA
https://twitter.com/michigannsa

**For more information email Tabatha Sack and mnsa. Communityhealth@MichiganNSA.org**
Want to be IN the Newsletter??

If you would like to send us an article about what YOUR school is doing, what YOU experienced in clinical, or something YOU learned and would like to share, please let us know. Feel free to send articles from your SNA’s newsletter as well. Reach out and share your stories, experiences, and “ah-ha” moments with your fellow MNSA members! Please email your article to mnsa.newsletter@gmail.com with your name and school included. Please send in anything Before the 20th of each month.