

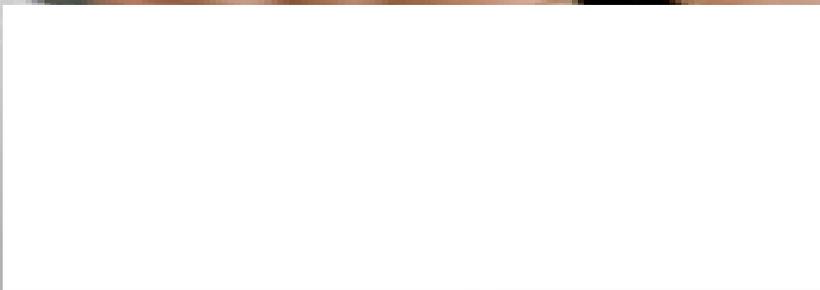
NURSETALK+

MICHIGAN NURSING STUDENTS ASSOCIATION • May 2014

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From the Editor

By Faith Snyder



Hello and welcome to our May issue of Nurse Talk! I'm so excited to continue into my second term as Newsletter Editor for the Michigan Nursing Students Association. We have been very busy this last two months and have several big announcements.

First, I am thrilled to announce that we recently attended the National Student Nurses Association's Annual Convention where our newsletter was Nationally recognized as one of the best in the country! There were also several other awards Michigan received at this convention which can be found on page 5.

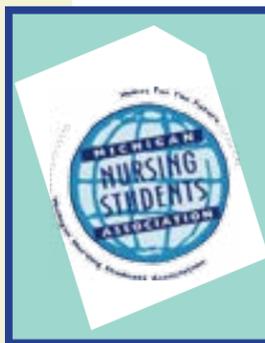
Second, I wanted to send out a congratulations to our MNSA Board of Director members Megan Perkaj, Erika Morrison, and Dawn Smith that graduated as RN's from Oakland Community College this month! What an amazing accomplishment! We are so happy for you all!

Next, our President Martin W. Rivera Salas was elected to the National Board of Directors as the Breakthrough to Nursing Director and had to step down as President to the MNSA. First Vice President Jessica Gripenrog has now stepped up into the President's seat, and our Image and Breakthrough to Nursing Director Megan Perkaj was voted into the First Vice President seat by the MNSA Board of Directors. To learn more about the Board of Director changes please see the feature on page 6.

Finally if you are interested in becoming a member of our Board of Directors, please take a look at page 9 for current vacant positions. You can also request to attend a board meeting if you would like to get an idea of what we do. Please visit www.MichiganNSA.org or email mnsa.newsletter@gmail.com for more information.

Submit a Newsletter Article

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.



7 Common mistakes made by novice nurses and how you can help prevent them

By Faith Snyder, Newsletter Editor

1 Medication Errors

According to the Journal of Nursing Management, medication errors account for 75% of mistakes committed by novice nurses and a majority of these offenses involve IV medications. This can be very dangerous for our patients and therefore requires extra attention by new nurses. It's important to take time to continue educating yourself on pharmacology as well as using the knowledge of seasoned nurses around you. There is a lot of judgement that goes into medication administration and time, pressure, and stress can contribute to errors. It is essential to remember to take it slow, ask questions when you are unsure, and follow your five rights.



2 Client Falls

Nursing staffing levels are a major contributor to the 40% of errors related to patient falls. This is due to an increase in the nurse to patient ratio. Because a new nurse is already facing so many challenges, having more patients can even further precipitate the risk of falls. Preventing patient falls is a very collaborative effort and it is important to remember that you are not alone in this. At the beginning of each shift know which of your patients are at high risk for falls. Also as a team, no one should pass by a room when a call light is going off. This will help reduce the risk of patients getting out of bed on their own. Making hourly checks on your patients as well as keeping them informed and monitored bladder and bowel habits can all contribute to an increase in patient safety.

3 Delay in Patient Care

Delay in patient care accounts for 37% of novice errors and can result from patient load, stress, and lack of time management and critical thinking skills. As new nurses, it can often become overwhelming to juggle the many tasks required and having helpful support from experienced nurses can facilitate learning and promote confidence in novice nurses. Here is some advice from new RN's and nursing students:



"Don't be scared to ask questions. If you don't know something find someone that is willing to help you." ~ Danielle Dinkins RN, MNSA Board of Directors

"Even if I have done something a million times, I always ask the nurse to walk me through it to make sure I am doing it correctly." ~ Ashley Clayton, Davenport University

"Don't second guess yourself. Trust your intuition, you can usually tell if something isn't right." ~ Anonymous Pediatric RN





Decreased Critical Thinking

Critical thinking is one of the most important skills that a nurse can attain and a lack of experience in this area results in 30% of errors in the novice nurse population. According to the Journal of Nursing Management, inadequate preparation in nursing school is believed to be one of the major contributors of errors. Each nursing school does not necessarily train the same way and opportunities may vary. One of the best ways to increase your critical thinking skills is to attain a job as a Certified Nursing Assistant. This can offer you the chance to work directly with patients and observe and take part in critical thinking skills essential to patient care. Also take every opportunity for experience in your clinical setting as this will contribute to your skills after graduation. Once you become an RN, remember to always ask questions and learn as much as you possibly can from your preceptor.



Inadequate Communication

As a nurse, effective communication skills are essential to providing accurate and safe patient care. Barriers to effective communication can result from stress, lack of self confidence, and pressure from experienced nurses to know more. As a patient advocate, it is crucial to find your voice and make sure you are being heard. State your points simply and clearly and be open to constructive criticism. Don't be afraid to ask questions of your patient's physician; a lot of physicians are very open to helping you learn and be more effective nurses. Also remember your therapeutic communication skills to enhance patient interaction and to help them feel more knowledgeable about their current health status.



Prioritization

Everyone has their own tricks to organization and prioritization. As a novice nurse, it can be confusing to understand what order you need to complete tasks in and how to organize your day. Unfortunately it may take some time until you really hit your stride in this area so taking any advice you receive from the experienced nursing staff can be extremely helpful. Creating concise checklists can help you to remember what you need to accomplish throughout your shift. This checklist may include documentation, labs, procedures, important drainage measurements, and a variety of other responsibilities. Also remember to use a new checklist each shift and document the time of all completed or scheduled tasks.



Incorrect Use of Equipment

Often times as new nurses it isn't possible to know every procedure accurately and efficiently. Errors occur when novice nurses try to perform the procedure entirely on their own instead of asking for help. This is when it becomes very important to interact with those more experienced than yourself as well as review the policies and procedures of your establishment. It also helps to familiarize yourself with your surroundings and know where to get all of your equipment. Finally, find opportunities to do procedures with other nurses when time allows as this can offer you more experience.



Meet our new President and 1st Vice President



Jessica Gripenrog

I am very excited to step up and assume the responsibilities as the President of MNSA. I couldn't ask for a better board of directors to work with! The Board of Directors has shown me nothing but support thus far and shares my enthusiasm for the upcoming year. This year it is MNSA's community health initiative to promote awareness for Human Trafficking. I hope to help guide the organization during their efforts to support an issue that is having such a large impact on the communities in Michigan and throughout the country. The Board of Directors is an intelligent and strong group of individuals who are fully qualified for their positions and I hope to help guide them and the MNSA members in becoming stronger leaders during my term. I look forward to all of the connections and relationships that I will build throughout my term as President.



Megan Perkaj

I recently graduated from Oakland Community College and upon completion of the state licensure exam, will be starting my career as a Labor and Delivery Registered Nurse at Henry Ford West Bloomfield where I have held an externship. I look forward to continuing my education at the University of Michigan- Flint this summer with an ultimate goal of becoming a Neonatal Nurse Practitioner. I joined the MNSA as the Image and Breakthrough to Nursing Director this year and recently transitioned to the position of First Vice President. I am looking forward to working with our current MNSA Board of Directors at this exciting time to help implement the events that have been organized for this term. I plan to utilize my past experience as the NSA Chapter President of Oakland Community College to facilitate and plan Delegate Hall at the annual convention, as well as to review bylaws and policies that are the foundation for this great organization. Our goal is to collaborate with local chapters and help provide resources and opportunities to strengthen leadership skills. These leadership skills will help empower and unite nursing students because we know that being politically active is an important part of patient advocacy! I am anticipating 2014-2015 to be a phenomenal year for nursing students in Michigan!



Michigan Nursing Students Association at NSNA National Convention

By Faith Snyder, Newsletter Editor

This year the National Student Nurses Association held their Annual Convention at the Gaylord Opryland Resort in Nashville Tennessee. We were able to send nine members of our Board of Directors to this wonderful event and we came back very proud and honored by our states accomplishments. Attending an NSNA Annual Convention throughout your years as a nursing student is such an amazing experience and I highly recommend saving to attend one. It allows you to network with other nursing students across the nation, meet very important figures in our profession, and feel a sense of belonging and contribution to something much larger than yourself. Also if you would like the opportunity to represent over 60,000 nursing students by running for a national board of director seat you may do so at this event. Next years Annual Convention is set to take place in Phoenix Arizona.

Resolutions Passed

This year there were two resolutions passed at the national level from Michigan. The first was by the Oakland Community College Nursing Student Association entitled "In Support of Advocating for the use of Preoperative Pharmacological and Nonpharmacological Analgesia for Male Neonatal Circumcision Surgery". The second was from The Henry Ford Community College Student Nursing Association entitled "In Support of Increasing Awareness of the Benefits of Shift Length Regulation for Nurses Working Shifts over Twelve Hours". Congratulations to both of these schools for their hard work and dedication to the nursing profession! We are very excited to see what your associations will be doing this year!



Award Winners

We had a very successful year and would like to congratulate those that won awards from our state at the national level. As a state, we were presented with the Winners Way Award, which acknowledges the state that has the highest increase in membership. This award would not have been possible without all the hard work of your local chapters and taking the initiative to get your schools involved. Thank you all for making our state one of the fastest growing nursing student associations in the country! Our state was also recognized by winning the Newsletter Contest Award, which makes our publication one of the best in the country.

The last award at national's to represent Michigan was awarded to the University of Detroit Mercy. They received the Precious Metal Award which acknowledges schools that have a high number of members. The University of Detroit Mercy was awarded platinum status which is membership of over 200 members. Congratulations and keep up the good work!

Finally, we are excited to announce that our very own President Martin W. Rivera Salas has been elected as the Breakthrough to Nursing Director of the National Student Nurses Association. Congratulations to Martin and his Campaign Manager Danielle Dinkins on your success at Nationals!

Cup of Culture

By: Faith Snyder, Newsletter Editor

16 interesting facts about nursing around the world

 1. You don't have to renew your license in Japan. Once an RN, you're one for life.

2. One in every 23 Japanese nurses works more than 60 hours of overtime per month!



5. Nursing Students aren't allowed to speak to their professors in Vietnam. They learn through lectures, textbooks, and recitation drills, with no experience with real patients until they're on the job.



9. Iraqi women who are nurses have to be home before 2 p.m. and are not allowed to touch men who are not their husbands or sons. It's not uncommon for a doctor to do the nurse's work.



13. Nurses in Saudi Arabia aren't permitted to tell their royal patients when it's time for assessment or when to take medications. Most royals travel with a private nurse and a staff of about 20 who see to their personal medication needs.



3. In many parts of China, patients have to take a number to get medical attention. They start lining up outside the hospital at 3 a.m., and often there's a suffocating crush when the doors open.

4. Nurses at ill-funded Chinese hospitals have to reuse supplies such as gloves and even syringes.



6. Hospitals in Mexico only use gloves "when necessary"

7. After working as a nurse for only a year, Mexican nurses can choose to specialize (with no extra training) in an area of medicine, such as critical care or emergency nursing.



10. Nurses working in Australia must pass a physical health examination, including a chest X-ray, to be able to work in the hospital.



16. In a study at a U.S. hospital, more than 80% of ED nurses believe the phase of the moon affects patients and their mental health.



8. Up until just 100 years ago, sick Brazilians sought care from folk healers and family-based medicine. It took the coffee industry and the need to control disease in port cities to overhaul the healthcare system (they brought in 31 North American nurses to start!).



11. In Tanzania, there are only 4 nurses and midwives per 10,000 people.



14. A significant number of doctors in the Philippines are heading back to school... to become nurses! They then come to the U.S. to make more money as nurses than they earn as MDs in their own country.

15. Forty-eight percent of the nurses at a Chicago hospital believe that saying the word "quiet" aloud will jinx them and make their shift more difficult.

Want a culture or language represented?

We are always interested in hearing from you and what you feel is important for the future nurses of Michigan to learn in regards to culture and communication. For submissions: Please email your requests to mnsa.newsletter@gmail.com with your name and school included.



Upcoming

EVENTS

Have a Great Summer!!

The next scheduled MNSA events will be featured in the Summer issue of Nurse Talk with a release date of July 15th.

We would love to have you join our 2014-2015 Board of Directors! Please view the vacancies below.



Current Board of Director Vacancies:

- Advertising Director
- Nominations/Elections Director
- Image and Breakthrough to Nursing Director

For more information on these positions and to apply, visit MichiganNSA.org or email mnsa.newsletter@gmail.com

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>



Building a Community of Empowered Nurses

www.ana-michigan.org

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Page 3

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MICHIGAN NURSING STUDENTS ASSOCIATION
3520 Okemos Rd Ste 6-160
Okemos, MI 48864
www.MichiganNSA.org