

NURSETALK



MICHIGAN NURSING STUDENTS ASSOCIATION • November 2014

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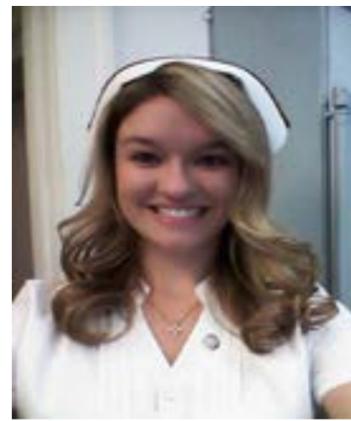
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From the Nominations & Elections Director



By: Emmy Buchholz

Michigans election season didn't end on November 4th. Run for State Board 2015!

Have you ever thought to yourself, "I think every nursing student should know about this."? Are you a current member of the Michigan and National Student Nurse Associations? Do you want the chance to impact thousands of nursing students statewide? As the current Nominations and Elections Director, I invite you to slate for a State Board position for the 2015 election year.

Elections are held annually, this February 6-7th, 2015 in our state capitol Lansing, Michigan. Hundreds of students will come to vote on who will be next years state nursing student leaders. The process begins with a basic questionnaire and biography.

If you are interested in running for a Board position, email mnsa.nec@gmail.com for more information. The pre-slating process for next years candidates begins with the annual Board Buddy Meeting held November 15th, 2014 in Okemos, Michigan. All are invited to attend the business casual meeting from 9:00-Noon. I hope to see you there!



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.

NSNA Midyear: Portland, Oregon

By Faith Snyder, Newsletter Editor

Thursday November 6th

Thursday began as a warm up day to convention and primarily focused on a meeting between state presidents addressing each states concerns and accomplishments. There was also an opportunity to get American Red Cross Disaster Certification. The keynote address was delivered by RN and Author Brenda Brozek and highlighted marketing yourself and important ways to secure your first position in nursing.



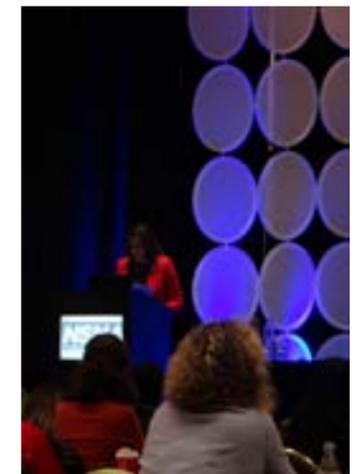
Friday November 7th

This day included lectures on putting power in your memory, commercially exploited children, how to recruit members and NSNA benefits, community health, and how to run for a national office. Exhibit hall standouts included Nursing Education Consultants, **Picmonic**, and the American Nurses Association. We also learned that North Dakota is in high need for nurses if you are considered moving out of state. If you have a moment google Picmonic, it is a very useful website aiding in visual learning and is a free service while in beta testing until January 2015 with discounted pricing available thereafter if you sign up prior to January.



Saturday November 8th

Saturday concluded convention with a nursing specialty showcase panel, learning about healthcare advocacy and policy involvement, and leadership beyond NSNA and into your professional career. It ended with stressing the importance of being involved on your local and national level with progressing healthcare policy and leading the direction of healthcare and nurses in a positive direction in the future. Also we learned about the importance of being involved in the American Nurses Association as well as committees at your local place of work after graduation.



Awards & 2014/2015 Scholarships



It is the goal of the MNSA Board of Directors that the following awards and scholarship opportunities will recognize the hard work and outstanding leadership of our members. We realize that no award could ever thank you enough for the many ways in which you touch the lives of your fellow nursing students and the community. MNSA offers seven awards and three monetary scholarships. This year our emphasis is going to be our 2014 Community Health Initiative “Human Trafficking Awareness”. Through this initiative, we hope to promote awareness and teaching on patient safety for human trafficking. All of our awards and scholarships recognize the individual time and effort that you have brought forth during an incredibly busy and stressful time in your careers. We hope that these opportunities will help to encourage students and local chapters to increase participation and join in this year’s health initiative. To learn more about the initiative “Human Trafficking Awareness” visit the MNSA website at www.michigannsa.org.

Important Submission Information

ESSAY GUIDELINES: All essays written must be written in third person for voting purposes. If the submitted essay includes the nominee’s name and/or school name it will not be submitted for voting. When emailing please include name of the school and name of nominee, contact information for the submitter in the body of the email not in the attachment of essay.

ELIGIBILITY: All MNSA constituent associations are eligible to apply and individual applicants must be a member of MNSA/NSNA to be qualified. Proof of membership may be requested. Applicants do not have to be present at the Annual Convention Award ceremony to win. Annual Convention is at Lansing Center- 333 E Michigan Avenue, Lansing, MI on February 6th-8th.

DUE DATE: All entries, unless otherwise noted, must be submitted by no later than January 5th at 5:00 p.m. via e-mail to the 1st Vice President, Megan Perkaj at mnsa.1stvp@gmail.com.

Awards 2014/2015

Outstanding Chapter President Award

This award is presented to the NSA Chapter President who goes above and beyond expectations. The MNSA would like to acknowledge the chapter President who provides excellent leadership, commitment, and communication skills that enthusiastically drives their chapter to achievement.

Distinguished Advisor Award

This award is presented to the NSA Advisor who sets the bar high for their students to help them achieve greatness and success. This advisor is a role model, provides support and extends services to nursing students. The MNSA would like to thank this advisor for their commitment to students.

Outstanding Board Member Award

This award goes to a board member that goes above and beyond expectations. The MNSA would like to show appreciation for this member’s dedication, teamwork, positivity, and leadership. This award cannot be given to Chapter presidents as they should apply for the Outstanding Chapter President award.

Outstanding Nursing Student Award

This award is presented to a nursing student who goes above and beyond. Excellence is a way of life for this student and is demonstrated through their character, attitude and skills within and outside of the classroom.

Community Service Award

This award is presented to the NSA Chapter that has impacted their community by participating in events, service, and volunteering. The MNSA would like to recognize the service that this NSA has provided to its community.

Creative Scrapbook Award

This award is presented to the NSA Chapter with the scrapbook that represents the activities of that chapter in a creative and accurate manner. The MNSA would like to congratulate this chapter for contributing to the history of its NSA through pictures and documentation.

Fundraising Award

This award is presented to the NSA Chapter that finds creative and fun ways to raise money for their chapter as well as for the community. The MNSA would like to commend this NSA for their innovative ideas and tremendous fundraising events!



Creative Newsletter Award

This award is presented to the NSA Chapter with newsletter series that documents the activities and events of that school's NSA. The MNSA would like to congratulate this NSA for contributing to the history of its chapter through its publications and documentation.

Scholarships 2014/2015

Future Florence Scholarships

Two \$500 scholarships are presented to two deserving nursing students who demonstrate a love for the profession of nursing and have plans to enhance the profession through their skill and passion. The MNSA is proud to provide financial assistance to these two excellent nursing students in need.

Chapter of the Year Scholarship

This \$300 scholarship is presented to the NSA Chapter that is worthy of highest honor and recognition for its work and involvement as a pre-professional organization. The MNSA is honored to have such a committed and excellent chapter!

Community Health Scholarship

This scholarship is presented to the NSA Chapter who contributes to the promotion and service of the 2014-2015 Community Health initiative. The NSA would like to thank all the NSA chapters who put forth effort to contribute to this initiative with a \$100 scholarship for all chapters who apply.

Voting & Award Ceremony 2014/2015

VOTING: After the deadline has passed, the MNSA Board of Directors will vote on all of the applications that were received in each category.

AWARD CEREMONY: Awards and Scholarships will be presented February 7, 2015 at the MNSA 2015 Annual Convention Awards Banquet. Recipients of these awards and scholarships are not required to be present in order to win, however it is encouraged that all applicants should attend the ceremony. The recipients will be recognized at the banquet, and their award will be given at this time.

CONTACT INFORMATION: For more information, please contact the 1st Vice President, Megan Perkaj at mnsa.1stvp@gmail.com or visit our website at www.MichiganNSA.org.

For specific Award & Scholarship requirements please visit:

<http://www.michigannsa.org/uploads/1/7/3/2/17320814/scholarshippacket2014-2015.pdf>

Preparing for Convention 2015

Theme: We are the
Future of Nursing!

**Where: Lansing Convention
Center February 6-7, 2015**

Cost: \$80, meals will be provided

What you can do to prepare:

1. Hotel Reservations: Block of rooms reserved at **The Radisson: Lansing at the Capitol** until January 16th, 2015 when you mention code **MNSA15**
2. Register for Convention now at:
<http://www.michigannsa.org/annual-convention.html>
3. Resolutions: Begin working on for submission by January 5th. (For requirements, layout, and resources please view our October Newsletter at http://www.michigannsa.org/uploads/1/7/3/2/17320814/nursetalkoctober2014_1.pdf)
4. Awards: Begin working on award submissions due by January 5th.
5. Running for the 2015/2016 Board of Directors: Preslate for the position you would like and create a poster advertising yourself to be presented at Convention. Preslating can be done by emailing Emmy Buchholz at mnsa.nec@gmail.com

Convention Highlights:

Exhibitors Hall will be on February 7th with many exciting vendors!

Excellent student breakout speakers and topics!!

Friday Kaplan Lunch and Learn

Awards Ceremony

We hope to see you there!



Resolution to Reality: Using the Nursing Process for System Change

By Erin Craft-Otterbacher

At the 2013 NSNA Annual Convention, the GVSU SNA presented a resolution titled, “In support of implementing holistic health programs for the improvement of student nurses’ healthy lifestyles.” Once our resolution passed, the task ahead was implementation.

Seeking guidance, I decided to use the nursing process to guide our resolution implementation. A year and a half later we have created a new SNA position, administered a campus wide survey, presented to deans and committees throughout Grand Valley State University, started free weekly exercise classes on campus, and helped insure the development of an exercise facility is on the university master plan. The nursing process proved an effective roadmap to resolution success. Here is how.

Assessment- Discussions to data

Preliminary Assessment-Community Discussions

Before implementing a resolution within your community, it is critical to start a dialogue with its members. Preliminary data gathered in these initial discussions guides further in depth assessment so it is a critical step. GVSU student nurses were the target audience, so we led discussions during SNA meetings, in nursing classes and individually about how best to improve health and wellness on campus. Many people brought up the lack of an exercise facility at the downtown campus, where the nursing program is located, and being thirty minutes away from our main campus as barriers to student health.

In Depth Assessment- Qualitative and Quantitative

Anecdotal evidence is not an adequate base for an initiative so once you have a discussion with your community about their concerns it is important to conduct an in depth assessment. In order to make a strong argument for your initiative, quantitative and qualitative data should be gathered. Qualitative evidence about a community need helps get the attention of the viewer and quantitative data provides strong support.

For the downtown exercise facility initiative, my committee created a survey that collected information about downtown student exercise habits and barriers to improved health. The survey was administered electronically to over 4,000 downtown students. When assessing your community think big and try to reach as many members as possible. In addition to this, we created a five-minute video containing interview clips with students from all downtown majors. The visual of students clearly stating how a lack of campus exercise facility was negatively impacting their health served as a convincing attention grabber and conveyed more than our percentages and graphs could display alone.



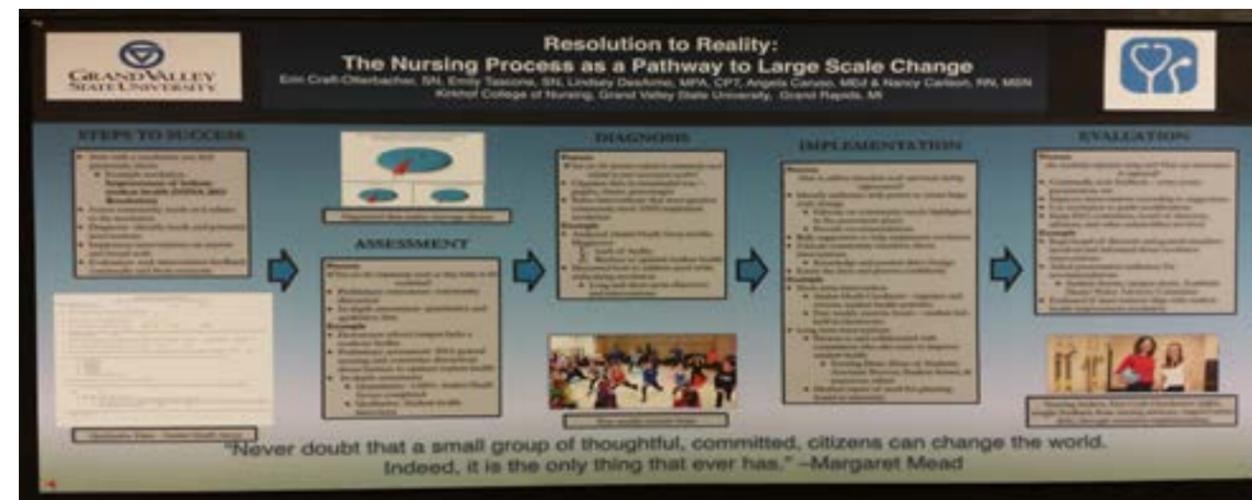
Diagnosis- Need driven initiatives

During the diagnosis step of resolution implementation, data gathered in the assessment stage is analyzed and organized in a meaningful way. In this phase, suspicions about community needs that are recognized during the community discussions are either confirmed or dispelled. Assessment data identifies the greatest community needs related to the resolution. Organizing data in graphs, tables, and percentages can help make community needs more apparent. After the greatest community need is identified, potential initiatives to address the need should be discussed.

Implementation- Long-term and short-term, big and small- do them all!

Most large community needs are too complex to be corrected immediately. Therefore, it is helpful to have short and long-term solutions. Using this two-prong approach allows you to lessen the current need while simultaneously working to correct the larger systemic issue that created the current problems. For example, I created a new position called the Student Health Coordinator who organizes free weekly exercise classes on campus for nursing students.

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This short-term solution helped alleviate the current need. Simultaneously, I worked to address the larger issue, which was the lack of an exercise facility downtown, by presenting the data we had collected to numerous committees and people. Using the data my committee collected as evidence of the student body need, this summer a downtown exercise facility was put into the master building plan at my university.

Communicate

During this stage of resolution implementation it is important to be communicative and confident. Communicate with your committee and board members about the data you have found in the assessment stage and the community diagnosis you have identified. Brainstorm with the committee members to come up with the best ways to address the needs identified.

Do not hesitate to present upwards to people who have the power to make the system changes you are suggesting. For example, you may want to present to college deans and provosts, faculty committees on campus, committees within your community, or city council leaders. Getting community leaders, faculty, and student support will help grow your initiative and bring about lasting change.

Allowing supporters to aid in the progression of the initiative will empower them and ensure their continued involvement. Even if they cannot be directly involved through email updates and/or follow up presentations.

Exude Confidence

Confidently present the information that the committee found during the assessment step to faculty, staff, fellow students, and community leaders. Be sure to organize the data in a clear and concise way so it supports the initiative you are suggesting.

Realize that as a committee chair or member you are the face of the initiative. Because of this, it is essential that you always maintain a confident and professional image. This starts with the first contact you make; initial emails should be professional and clear, setting the stage for a serious consideration of your initiative. When advocating for the initiative, your attire should always be professional and your information delivery, whether it be a speech or a presentation, should be well organized, practiced, and professional. Anticipate and practice answering potential follow up questions.

Evaluation- Seek feedback everywhere

Like in the nursing process, evaluation during resolution implementation is continuous and essential. Feedback should be solicited every time the initiative is discussed or presented, which allows ample opportunity for the initiative to improve and grow. It is easy to feel defensive about the initiative because you have invested so much time and energy in it. However, it is important to remember that your initiative is not about you and is not “yours”. Instead, it is a movement of the community and intended to empower your SNA resolution.

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Faculty advisors, staff advisors, committee members, and the board of directors are valuable resources for initiative evaluation. Continually seek their guidance, feedback, and suggestions. Keeping these people involved in the resolution implementation process will not only help ground and guide you, but it also ensures that people will keep the initiative alive once you graduate. It is easy to get off course when you are addressing a large issue. A helpful way to guarantee you are staying on track is to remember the resolution from which the initiative stemmed. The resolution serves as the most valuable evaluation tool.

Conclusion- Why it all matters

Over the past year and a half, our resolution for the improvement of holistic student health has morphed into tangible changes on campus. Have faith in your resolution initiatives and pursue your vision with passion, using the nursing process as your guide. You have the power to better your school, your community, and the world.

As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."



IMPORTANT DEADLINE

Monday January 5th, 2015

This is the deadline for all resolution, award, and scholarship submissions. No late entries will be considered. For requirements and submission of resolutions please email MNSA's 1st Vice President Megan Perkaj at 1stVicePresident@MichiganNSA.org For more information on submission and requirements for awards and scholarships please visit the link on the bottom of page 5.



9 November 2014

**Saturday December 6th, 2014
General Board of Director Meeting
Conference Call
9:00am-4:00pm**

All MNSA members are invited and encouraged to attend and learn about what we are doing this month. Conference call information can be provided upon request via email.



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>



References:

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Sign up for our monthly MNSA Broadcasts to stay updated on events, news, and annual convention information.



Annual Convention

February 6th-8th, 2015

Lansing Convention Center, Lansing, MI





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