

NURSETALK+

MICHIGAN NURSING STUDENTS ASSOCIATION • October 2014



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From the Membership Director

By: Tennille Benedict

Future Nursing Students,



With fall coming upon us we face many changes. We are blessed to experience the beautiful change in colors accompanied by the not so warm temperatures. In addition to the obvious Michigan season, we as nursing students experience a shift as we continue to settle into this new semester, as well as, within our local Student Nursing Association chapters.

As the Membership Director for MNSA I would like to offer some encouragement as you continue your journey into a successful year and as leaders within your nursing programs. Be the leader your members desire to be. When you reach the greatness within yourself you inevitably inspire others to do the same. As a leader you are called to help others realize their potential and stretch them to not only meet but surpass it, maximizing their abilities and their impact on the community at large. Be someone who causes others to want to step outside of themselves, to grow in leadership and to serve others. Allow the very essence of why you chose to serve in the vocation as a nurse to drive your leadership.

Florence Nightingale encourages the future of nursing by stating, "May we hope that when we are all dead and gone, leaders will arise who have been personally experienced in the hard practical work, the difficulties and the joys of organizing nursing reforms, and who will lead far beyond anything we have done." Enjoy this new season!

Tennille Benedict
MNSA Membership Director



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.



Midyear Conference at LSSU: In Review

By Faith Snyder, Newsletter Editor

This year's Midyear Conference was hosted by Lake Superior State University. Each year we host our Midyear Conference in the upper peninsula to reach out to nursing students in northern Michigan. We were honored to have our breakfast and lunch hosted by the LSSU SNA and the LSSU Nursing Honor Society. We began our day with information on our community health initiative for 2014, Human Trafficking, and a Hurst NCLEX mini-review session. We were also honored and humbled to have a wonderful leadership speaker, Jamie Gerrie, who is an instructor at LSSU and a prominent figure in the nursing field. After lunch students learned about each other's nursing experiences and fears and ways to improve SNA membership. Finally the day ended with a mock resolution presentation teaching students how to understand, create, present, and argue resolutions at the state and national levels. We want to give a big thanks to LSSU for their help in hosting and participating in this event.



Feedback

"I liked that the issue of human trafficking was addressed and I also really liked the leadership session."

"Brainstorming on making meetings more beneficial for members and the Hurst review were my favorite events."

"The state board members were very personable!"

"I like that it was interactive."

"This event definitely taught me about leadership and opened my eyes more to human trafficking."

"I enjoyed how passionate the speakers were. It inspired me to continue my passion and strive to do my best."

"The information at this event was helpful and applicable. I enjoyed getting to share our insecurities about becoming a nurse, the NCLEX review, and the leadership talk."

How to create a resolution from start to finish!

What is a Resolution?

A written statement or proposal that can be adopted by the MNSA and NSNA to be the basis for action and policies of such organizations. Topics of resolutions are meant to be matters of importance to MNSA, NSNA, and any NSNA member.

What on earth does that mean?

A carefully researched idea or topic that you think nursing students should have a focus or an opportunity to learn about.

How do I pick a topic?

Try looking at the resolutions that have been already submitted on the NSNA website. <http://www.nсна.org/Resolutions/NSNAResolutions.aspx>

*Look into topics that you are passionate about that also have a national scope.

*Make sure you do not write a resolution that the NSNA doesn't have the means to adopt.

*Resolution topics cannot be repeated if they have been adopted within the last 5 years.

I've got my topic now what?

Start your research!

All research must be:

* Relevant- AKA been written within the last 5 years

* Reputable- from a recognized source not Wikipedia. Usually .gov, .org, .edu sites. If it looks shady it probably is.

-Try using nursing journals, they can be easily searched and you can even use a filter to make sure they are relevant.

* Ensure you have fulfilled all requirements for your research.

Resolution
The written document including:

Title

Authors Names

Whereas Statements

Resolved Statements

Write your resolution

Resolutions must be written in the premade format.

This format is downloadable from <http://www.nсна.org/Resolutions/NSNAResolutions.aspx>

Parts of a Resolution

1. Abstract-purpose and outcomes of resolution.
2. Estimated cost page.
3. Contact information for organizations in resolved statements.
4. References cited in APA format.
5. Reference documents in full text.

More detailed information about writing your resolution can be found using <http://www.nсна.org/Portals/0/Skins/NSNA/pdf/Guidelines%20for%20Planning%20Resolutions%20for%202015%20HOD.pdf>

What does a resolution look like?

TOPIC:	IN SUPPORT OF ADVOCATING FOR THE USE OF PREOPERATIVE PHARMACOLOGICAL AND NONPHARMACOLOGICAL ANALGESIA FOR MALE NEONATAL CIRCUMCISION SURGERY
SUBMITTED BY:	Oakland Community College Nursing Student Association, Southfield, MI
WHEREAS,	"Male circumcision is the most commonly performed surgical procedure in the world"; and
WHEREAS,	"the procedure may be performed to treat an underlying pathological process (therapeutic circumcision) or for prophylactic, religious, cultural, or social reasons (nontherapeutic circumcision)"; and
WHEREAS,	"newborns undergoing circumcision demonstrate objective, measurable evidence of pain, yet the procedure is often performed without analgesia"; and
WHEREAS,	analgesia is defined as the "process of relieving pain" and thus, analgesia is not limited to pharmacological intervention alone; and
WHEREAS,	"neonatal circumcision performed without pain relief may affect neonatal behavior, interfere with maternal-infant interaction, and cause increased responses to subsequent pain"; and
WHEREAS,	"newborn pain can harm the developing brain in several ways, among which is the increase of free radical production"; and
WHEREAS,	"there is a moral obligation to take reasonable steps to reduce the risk of harm associated with the performance of any surgical intervention. These include... the provision of adequate procedural analgesia and postprocedural pain control"; and
WHEREAS,	"analgesia is safe and effective in reducing the procedural pain associated with newborn circumcision; thus, adequate analgesia should be provided whenever newborn circumcision is performed. Nonpharmacologic techniques (e.g., positioning, sucrose pacifiers) alone are insufficient to prevent procedural and postprocedural pain and are not recommended as the sole method of analgesia. They should be used only as analgesic adjuncts to improve infant comfort during circumcision"; and
WHEREAS,	"whether choosing circumcision for medical or cultural reasons, parents need to understand informed consent, pain control during the procedure, and how to reduce post-circumcision complications"; therefore be it
RESOLVED,	that the National Student Nurses' Association (NSNA) encourage its members to promote the education of parents on the importance of discussing pain relief methods with their physician prior to neonatal circumcision; and be it further
RESOLVED,	that the NSNA encourage its constituents to advocate for the use of pain management prior to any neonatal male circumcision; and be it further
RESOLVED,	that the NSNA publish an article on this topic in <i>Imprint</i> and promote public discussion by any other means deemed appropriate by the NSNA, if feasible; and be it further
RESOLVED,	that the NSNA send a copy of this resolution to the American Nurses Association, the National League for Nursing, the American Academy of Nursing, the Society of Pediatric Nursing, the American Association of Colleges of Nursing, the National Organization for Associate Degree Nursing, the American Society of Pain Management Nurses and all others deemed appropriate by the NSNA Board of Directors.

Whereas statements are intended to prove there is a need for the resolution.

Each Whereas statement must be cited and be up to date (within last 5 years)

Full resources need to be submitted when used for citing
Each whereas statement can only be a max of 300 words

First resolved statement is the philosophy, commitment, or belief that you would like the NSNA, MNSA to adopt.

The remaining resolved statements detail the implementation/actions you would like to take place.

So what are the steps of writing a resolution?

1. Pick a topic
2. Ensure the topic has not been used in the last 5 years.
3. Start your research.
4. Write the resolution.
 - A resolution must include:
 - * Abstract-purpose and outcomes of resolution.
 - * Estimated cost page.
 - * Contact information for organizations in resolved statements.
 - * References cited in APA format.
 - * Reference documents in full text.
5. Proof and review resolution.
6. Submit resolution to state level for adoption at annual convention.
7. Submit resolution to National level for adoption at annual convention.

Sample resolutions can be found at

<http://www.nсна.org/Resolutions/ResolutionsIndex.aspx>



Putting Together a Resolution

1. Abstract

Three or four sentences describing the purpose and intended outcome of your resolution

This part of your resolution may be edited (or asked to be edited) to better describe your proposal by the NSNA, MNSA.

2. Cost Estimate Page

A breakdown of estimated costs that would need to be approved in order for the resolution to take effect

Remember to include:

- Paper
- Stamps
- Printing fees/ ink
- Envelopes
- Total cost

3. Contact Page

In the resolved statements of your resolution you will ask the organization you wish to adopt the proposal to send a copy of your resolution to several other organizations. You will need to provide a list of contact information for these other organizations.

For example:

Michigan Nursing Students Association MNSA
3520 Okemos Rd Ste 6-160 Okemos, MI 48864
Email: MNSA@MichiganNSA.org
Phone: 616.613.MNSA
Fax: 517-347-4096

More resources can be found from the NSNA at:

<http://www.nсна.org/Resolutions/NSNAResolutions.aspx#submitresolution>

4. References

A Reference page just like you would submit for an essay.

Written in APA format listing each reference

A packet with each document printed out in full text or if the reference is more than 5 pages, a copy of the title page showing the document's source, date and other identifying data, along with the page(s) related to the citation is acceptable.

In each supporting document, authors must underline or **highlight** the text that directly corresponds to the "Whereas" statement it supports.

5. What is next after submission of my resolution?

After submission the resolutions committee will review your resolution and may ask for revisions or edits.

Once a final version has been made, your resolution will be presented at delegate hall.

-During delegate hall your resolution may be discussed and even have amendments added to ensure that the resolution is clearly stated and can be adopted.

-Submission at the national level has more detailed submission instructions available.



Council of Student Leaders

By Faith Snyder, Newsletter Editor

This year's Council of Student Leaders was held at Grand Valley State University in Grand Rapids Michigan. The day began with a group discussion acquainting students and their nursing experiences with each other, learning how to build SNA membership, and a Hurst NCLEX review. We were also honored to have two amazing speakers teaching us about leadership and successful interview techniques as well as a powerful account of a victim of human trafficking in the Grand Rapids area. Students were also presented with a wonderful Human Trafficking resources packet and learned how to understand and create resolutions to be passed at the state and national levels. We really appreciate everyone's involvement in making this event a success!

Feedback

"I enjoyed the speakers; especially Todd and Leslie. Leslie's story was a true injustice to her on every front and hearing her story made an impact on me."

"I thought it was a great event! Maybe with more advertising we could have a better turnout!"

"The speakers were all amazing and Leslie was absolutely breathtaking."

"This conference informed me about the opportunities that are available through MNSA. I also liked the leadership speech because those skills can be used and brought back to my local SNA. It was great to bond with other leaders."

"The speakers that were brought in were really great! They all had messages that changed my perspectives for the better."



Upcoming

EVENTS



Board Buddy Meeting

Saturday November 15th, 2014

Interested in becoming a Board Member for the 2015/2016 term? Come join us for an informational meeting to learn more about serving on the Board of Directors.

Refreshments and lunch are provided.

To learn more about individual positions prior to the meeting please visit:

<http://michigannsa.org/about/bod/>

Run for a Board of Director Position at our upcoming:

Annual Convention

February 6th-8th, 2015

Lansing Convention Center, Lansing, MI



It's not too late to join our 2014-2015 Board of Directors! Please view the vacancies

below.



Current Board of Director Vacancies:

- Communications 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>



Building a Community of Empowered Nurses

www.ana-michigan.org

Upcoming
EVENTS
Continued...

NSNA Midyear Convention

November 6th-9th, 2014

Portland, Oregon



General Board of Director Meeting

November 1st, 2014 9am-4pm

Michigan Nurses Association Building

Lansing, MI

References:

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





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