

Calvin Student Nurses Association

Fall 2009 Newsletter

CSNA Fall 2009 Monday Schedule

September	<ul style="list-style-type: none">• Monday the 14th: First Meeting at 8:30pm in SB 201• Monday the 28th: SEMINAR: Nursing career and grad school options at 5:00pm in the Meeter Center Lecture Hall
October	<ul style="list-style-type: none">• Monday the 5th: Meeting at 8:30pm in SB 201• Friday the 9th: Blood Pressure Screening at 10:00-1:00 in Johnny's• Monday the 12th: SEMINAR: Resume prep, interviewing, and job fairs at 5:00pm in the Meeter Center Lecture Hall• Monday the 19th: Mentor/Mentee Meeting at 8:30pm in SB 201• Monday the 26th: SEMINAR: Employer panel and job searching info at 5:00pm in the Meeter Center Lecture Hall
November	<ul style="list-style-type: none">• Monday the 2nd: Meeting at 8:30pm in SB 201• Monday the 9th: SEMINAR: Balancing career and family at 5:00pm in the Meeter Center Lecture Hall• Monday the 16th: TBD• Monday the 23th: No meeting: Thanksgiving week
December	<ul style="list-style-type: none">• Monday the 7th: Meeting at 8:30pm in SB 201• Monday the 14th: No meeting: finals week

Keep looking out for emails containing more CSNA events as the school year progresses!

FREE Pizza: On September 28th we will be having FREE PIZZA at our seminar. If we get at least 40 students to attend, we'll continue to have pizza provided for the following 3 events!!! So come join us for an hour for pizza and great information on various nursing topics of interest.

Want to win \$100?: When you come to the nursing seminars listed above you will be eligible to win a \$100 gift card to the campus store!! One winner will take home the \$100 gift card while two others will take home \$50 gift cards to the campus store! Each time you attend a seminar you may enter your name into the drawing, so the more you come, the better chance you have at winning the prizes!! Then when you attend the final seminar, the drawing will take place*. So, get great nursing information, free pizza, and a chance to win campus store money all in one!! See below for further detail about the seminars including dates, speakers, and topics.

*Students will have to be in attendance to win.

CSNA Fall Seminar Circuit

September 28th 5-6pm:

Nursing career options: a panel with a variety of nurses will be sharing experiences and answering questions (nursing research, community nursing, forensic nursing, and flight nursing).
Grad school: options/ideas/application is also part of this workshop.

October 12th 5-6pm:

Resume preparation, interviewing, and attendance and preparation for job fairs: Bonnie will lead this seminar and intends include a mock interview.

October 26th 5-6pm:

Employer panel: HR representatives from a variety of hospitals as well as other types of nursing employers will compose the panel. Also, information about **job searching** effectively and other tips will be included.

November 9th 5-6pm:

Balancing career and family: director of Calvin's Career Development Office, Glenn Triezenberg, will be speaking.

Need Extra Credit?

All of the above offered seminars, as well as **ALL CSNA events** earn you extra credit points in your practicum classes! By attending meetings, fun activities, any seminar, and even conferences (for more information see below), you can earn up to 1 point to your clinical grade (in the category of fulfilling the roles of the nurse).

Conference Opportunities this Semester

RN-AIM Conference Thursday October 8th – Friday October 9th:

What: Examining Nursing's Unique Contributions to Evidence Based Healthcare

Where: The Inn at St. John's Plymouth, Michigan

Cost: \$30/day for students

Visit: http://www.rn-aim.org/media/autogen/2009_RN-AIM_Conference_Brochure_6-14-09x.pdf for registration or more information on the conference.

Sign up by Monday September 28th

There may be other options to participate with this organization throughout the year as well.

Global Health Missions Conference Thursday November 12th – Saturday November 14th:

What: The largest medical missions conference in the world!!

Where: Louisville, Kentucky

Cost: \$45 for students who **sign up before October 15th**, after this date the price increases. Free housing for students can be coordinated, to learn more, contact housing@medicalmissions.com

Visit: www.MedicalMissions.com to register, www.MedicalMissions.com

Summer 2009 for Nursing Students

Caitlin Timmer (Senior Nursing Student): Camp Nurse

Curious George bandaids, hydrocortisone cream, Tums—which seem to cure everything—even homesickness, and lots reassurance, wiping away of tears, and hugs. These are the things I think about when I reflect on my job as a camp nurse this past summer. I had the amazing opportunity to work at Camp Tall Turf—a Christian camp for inner city children ages 8-13. This year Camp Tall Turf celebrated its fortieth year of working towards reconciliation—bringing kids and staff off all backgrounds and races together, eating at the same grimy dining hall tables, playing on the same Capture the Flag teams, and molding into a quirky, diverse, yet unified body of Christ.

A typical day at Camp Tall Turf begins with “rapping” Bible memory verses, a few morning exercises and stories, then breakfast. While kids filled up on pancakes, sausage, and other delicious morning treats, I would waltz around to each table with the kids’ pills, giving them their morning hug if they swallowed their medicine nice. After breakfast while the kids were busying singing, I had the not-so-lovely roll of cleaning up what Camp Tall Turf deems pee-funk—the stinky pee soaked sleeping bags which was my most humbling job. After lunch was First Aid Class, and I had plenty of laughs watching 10 year olds try to find their pulses, teaching the 8 year olds how to look for potential health hazards around camp (my favorite answers being the absolutely ridiculous ones like—“Well Nurse Caitlin, in this clearing a hail ball the size of a melon could fall from the sky and knock you dead”), and teaching all the kids how to make paper-mache “casts” for broken sticks. Before I knew it lunch and dinner were done, and my pajama clad kids needing night time meds had come and gone, and I would melt into my pillow feeling exhausted but so fulfilled.

What I learned at Tall Turf was that being a nurse is not all skill, it requires a sense of humor, patience, compassion, and the realization that every child is a tiny mirror image of our Father—scrapped knees patched with a Curious George Bandaid and all.

Janelle Torbet (Senior Nursing Student): Metro Health Externship

This summer I had the exciting opportunity to be a student nurse extern at Metro Health. The nurse extern program was offered to students within one year of graduation from an accredited nursing program. This clinical program took place from May to August of 2009. Metro’s extern program is designed similar to Calvin’s nursing program to offer practical, hands-on experience and to give nursing students the opportunity to learn the comprehensive role of a registered nurse while completing their education.

There were nine total externs this year, each working on specific floors. Opportunities were available on the Assisted Breathing Center, Center for Restorative Care, Clinical Decision Unit, Emergency Department, Family Childbirth Center, Intensive Care Unit, Med/Surg/Pediatrics, Surgical Prep and Recovery, and Telemetry floors of the hospital. I was matched to work on the Center for Restorative Care floor (level three). This floor specializes in three areas; stroke care, spine care, and joint replacement. My summer was broken up into thirds so I would have the opportunity to work on each section of the floor. Working two twelve-hour shifts each week gave me time to build relationships with patients as they worked towards their individual goals. Since there are so many aspects to this floor, teamwork is crucial to making a patient’s stay successful. I was very impressed with the work environment on level three. All staff members work together and are willing to go out of their way to help each other out.

I think that an extern program is extremely valuable for nursing students and I would highly recommend Metro’s program for students in this year’s junior class. Nurses learn and grow through work experience. The extern program is designed to help students to not only develop their skills, but to help build their self confidence. It was so helpful to work one-on-one with a licensed nurse who was willing to teach me the skills I need to succeed. I can’t think of a better way to prepare a nursing student for the job they seek after graduation! Similar to the end of each clinical day in Calvin’s nursing program, the externs met together to share our experiences on August 7th. During this time I was able to talk to the preceptor I had my first few weeks of the summer and share with her how I’ve grown throughout the program. Being a Christian herself, it was rewarding to be able to talk to her about my spiritual growth these past few months as well. Each extern’s experience proved to me how the program was a valuable way to gain skill and learn what it is like to be a registered nurse at Metro Health.

Getting Involved

Become a member of a nursing organization! This is a great way to network, get valuable nursing information, boost your resume, strengthen your leadership in nursing, help increase awareness to nursing issues, exchange ideas, and more. They are an awesome value!!

Here is a list of nursing organizations which Calvin nursing professors recommend:

American Nurses Association (ANA): www.nursingworld.org/students/

Sigma Theta Tau International (STTI): <http://www.nursingsociety.org/default.aspx>

International Student Nurse Network: http://www.icn.ch/ns/ns_home.htm

Michigan Nursing Student Association: <http://www.minurses.org/mnsa/>

National Student Nurses' Association (NSNA): <http://www.nsna.org/>

“Large organized associations are the most effective tools for the nursing profession for influencing policies that protect the members and continues to provide the highest quality nursing care to the public” (DeLeskey2003).

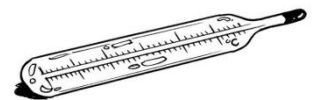
What's up with Calvin Nursing Grads?

Stephanie Postma: Graduated 2009

I took my boards on July 20 and started working August 17 on the ACE unit (Acute Care of the Elderly) at Blodgett. It's a regular med-surg floor, taking care of patients with pneumonia, urosepsis, pancreatitis, etc but all patients are 65 and older. I'm really enjoying it and the nurses are really helpful and friendly. It's nice working with older Calvin graduates. I knew I had a lot to learn but I've been surprised at how much MORE there is to learn. We're taught theory and technical skills in clinical/class but it isn't possible to practice managing 5 patients and discharging or admitting patients or how to call doctors with patient events. Nursing is very rewarding. Every shift, I see my actions impacting a person's life and they touch mine as well. I still get nervous before each shift but I know that I've been well prepared for this and look forward to where nursing will take me.

Melissa Breese: Graduated 2008

I work full-time days on a medical oncology floor in Fayetteville, NC, and I absolutely love it. It is definitely not always an easy field to work in, but I take a lot of joy in helping to provide peace, hope, and love to patients and families walking through new cancer diagnoses, or having complications receiving treatments, or receiving end-of-life care. I have been there for just over a year and have certainly grown immensely. One piece of advice that I would give to new nurses is....no matter how stressed or overwhelmed or behind you feel on any given day (which happens plenty at first!), always remember to truly love your patients and pray for them and try to see them as God sees them.



New Leadership for CSNA

The CSNA leadership team is composed of dedicated members who work together to accomplish all CSNA efforts including facilitating meetings; maintaining CSNA's approval as a club; managing the budget; organizing meetings, activities, events, seminars, and more; as well as promoting student ideas that help keep our organization and nursing program in collaboration.

President: Lindsay Clutter (lrc4)

Vice President: Stacie Natelborg (smn5)

Treasurer: Rachel DeGroot (red7)

Secretary: Jenni Wierenga (jlw33)

Want to join the leadership at CSNA? Well, we have room for more leadership! Come to CSNA meetings and events and help us out with the above responsibilities and we would love to welcome you to our team!! It not only looks great on your resume but is lots of fun too!!

Got Ideas?

PLEASE SHARE THEM! If you have any great ideas that will help us out let us know. Whether they are ideas to improve the nursing department, help nursing students, ways CSNA could serve the community of Calvin or Grand Rapids, fundraising ideas, needs our organization could fulfill, conferences nursing students are welcome at, ideas or designs for nursing wear and/or gear, or events/activities for nursing students, we welcome them all!! Come to one of our monthly meetings, held on the first Monday of every month in SB 201 at 8:30pm or e-mail one of our leadership team (email addresses provided above).

