

# Vital Sions

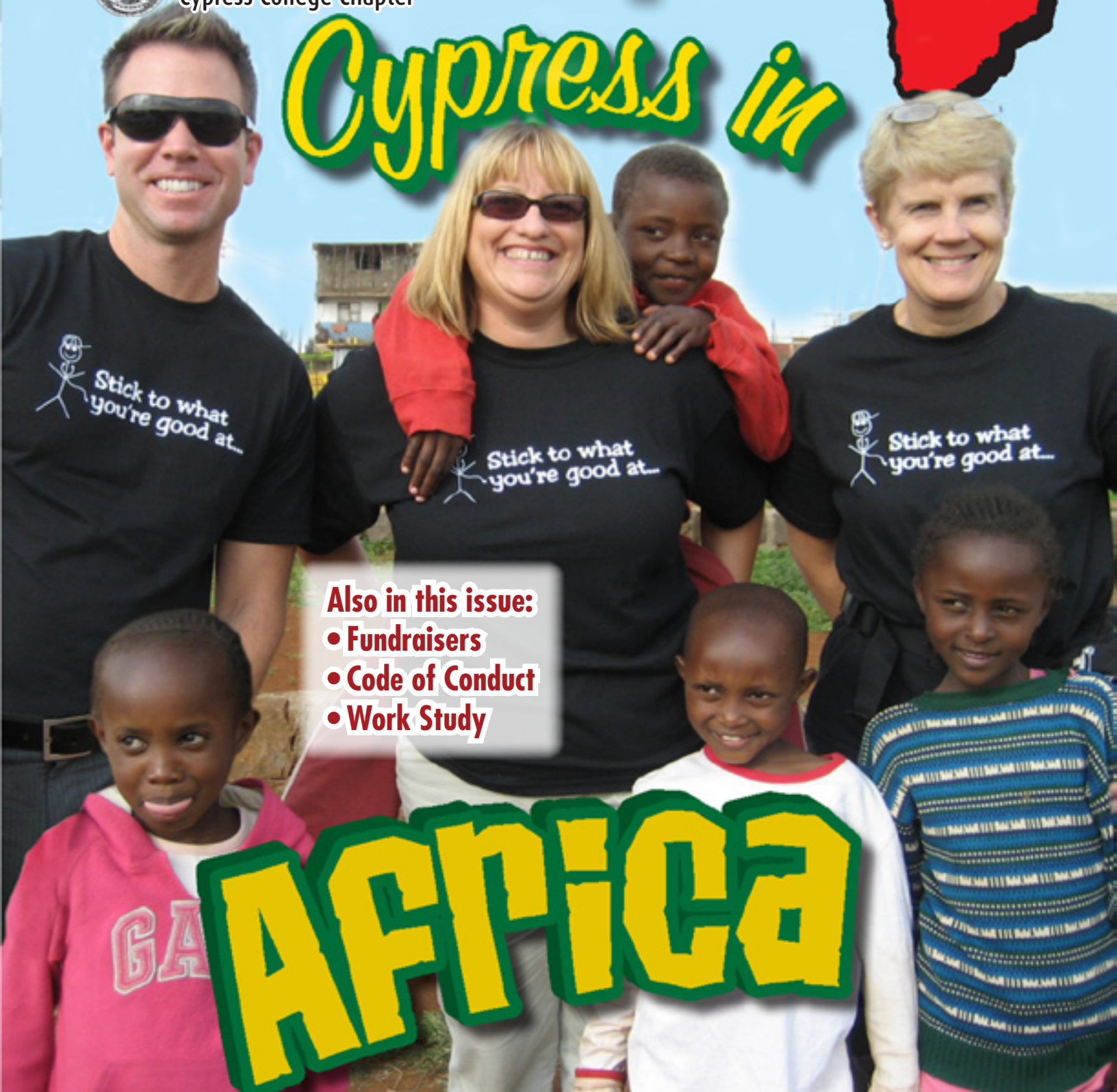


California Nursing Student Association,  
Cypress College Chapter



October 2009

## Cypress in



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# AFRICA

# FUNDRAISER\$

## CNSA Board Members 2009/2010

**President:**  
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Ryan Tamula (1st Semester)  
Jennifer Russell (2nd Semester)  
McRomeo Libid (3rd Semester)  
Elise Cyrus (4th Semester)  
Thach Lam (4th Semester)

**Treasurer:**  
Nathaniel Adams

**Breakthrough to Nursing:**  
Jennifer Russell  
Kenneth Pakingan

**Fundraising & Scholarships:**  
Johnny Ra & Lynnnda Lauffer

**ICC Representatives:**  
Mario Chairez

**Vital Signs Newsletter:**  
Bobby Winters

**Faculty Advisor:**  
Sally McNay RN,MSN



## Penny Wars Success!

Thanks to all those who participated in the Job Fair Penny Wars! The 4th semester earned a whopping \$285.29 toward our graduation! So who won first dibs on grub at the end of the year potluck? 4th semester! Great job people! 4th semester earned a total of 663,600 points. A valiant effort by the 2nd semester yielded 238,500 points placing them in second place, followed by the 1st semester with 171,500 points and the faculty with 14,900 points, and finally the 3rd semester with -68,500 points. Dollar amounts per semester are as follows: 4th: \$148.65; 3rd: \$44.15; 2nd: \$53.65; 1st: \$37.35; Faculty: \$1.49.

## Community Discount Card

Here's another superb opportunity for all students to help support CNSA: The COMMUNITY DISCOUNT CARD. The proceeds will go to CNSA, and that money helps the entire nursing program.

Here's how it works. COMMUNITY DISCOUNT CARD contacts businesses in local areas to offer awesome discounts. The discounts are printed on pocket size discount cards, which are reusable and valid for up to a year! We sell the cards for \$10 each, keep \$5 and pay \$5 for each card sold. That's 50% PROFIT! The cards contain excellent local and reusable discounts. Show your card, get your discount, then keep your card and use it again next time! Cards are very easy to sell year after year. You can also sell cards to friends, relatives or co-workers who live out of town. A list of over 375 cities is available, and cards are in stock. Orders are due soon, so see your class rep ASAP!

## Calendar of Events

CNSA Board Meeting (Noon)	Nov 2
Veteran's Day Holiday	Nov 9
CNSA General Meeting (2:30)	Nov 16
<i>(Don't miss the awesome guest speakers talk about nursing in Africa on Nov 16!)</i>	
Thanksgiving Holiday	Nov 26-29
Faculty/Student Holiday Party	Dec 7
Final Exams	Dec 9 - 17
New Student Orientation	Dec 10
Graduation* Rehearsal (class of '09)	Dec 16
Graduation* (class of '09)	Dec 16

\*Denotes Nursing Graduation



## Code of Conduct

Attention Nursing Students! CNSA is heading up a committee to create a Code of Conduct that will be representative of the nursing student body. This Code will allow us to present our expectations of ourselves and each other in a unified and professional manner. Our goal is to have this Code of Conduct ready ASAP. The draft of the code will be reviewed by the CNSA Executive Committee. Once approved, the Student Faculty Representatives will present it to the Faculty on November 23. For more information, please contact Andrea Homco at [standardandrea@hotmail.com](mailto:standardandrea@hotmail.com).

## Work Study Program

After completion of N197, you may become eligible for employment at hospitals who are contracted with Cypress College to be hired as 'Nurse Residents' (or a similar variation of that title—e.g., 'Student Nurse Worker'). It is the student's responsibility to seek out employment at those hospitals through a traditional application/interview/hiring process. Hospitals that currently employ our students include St. Jude Medical Center, Los Alamitos Medical Center, Anaheim Regional Medical Center and Hoag Memorial Hospital. Generally employment should be sought during semester breaks.

If hired you are bound by the contracts of both the hospital (as an employee) and the school. You must concurrently be enrolled in either N109 (3rd semester students) or N209 (4th semester students). The program/class is designed to allow you to practice the skills that you have been deemed competent to perform (e.g., assessments, documentation, medication administration via PO, subcut, IM, IVPB,

patient/family teaching, etc.) while being paired with an RN preceptor on the floor. The bimonthly class meetings allow for instructor follow-up and support throughout your work study experience.

Interested students should attend the work-study orientation (held once a semester). In addition, attending the Cypress College Job Fair and networking with the participating hospitals there is recommended. Find out their individual policies for employing nursing students. Of course, be sure to (a) dress appropriately, (b) be professional and (c) make a good first impression! The current state of the economy has reduced the number of open positions. As a result, getting one's "foot in the door" is more important than ever! Working as a nurse resident is one way to ensure immediate and/or desirable employment at graduation time. Happy job hunting! 🍀

# Job Fair

What will YOU do after you graduate? Cypress College School of Nursing hosts a job fair each semester to aid students with that very question. The vendor list includes hospitals, home health-care companies and other community vendors. In addition to prospective employers, universities are represented for students who intend to continue their education to the Bachelors, Masters or PhD level.

This year's job fair was very well attended by students. The vendors were impressed with the level of organization by CNSA members and sponsors.

Job fair is an essential event for our students. Since our job fair is primarily attended by our students, it is a way to get noticed by these facilities in a more personal way and hone your interviewing skills. While it is true that California is still amidst a nursing shortage, a recent flood of new graduates has increased the competition for new nursing positions. This has reduced the number of available positions in urban areas.

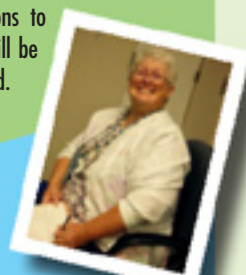
Not a 4th year student? It is important to remember that ALL semesters benefit from our job fairs, as they allow us to solidify our relationships with our clinical partners. And best of all, you can always pick up some great Job Fair ware, like pocket hand sanitizer, chapstick, and even pen lights! +

# Faculty new & retiring

Dr. Penny Chin has been a faculty member for Cypress College for many years. Before this, Mrs. Chin taught at Santa Ana and UCI. Dr. Chin taught fundamentals and psychiatric nursing. Her quiet, calm demeanor and wisdom will be missed by students and faculty alike. Dr. Chin has been involved in many community projects and will likely continue these projects.

Ms. Jane Walker is the newest member of the Cypress Nursing Program faculty. Although new to Cypress, Mrs. Walker is not new to nursing. Ms. Walker has been working in OB for many years. Most recently working as a School Readiness Nurse for Orange County. She will be teaching Fundamentals and OB. Welcome!

Dr. Noreen O'Brien has been a member of the Cypress College faculty for many years teaching OB and Peds. Before Cypress, Dr. O taught at University of British Columbia, and Cal State Fullerton. Dr. O'Brien has a long list of nursing excellence. She opened the neonatal unit at Long Beach Memorial's Miller Children's hospital in the 70's. She was also a long time employee of St. Jude Medical Center. Dr. O'Brien was always involved in the community outside of nursing positions. She holds committee and board positions in Alpha, Family Support Network and IMPAC (to name a few). Dr. O'Brien was a huge supporter of NSNA, attending many national conventions, and she remains a sustaining member. Her energy, passion and contributions to nursing will be missed.



# FLU SHOTS

All nursing students must have the seasonal flu shot or sign a waiver by Nov 1 for all clinical facilities. Documentation must be provided and kept in your school file. The document is available on My Gateway. Many facilities will demand limited patient contact and increased protection (masks) for those who decline to receive the flu shot. As nursing professionals it is important that you inform yourself about your own protection. In addition, you will be helping to educate your patients and the public about protecting themselves.

The supply of H1N1 vaccines scheduled to be distributed at Cypress College on November 13 did not arrive as planned. Stay tuned to school bulletins and nursing school updates for information about availability and hospital policies.



Toys for Tots is an event sponsored by the Marine Corps. On Dec 7 there will be boxes for each semester. Be part of the spirit of the season by bringing an unwrapped toy for children ages 1-18.



# Inter-Club Council

The Inter-Club Council (ICC) is financed by the Associated Students of Cypress College, and its chair is an elected, voting member of the Associated Student Council. The Inter-Club Council is composed of a representative from each of the recognized clubs on campus. Its function is to coordinate the activities of the various clubs and to provide an organized channel for club support of, or participation in, major campus events. For CNSA, ICC provides a conduit to meet students from other disciplines and educate those students about Nursing and the Cypress College nursing program. It also allows CNSA to have a presence on campus, raising awareness for our club and providing benefits to our organization. Through ICC, CNSA has the ability to participate in multi-club events and have an indirect voice in student government. Mario Chairez has taken the initiative to be our ICC representative. +



# NSNA National Convention April 7-11 2010

Question: What's more awesome than attending the NSNA National Convention? Answer: Attending the National Convention in Orlando, Florida! The NSNA National convention provides students unique opportunities to participate in national-level nursing leadership, attend pertinent and interesting seminars, hear from exceptional keynote speakers and meet other student nurses from across the country. Start making plans NOW to be there!

Visit [cypresscnsa.com](http://cypresscnsa.com)

# Cypress in Africa

## Instructors Spend Vacation Helping Others

On June 19th three nursing instructors, 16 adults and a 10-year-old left for Nairobi Kenya to participate in a cooperative project, caring for Kenyan orphans and those in need of medical care. **Begun in 1994, The East Africa Partnership is dedicated to improving the lives of people in East Africa by:** *providing clean water; providing care and education for orphaned, destitute and vulnerable children; providing accessible, affordable, quality healthcare; improving agriculture, sustenance, and nutrition; and providing any other service that may improve the physical, social and spiritual well-being of the people in East Africa.*

**Health Care Facilities** The state of health care in Kenya is deplorable. When a sick person enters a clinic they have between a 10% to 15% chance of being correctly diagnosed. Usually there is no lab equipment for testing. The populace is afflicted with diseases like malaria, typhoid, tuberculosis, brucellosis, and HIV. Additionally, many people in rural areas do not live close enough to a hospital or clinic to be treated. The Partnership has taken on the challenge of providing accessible, affordable, quality care to the people of Kenya. Since 2007 we have founded 10 health care clinics, and have been given facilities from the government and other organizations to form 12 more.

Training trips are taken 3-4 times per year to educate the personnel in the clinics, and more than \$3,000,000 of medical equipment has been donated and shipped to Kenya. Each clinic is equipped with a laboratory, pharmacy, and record-keeping. The training has paid off—our clinics have a successful diagnosis rate of 85%. These trips also run mobile clinics, treating around 2,000 people each trip at churches, schools, or on grassy hills to help people who are still unable to access health care and spread the Gospel to remote areas. In the healthcare field we have partnered with Hoag Memorial Hospital Presbyterian of Newport Beach, CA, which provides medical personnel for these trips and several hospitals within Kenya. We also have seven other hospitals and more than 80 companies supporting our trips with donated medical equipment, pharmaceuticals, and personnel.

**Orphanages** The Partnership has founded or supported four different orphanages throughout Kenya: The Limuru Home for Girls, Narok Home for Boys, Nyeri Home for Boys and Girls, and the Nyeri Home for Disabled Children. These orphanages reach the neediest children of all tribes and regions and are also supported by the local government. We are currently supporting more than 300 children, with plans to increase that number by another 85 children by the end of 2009.

**Moving Forward** What allows our Partnership to move forward rapidly into so many different fields? Every project we start must be self-sustaining within two years, allowing us to move on to other programs without worrying about a constant drain from unproductive projects. Profits from established programs are used to fund the expansion of current projects or new initiatives. We are supplying 10 motorcycles to help mobile health clinics, bringing new treatments for malaria and tuberculosis to Kenya, working on an immunization program with the government, and working to bring physical and spiritual healing to the people of Kenya. Both partners contribute funds, time, and resources to every project we undertake. For more information, visit [www.kenyapartnership.org](http://www.kenyapartnership.org).

**Mrs. Harvey, Mr Faraci, and Ms. McNay spent almost 3 weeks participating. It was an amazing experience full of unexpected adventures, warm smiles, and grateful glances. All 3 instructors were also fortunate to teach at the East Africa University to up-and-coming nursing students. To hear more, come to the general meeting on November 16th (rm 310 at 2:30pm). If you cannot make it, make sure contact one of the teachers for a story or two.**



Cypress College's CNSA is a chapter of the California Nursing Students' Association. The California association is linked nationally to the National Student Nursing Association NSNA.

You may join NSNA by visiting the NSNA website, and once you are a member, you are automatically a CNSA member. Joining gives you access to what is happening nationally with student nurses like yourself. There is a \$40 fee, but the benefits far outweigh the cost.

As a student, this is one of the best opportunities to be involved with fellow students, develop leadership skills, provide services to the community at large and be involved with other nursing students.

The NSNA website <http://www.nsnamembership.org>

