Vital Signs

California Nursing Student Association,
Cypress College Chapter

May 2009

- 2009 NSNA Convention: Nurses Invade the Music Capitol of the World
- A Successful Job Fair
- CNSA Nursing Alumni Outreach

A Successful KinderCaminata

CNSA Board Members 2009/2010

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Brittany Hagge

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Treasurer:
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Breakthrough to Nursing:
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Webmaster:
Nerissa Black

Student Faculty Reps:
Mike Ruffalo
Heather Foy

Class Reps:
TBD (1st Semester)
Jennifer Russell (2nd Semester)
Mario Chairez (3nd Semester)
Andrea Homco (4th Semester)

ICC Representatives:
Mario Chairez

Faculty Advisor:
Sally McNay RN,MSN

Calendar of Events

Fall Orientation	May 13
Cypress Graduation	May 21
Pinning Ceremony	May 19
Family Night/CPR Training	August 13
Fall Classes Begin	August 17
CNSA State Convention	October 16-18

NSNA Convention 2009

Nine Cypress College students attended the NSNA 57th Annual Convention in Nashville, Tennessee. The theme was "Making it BIG: Nursing Students Stepping Up and Stepping Out." Each semester was well represented as students learned about the national organization and their leadership role within NSNA. The event was held at the Gaylord Opryland Convention Center, with everything contained in one location. Nursing students from all over the country participated in plenary sessions (a large gathering with a speaker), the NSNA delegation, workshops, elections, an auction and even a first night party (a hoedown!). The student delegates were busy learning the ropes, however there was time for food, fun and a trip to the Grand Ole' Opry.

Students were surprised with how much they had in common with other students from across the country, discussing issues such as care plans, demanding instructors and clinical challenges. The delegates discussed issues important to student nurses in 24 resolutions, including: global health in nursing curriculum, music therapy, MRSA standards, standardized patient hand-off report, adolescent pregnancy prevention. Faculty members Sally McNay, RN, MSN and Dr Noreen Obrien, RN, PhD, challenged the Cypress group to approach one of the many microphones and speak their minds—not an easy task, but several rose to the occasion. Students had an assignment to reflect on the conference. Here is what they had to say:

Graduating senior Crystal Klewein indicated that, her ideas about furthering her education are now more concrete. "The central theme of the conference was leadership, being a change agent. Furthering my education will help me to become that change agent."

First semester student Jennifer Russell was surprised at the educational offerings beyond ADN. "…I learned to make my time in school enjoyable, as well as getting the education. I don't have to be stressed out all the time. I am taking the time to reflect on what I've learned and to share it with my classmates and friends."

Natalie Gettler said, "I want to inspire people to join NSNA. I really had no idea that NSNA was so huge. I really want our chapter to be strong and known."

President Brittany Hagge concludes with, "Nursing is such a meeting of worlds: science, compassion, research and humility."

KinderCaminata

KinderCaminata is a combination of the German word for children, *Kinder*, and the Spanish word, *Camin*ata, which translates as "promenade" or "to walk at an event." Through collaboration among Cypress programs, KinderCaminata has become a walk through a college dreamscape of career booths, entertainment and real-life encounters with business and professional role models from the college. Kindergartners talk to fire fighters, police officers, teachers, nurses, Cypress athletes and more.

Hundreds of kindergartners filled up the Cypress College campus to explore aspects of career oriented programs offered at Cypress College. Our CNSA group gave these Kindergartners an opportunity to listen to their own heart beat by listening through a stethoscope. The nursing students (from different semesters) also taught children the importance of handwashing. While singing the "ABC Song," the students were taught to rub their hands together as long as the song lasted.

A special thanks to Rita Pierce for organizing KinderCaminata and inviting us to participate. Staying involved with our community is vital for nursing students who must learn to connect with patients on a daily basis.

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. This job fair, for instance, had work opportunities for CNA positions and home health care positions, available to students of all semesters. This event allows 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/CNSA End-of-the-Year Potluck

A Special Thanks to all those who participated!

From the President

Greetings Cypress College Nursing Students!

We are so very near the end of another enriching, challenging, exhausting, and exciting semester. To the class of May 2009--CONGRATULATIONS!! We are all so proud of you and look to you as examples of success. To my class (Class of Dec. '09)—3 down and 1 to go! To the class of May 2010—way to go guys, you are halfway there! Class of December 2010, I applaud you for all your hard work—and stick with it; because, it goes so much faster than you'd ever think.

Looking to the Fall semester, I am excited to serve as your CNSA President and look forward to doing my part (along with the rest of the Board) to maintain Cypress College's tradition of excellence. I strongly believe that we have an amazing group of students and leaders on our executive board. CNSA will organize many of the same great activities and programs like Job Fair, Toys-for-Tots and the Christmas Potluck. Be on the lookout for new activities and opportunities as well! Do you want your voice heard? Join NSNA at NSNA.org now. The stronger and larger our membership is, the more voting power. My goal for next semester is to strengthen the bonds and increase the communication between students of different semesters. Without the advice of a 4th semester student when I was in 2nd semester, I may not have actively sought out employment for the Nurse Resident (Work Study) program—an opportunity that has advanced my clinical experience and confidence greatly.

Congratulations everyone for completing this spring semester—enjoy your summer breaks and the CNSA Board and I will see you in the Fall.

Sincerely,

Brittany Hagge, CNSA President 2009/2010

CNSA Alumni Outreach

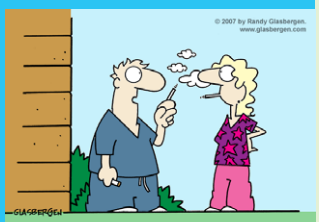
On Monday, April 27, several CNSA members and NSNA sustaining members (faculty) contacted nursing alumni by phone. This nursing outreach was organized by our Health Science Dean John Sciacca, MPH, PhD, and Raul Alvarez, Director of Cypress Foundation.

Our primary purpose was to start making connections with nursing alumni. We also wanted to encourage alumni to donate towards the Cypress College Nursing Scholarship Fund. This fund helps nursing students with emergency needs. At one point, Brittany (your CNSA President) exclaimed, "They want to support us!" While making calls, senior Natalie Gettler said, "It was great to talk to alumni, working out there in the real world; they said that Cypress Nursing was an invaluable experience." The Foundation treated us to Boston Market. There are plans for another event in May…interested?

Congrats to Seniors

We loved your Senior Projects!

Coming Soon: cypresscnsa.com



"They say cigarettes can destroy your sense of smell, so as a hospital nurse I think it's a wise choice."

WELCOME TO CYPRESS COLLEGE NURSING PROGRAM!!

Congratulations!

Welcome to Cypress College.

All that hard work has finally gotten you through those doors. Over the next two years you will grow in so many ways. You will learn about yourself, your patients, and build friendships that last a lifetime.

We are **Cypress College California Student Nurses Association**. We are here to help make your transition a little easier. We really pride ourselves in being Cypress College Students.

The faculty here is dynamic in their pursuit to guide us along in being the best nurses we can be. We welcome you in joining us in our quest to be the best.

New Student Family Night

Thursday August 13th at 5:00pm

This is a mandatory meeting for new nursing students!
Feel free to bring a family member, meet new students, current students and faculty.

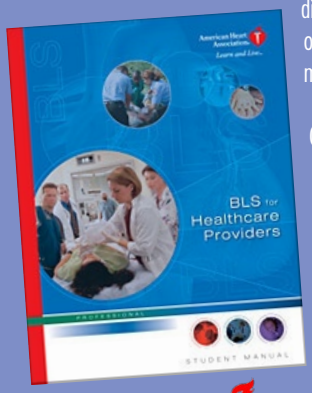
Photos for ID badges will start at 5:00pm. Uniform patches will be available for sale. This is the only time that photos and badges will be sold, and you will need these items to start your clinical rotations (if you have an emergency and CANNOT attend, you MUST make other arrangements with the Health Science office).

Please bring cash or your checkbooks (we do not take credit cards) as you will need to pay for these items this night. Patches are $4 each (we recommend 3) and badges are $6 each (we recommend 2). If you buy the recommended quantities it will be $24 total for badges and patches. Correct change is appreciated.

Everyone Must Have CPR!

You will need your American Heart Association – Healthcare Provider CPR certification prior to starting clinical. Be sure that the class is for healthcare providers and not for regular citizens of the community. If you take the wrong class, you will have to take the healthcare provider class all over again at an additional expense!

CNSA has a perfect solution. We have contracted with Heart-to-Heart (a CPR licensing company) to give a CPR course to NSNA members at an extremely discounted rate of $25. This course would normally be $65 or more. This is an effort by CNSA to increase our number of members, which increases our voting power.



The course will be conveniently located at Cypress College in the Heath Science Building August 13 (the same day as Family Night) from 1:00pm-4:30pm (room TBA). Sign up with CNSA at orientation. Then go to www.nsna.com to become a member ($40 for one year $70 for two years). Bring your CNSA membership printout or card to the class. If you decide NOT to attend after signing up, please contact email CNSA via our website at: www.cypresscnsa.com.

American Heart Association®
Learn and Live℠

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.

CNSA

NSNA National Student Nurses' Association

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

Order Your Textbooks NOW Online!

One of the best things you can do is order your textbooks early and read up over the winter and summer holidays. Having a jump on your reading will really make a difference and take some pressure off once things start full throttle!

Textbooks can be ordered now, online and delivered to your house. Visit www.cypresscollegebookstore.com today to order your books!

Liability Insurance

You will need to get liability insurance prior to starting your clinical rotation. You MUST have proof of malpractice insurance before school starts, so don't procrastinate! Go to: www.nso.com

nso nurses service organization℠