

# Vital Signs



California Nursing Student Association,  
Cypress College Chapter



December 2010

Be part  
of the action...  
Make plans to attend now!  
CNSA National Convention  
is April 6-10 2011.

Also in this issue:

- Welcome to new students
- Orthopedic Class

# State Convention!



# FUNDRAISER\$

## CNSA Board Members Spring 2011

**President:**  
Katherine Kong

**Webmasters:**  
Teo Kim & Duy Vu

**Vice-President:**  
Candace Belk

**Student Faculty Reps:**  
Ryan Tamula & Dylan Fisher

**Secretary:**  
Crystal Martinez

**Class Reps:**  
1st, 2nd, 3rd — to be elected by class

**Treasurer:**  
Tuan Vo

2nd — Jasenka Katusic

**Breakthrough to Nursing:**  
TBD

**ICC Representatives:**  
Teo Kim & Cyr Oca

**Scholarships:**  
Nia Edwards

**Historians:**  
1st — TBD  
2nd — Eric Book  
Marissa Rodriguez

**Fundraising:**  
Sheri Lai Cortez

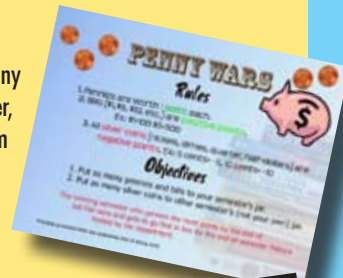
3rd — Teo Kim  
4th — Ryan Tamula

**Vital Signs Newsletter:**  
Carissa Batiller

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

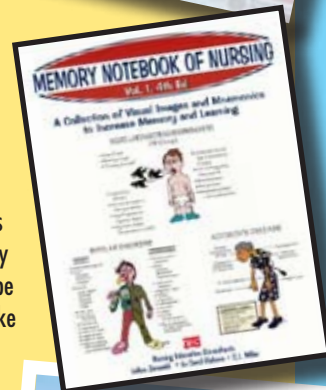
## Penny Wars Success!

We managed to raise approximately \$600 from Penny Wars at the Job Fair! Congratulations to 4th semester, who won the competition. Way to go! That gave them first dibs on the food during the CNSA/faculty luncheon, which was another huge success!



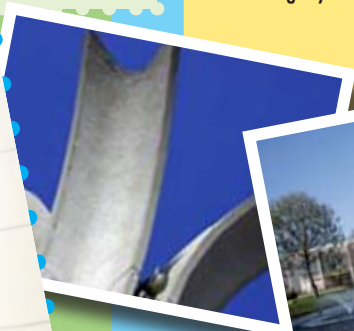
## Nursing Memory Books

What's the best way to memorize information related to disease processes and pathophysiology? Add imagery to your study regimen. Memory books have pictures that are sure to stick with you even in the most stressful testing situations. They are a fun and easy way to understand your patients and their needs (patient needs are the reason nurses exist!). CNSA is selling memory books for \$30 each, and supplies are limited. We will be offering our current stock of books on family night. Make sure to get your copy then.



## Calendar of Events

- Fall Orientation Dec 16
- Pinning Ceremony Dec 20
- Orthopedic Nursing Class Jan 10
- Family Night/CPR Class Jan 13
- Spring Classes Begin Jan 19
- CNSA General Meeting Jan 24, 3pm
- (special meeting; normal date is 3rd Monday)
- NSNA National Convention April 6-10



# 2010 State Convention



The state CNSA convention was well attended this year by many Cypress Nursing students. Conveniently located in Ontario, the convention drew a large and very enthusiastic crowd.

The theme this year was "The many hats of nursing: a wonderland of opportunity." And what a wonderful opportunity it was. The rousing keynote speech challenged us to be a part of nursing legislation currently before congress, as well as encouraging us to be advocates for the practice of nursing and our patients. There was also an amazing story of how our keynote speaker (and fellow nurse) saved the life of a passenger on a commercial airline flight in midair. Nurses save lives, even when we're not in the hospital!

Breakout seminars were equally as informative and inspirational. Discussions included men in nursing, advance practice nursing, interview skills for the new graduate, and many more. The advance practice nursing seminar was particularly helpful, as it explained the new trend of the Doctor of Nursing Practice degree option, now the standard doctoral route for clinical nursing practice.

Cypress students attended all seminars, as well as all parliamentary procedure meetings. Several of our students spoke before the NSNA student government regarding new proposals to by-laws and all in attendance gained invaluable experience.

# 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 or Masters level.

This semester'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! +

# Orthopedic Class

space is limited...

sign up now!

You are eligible to participate in a rare opportunity! Due to recent budget cutbacks, many classes previously available to students have been cancelled. However, Professor Carol Harvey, RN MSN ONC has very graciously agreed to teach the class and is DONATING her time.

This experience is doubly beneficial, because when you pay your (very nominal) registration fee of \$40, the proceeds go directly to Cypress CNSA. This money enables us to finance our convention expenses and pay for things like graduation expenses. Non-Cypress students pay \$80.

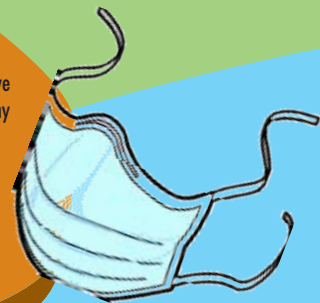
How will the ortho class help you? It will advance your knowledge of orthopedic nursing significantly. Carol Harvey (also known as "Mrs. CSM") brings her many years of clinical and classroom experience to you in a relevant, condensed format that is entertaining and content-rich. Don't know what CSM means? That's why YOU need to attend! Learn from the ortho pro, and get credit for an entire class that only takes one day.

Date: Mon, Jan 10, TE2 room 310, 8:00-17:00. Limit of 50 people, so reserve your spot now by emailing [cypresscollegecnsa@yahoo.com](mailto:cypresscollegecnsa@yahoo.com). Title your email "Ortho Nursing Class."

# FLU SHOTS

All nursing students must have the seasonal flu shot and the H1N1 vaccination for all clinical facilities. Documentation must be provided and kept in your school file. Remember to NEVER give out your originals — only give copies, as you may have to provide the same information each semester. 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.

REMEMBER: if you do not get vaccinated, our clinical facilities may require you to wear a mask all day long in clinical.



Toys for Tots is an event sponsored by the Marine Corps, benefitting children ages 1-18. Thanks to all those who participated with CNSA to make the holidays brighter for kids of our area!



Congrats to Seniors  
We loved your  
Senior Projects!

Faculty/CNSA  
End-of-Semester Potluck  
A Special Thanks to all  
those who participated!



## NSNA National Convention Salt Lake City, April 6-10 2011

Want an opportunity to be a nursing leader? Make plans to attend the NSNA National Convention in Salt Lake City, Utah. The NSNA National convention provides students unique opportunities to participate in national-level nursing collaboration, 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! Most years, Cypress CNSA absorbs the registration and hotel costs for attending students.



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

# 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 the **California Nursing Student Association, Cypress College Chapter**. We are here to help make your transition a little easier. We truly pride ourselves on being Cypress College Nursing Students. The faculty here is dynamic in their pursuit to make us the best nurses we can be. We welcome you in joining us in our quest to be the best.

## 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 laypersons 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 held at the Heart-to-Heart office: 13762 Marquette Street, Westminster 92683, January 13 (the same day as Family Night). The refresher CPR course is 12:00 noon - 3:00pm. For attendees new to CPR, the class extends until 4:00pm.

First, go to [www.nсна.org](http://www.nсна.org) to become a member (\$40 one year, \$70 two years). Then contact us by email: [cypresscollegecnsa@yahoo.com](mailto:cypresscollegecnsa@yahoo.com) and indicate that you wish to attend the CPR class. We will send you a confirmation email. Bring your CNSA membership printout card or ID number to the class. Please pay in CASH ONLY. If you decide NOT to attend after signing up, please re-email CNSA at: [cypresscollegecnsa@yahoo.com](mailto:cypresscollegecnsa@yahoo.com)



## 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](http://www.nso.com)



## Want some unit credit for participation?

If you are a member of CNSA you can receive unit credit for your participation in the organization by registering for Nursing 99. A contract must be filled out (available [www.cypresscnsa.com](http://www.cypresscnsa.com)) detailing your learning objectives. To sign up for the class, you must have an add code from Sally McNay (not available until the first day of classes). [smcnay@cypresscollege.edu](mailto:smcnay@cypresscollege.edu)

## New Student Family Night

Thursday January 13th at 5:00pm

### This is a mandatory meeting for new nursing students, including LVNs/PTs entering into the Nursing Program!

Feel free to bring an ADULT family member. You will meet new students, current students and faculty. You will also get a tour of our skills lab and have an opportunity for Q&A with current students and faculty.

Photos for ID badges will start at 5:00pm. **Last names beginning A-M will begin at 5:00pm and last names N-Z will be at 5:30pm.** Uniform patches will be available for sale. This is the only time that badges and patches 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 CNSA).

Please bring cash or your checkbooks (we do not take credit cards). 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.

# Holiday Plans?

New students often ask, "What can I do to prepare for nursing school?" Here are a few handy tips. Go with what you know: review A&P. It is a common thread in all classes and it will gradually be integrated back into your course work, substantially in the latter semesters. Then, brush up on your test-taking skills. You can Go to: [www.metamath.com/lsweb/dvlearn.htm](http://www.metamath.com/lsweb/dvlearn.htm) to discover what kind of a learner you are and help you study more effectively. Plan for your first three weeks of class to be M-F all day. You will probably need the weekends to read and study as well. If you plan on buying your books ahead of time, only buy the main books: 1st semester – Taylor, et al; 2nd semester and LVNs/PTs – Ignatavicius, et al. Review basic math, specifically proportions and ratios. Prepare your loved ones, especially significant others and children, to understand that your time with them during school may be limited and that you may not be able to take on as many responsibilities in the home as you currently do. Finally, get yourself healthy. Eat well, exercise regularly, reduce stress, avoid excess alcohol and cigarettes, get plenty of sleep and enjoy your holiday!

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>

