

VITAL SIGNS

California Nursing Students' Association
Cypress College Chapter.

Newsletter Editor: Cindy Wang

December 2011

Also In This Issue:
- Ortho/EKG Class
- Welcome incoming Students!

CNSA Board Members Spring 2012

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Calendar of Events

Pinning Ceremony: Monday, 12/19

Cypress Graduation: Tuesday, 12/20

Orthopedics Class: Wednesday, 1/18 (0800-1700)

Family Night for Incoming Students: Thurs, 1/19 (1700-1900)

CPR Certification: Thursday, 1/19 (1100-1500)

Fall Classes Begin: Monday, 1/23

CNSA National Convention: April 11-15. Pittsburgh, PA.



WHAT'S NEXT?

EKG CLASS FOR SPRING 2012

Professor Elizabeth Piburn, RN, MSN, CNS, will be teaching an Introduction to EKG Interpretation class. This class is offered to students who register on Blackboard. The class will take place on Friday, March 23rd, Room 316 from 0800-1730 (Course Code 23961). The class will cover nursing knowledge, assessments for patients experiencing common cardiac dysrhythmias, patient monitoring, lead placement, and equipment used to identify patient arrhythmic patterns. The class is worth 0.5 units, P/NP.

NSNA National Convention. April 11-15 2012, Pittsburgh, PA.

What's more awesome than attending the NSNA National Convention? Attending the National Convention in Pittsburgh, Pennsylvania! 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 students from across the country! CNSA members will be given first "dibs" on who will attend the conference, and CNSA usually covers a large portion of travel and hotel expenses!



Orthopedic Class!

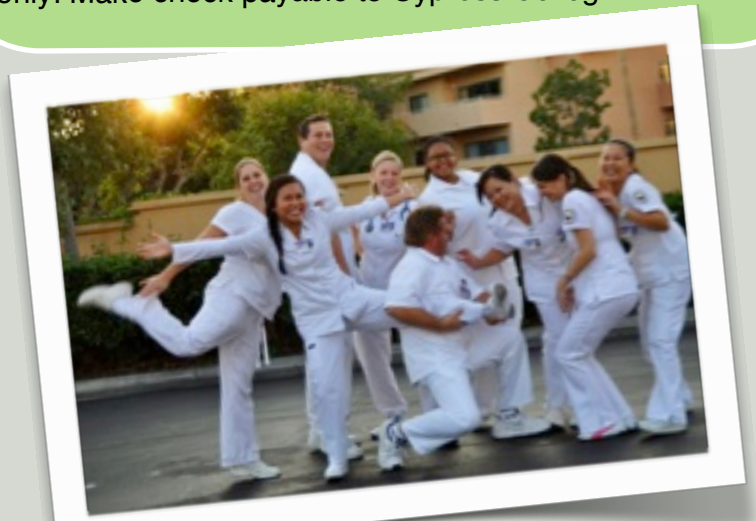
Space is limited, sign up now!

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

As a CNSA member, you are eligible for a discounted registration rate of \$40. The proceeds go directly to Cypress CNSA which enables us to finance the convention trip and pay for graduation expenses. Non-CNSA members and members of the community pay the normal \$80 fee.

This Ortho class will be very beneficial as it will significantly advance your knowledge of orthopedic nursing. Carol Harvey brings her many years of clinical and classroom experience to you in a relevant, condensed format that is entertaining and informative! A **certificate of completion** will be awarded for students, and the class will also qualify for **8 continuing education hours for RNs**.

The class will take place on Jan. 18th, Health Science Building, Technical Education III Room 222, from 0800-1700. Limited to 65 seats, so please **reserve your seat by Sunday, Jan. 15th** by emailing cypresscollegecnsa@yahoo.com. Title your email "ortho nursing class." You will pay at the event: cash or checks only! Make check payable to Cypress College.



WHEN ARE CNSA GENERAL AND BOARD MEETINGS?

CNSA General Member Meetings take place on the 3rd Monday of every month, @ 3pm.
CNSA Board Member Meetings take place on the 1st Monday of every month, usually around noon.
Locations of the meetings once determined will be sent through email.

WELCOME TO CYPRESS COLLEGE

NURSING!!!

CONGRATULATIONS!

Welcome to the Cypress College Family! All that hard work has finally gotten you through these doors! Over the next two years you will grow in so many ways. You will learn about yourself, your patients, your profession, and build friendships that will last a lifetime.

NEW STUDENT FAMILY NIGHT - Jan. 19th 5pm-7pm

The second semester students will be hosting this mandatory meeting for all new students! Feel free to bring 1 ADULT family member and dress in business casual attire. Meet your semester cohorts, upperclassmen, and faculty! At this event you must purchase Cypress College patches and photo ID badges. You will need these items to start your clinical rotations! This is the ONLY opportunity to get your photo taken for the clinical I.D badges. Please bring cash or check (we cannot take credit cards) as you will need to pay for these items this night. Patches are \$4 each (recommend 3) and badges are \$6 each (recommend 2). If you buy the recommended quantities it will be \$24 total. Correct change is very much appreciated!

LIABILITY INSURANCE

You will need to obtain liability insurance prior to starting your clinical rotations. You MUST have proof of malpractice insurance before school starts, so do not hold off on this! Go to : www.nso.com. Heading is under Professional Liability Insurance, apply for STUDENT NURSE liability insurance.

JOIN CNSA!!!!

You may join CNSA by visiting the national web site at <http://www.nsnamembership.org>. Once you join, you are automatically a Cypress College CNSA member! The cost is \$40 but the benefits will outweigh the cost. As a student, this is one of the best opportunities to be involved with fellow classmates, develop leadership skills, build your resume, and provide services to the community at large. It is also a wonderful way to meet students from all semesters of the program, who will serve as your mentors.

Tips for the classroom

1. Go to class on time. Yes, it's obvious AND required! You will not do well if you do not show up!
2. Make friends. You will need them. They will be your greatest support throughout the program.
3. Sleep! It's amazing how much more efficient you are when not in a zombie state.
4. Stop comparing yourself to others. The only person you should compare yourself to is yourself.

Tips for clinicals

1. Be professional. Treat clinicals like a job. Show up early in perfect attire, have a great attitude, and be PREPARED. If you do not know what something is, ask, find out. It will come back again!
2. Two words: Skills Lab
3. Be nosy (but not annoying). Find out what's going on the floor that day and see if the nurse and patient are open to you observing.
4. NEVER say "I've already seen/done that." (even if you have)
5. Help out your classmates. Not only is it the right thing to do, you may learn something.
6. Be confident in your abilities!
7. Stuff to have: Lots of fine point pens, pen light, a good stethoscope, scissors, watch with stainless stretch band, binder/clipboard that can hold massive amounts of papers.
8. Make sure you have enough white underwear for your clinical days!

CPR Certifications 1/19/2012 11a-3p

You need American Heart Association Healthcare Provider CPR certification prior to starting clinical!

CNSA will be offering a CPR course at a rate of \$25 for CNSA members. The course will be held on Jan 19th, from 11a-3p at the Heart to Heart office: 13762 Marquette Street, Westminster 92683. For first time certifications, it will run about 4 hours, with recertifications running about 3 hours. Please email cypresscollegecnsa@yahoo.com to make reservations, with "CPR course" as the title. Bring your CNSA membership printout card or ID number to class! Heart-to-Heart will take cash only at this event!

A LETTER FROM OUR GRADUATING PRESIDENT

Dear Cypress Nursing Students,

Dec 13th, 2011

First off, I would like to congratulate our new Cypress Nursing students on making it into the RN program. You were selected from a very large pool of applicants. So be proud, you are the cream of the crop. Being in your shoes just two short years ago, I can tell you that this program has changed my life in more ways than one. I used to be a shy Asian kid who would sit in the back of the classroom not talking to anyone just doing my work. Now I've become more outgoing and assertive, as a nurse needs to be. My advice to you is never let up, always keep pushing forward, and read read read. This program is fast paced with tons of reading. You must keep up or you'll feel left behind. Also I encourage you to join and be an active member in CNSA. It showed me how to be a leader and allowed me to meet new people from other semesters. It is also a great way to get student advice which will be a great asset to you. Lastly, learn how to network!

To our newly promoted 2nd, 3rd, and 4th semester students, bravo! I know it seems so far away, especially for 2nd semester students, but think of it as one step closer to that light at the end of the tunnel. And yes, one more semester is over. However, don't forget what you learned in the previous semester because the information you learned will help you in each subsequent semester. Also, your instructors care about you. They want you to succeed. They each have different and unique ways of showing it. So don't get discouraged if you have a bad day: think of it as a learning experience. Say to yourself, "Man, that was a bad day. What can I do to prevent that from happening again?" and "I will make it better tomorrow." I know this may sound a little cheesy, but it got me through. One thing I did was cross out the days on the schedule when I was done with class. Doing this made me feel accomplished, one step closer, and one day closer to my pinning. Take each class day by day and you will make it.

On a side note, do not listen to rumors that you hear. If you happen to hear a rumor, don't listen and don't repeat it. It is most likely untrue and possibly very hurtful.

To the faculty, on behalf of the Class of Fall 2011, I would like to thank you for all that you have done for us. You have molded us into the best nurses possible. It has been two of the most life-changing years of our lives and we owe it all to you.

Warmest Regards,

Cyr Oca
CSNA President
Cypress College Chapter
Class of Fall 2011



If you are a member of CNSA, you can receive unit credit for your participation in the organization by registering for Nursing 99 (you must have an add code from Sally McNay to register for this class). A contract must be filled out on our website (www.cypresscnsa.com) detailing your learning objectives. To sign up for the class, please contact our CNSA faculty advisor, Sally McNay for an add code at: smcnay@cypresscollege.edu

CNSA Fundraiser
Kayla Tu - WINNER Kaplan NCLEX review



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.

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