

# INSIGHT

Volume 37, Issue 1, Winter 2010



## Embarking on a Great Adventure!

by *Samantha Stapleton*  
SNAP President

Greetings! As you gear up for another exciting semester of nursing school, I hope you all find yourselves well rested after the holiday break. It has been an exciting few months for

SNAP and we're very excited for the year to come. At the November convention, I was re-elected as SNAP president, and am honored to serve you for another year. We also have several new faces on the state Board of Directors, and I am very eager to see what they are going to accomplish. A lot of important events will be occurring this year, and I am thrilled to involve the membership whenever possible.

For those of you who were able to attend the 2009 SNAP Convention, I hope you enjoyed your time in Lancaster! The SNAP House of Delegates was able to conduct a great deal of business and, overall, it was an

extremely successful 'meeting of the minds'. We were one of the first big events in the new convention center, and I believe it worked out extremely well! I would like to extend a special thank you to our staff, volunteers, speakers, and exhibitors for making our convention possible!

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*"Nursing is going to take you amazing places . . ."*

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The NSNA Convention will occur from April 7<sup>th</sup>-10<sup>th</sup> in Orlando, FL and I strongly

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*The Newsletter of the  
Student Nurses' Association  
of Pennsylvania*



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## FOR YOUR INFORMATION . . . . .

<b>IN JANUARY 2010</b>	
SNAP Board Meeting . . . . .	23-24
<b>IN MARCH 2010</b>	
SNAP Board of Directors Meeting . . . . .	19
Annual LEAD Workshop . . . . .	20 & 21
Captiol Hill Step by Step . . . . .	30
<b>IN APRIL 2010</b>	
Deadline for Spring/Summer <i>Insight</i> Articles . . . . .	1
NSNA 58 <sup>th</sup> Annual Convention. . . . .	7 - 11
<i>Disney's Coronado Spring Resort Orlando, Florida</i>	
<b>IN JUNE 2010</b>	
SNAP Board of Directors Meeting . . . . .	12-13
<b>IN AUGUST 2010</b>	
Deadline for Fall <i>Insight</i> Articles . . . . .	1
<b>IN SEPTEMBER 2010</b>	
SNAP Board of Directors Meeting . . . . .	11
<b>IN OCTOBER 2010</b>	
Deadline for Convention <i>Insight</i> Articles . . . . .	1
Capitol Hill Step by Step . . . . .	5

Deadline for Constituency Status . . . . .	15
Deadline for proposed resolutions . . . . .	15
Deadline for Scholarships & Awards . . . . .	15
<i>including: Scholarships for First-Year Students; Scholarships for Upperclassmen; Community Health Awards; Newsletter and Website awards; Chapter Excellence Award; Jamey Thiel Miller Memorial Legislative Award; Rena M. Lawrence Memorial Award; Advisor of the Year Award (see SNAP website)</i>	
<b>IN NOVEMBER 2010</b>	
Deadline for Consent To Serve forms. . . . .	3
3 <sup>rd</sup> Annual Student Nurse Challenge . . . . .	17
SNAP 58 <sup>th</sup> Annual Convention . . . . .	17 - 20
<i>"Defying Gravity: Nursing Without Borders" Lancaster Marriott at Penn Square</i>	
<b>IN DECEMBER 2010</b>	
Deadline for Winter <i>Insight</i> Articles . . . . .	1



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## Regional Reports

Following are the regions of SNAP. Each region has a representative on the SNAP Board of Directors, whose report follows the region's list of schools:

### GREATER PITTSBURGH REGION

Carlow University  
CCAC, North  
CCAC, Boyce  
CCAC, Allegheny  
CCAC, South  
Duquesne University  
Mercy Hospital  
St. Margaret Hospital  
Shadyside Hospital  
University of Pittsburgh  
Western Pennsylvania Hospital



Hello Student Nurses of Pennsylvania! I hope everyone had happy holidays and is excited to start the new semester!

My name is Jamie Malone and I am the new Greater Pittsburgh Regional

Coordinator. I am currently a sophomore at the University of Pittsburgh School of Nursing. SNAP has been an organization that been inspiring me since I first went to the annual state convention last year. The convention was excellent. It had exciting presentations, stimulating conversation with statewide hospitals and schools, inspirational

workshops and speeches! It was a truly amazing event. I then went to the LEAD workshop, which had presentations about running for office, writing a resolution, communicating in the work place, and so much more. The LEAD workshop helped me make my decision to run for office. That is why this year at convention, I got the courage, ran and became the new Greater Pittsburgh Regional Coordinator. I know at times it might be challenging and there will be extra responsibilities, but I am so excited to start this position.

I am happy that I will be able to communicate and build a relationship with all the Schools of Nursing around Pittsburgh. I have started emailing these schools, and I am eager to get their responses! This year I am hoping to go to local SNAP chapter meetings at all the various schools in Pittsburgh, so I can meet many of the students I am representing face to face. I think it is important to not only communicate via email, but also in person. At these meetings I will get a chance to speak about the great opportunities that SNAP and NSNA present, and that will hopefully inspire more people in the Pittsburgh region to get involved. SNAP is here for you, the student nurses, to take advantage of, and I want to make it my goal to make sure people do take advantage and benefit from this wonderful organization.

Another plan of mine is to hold an event that all the schools of nursing in Pittsburgh can take part in. One of the ideas is to do different events throughout the month of February in relation to the heart, since February is national heart month. One school could have speakers about heart disease, another school could teach about prevention, while another school could hold heart healthy activities. I would also like to see each school send students to go and visit each of the other schools while they hold their event. That will allow different student nurses to show support and begin to build relationships with one another. I believe making these contacts throughout the various schools of nursing are not only important for us now, but will continue to be important when we are all licensed nurses in just a few years.

I would just like to end by thanking everyone that went to the SNAP convention

## SNAP BOARD OF DIRECTORS

**President :** Samantha Stapleton

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**Vice President:** Latasha Kast

*lckast@yahoo.com*

**Secretary/Treasurer :** Ellen Stoner

*ellen.stoner@villanova.edu*

**Legislative Coordinator::** Michael Martinoli

*michael.martinoli@villanova.edu*

### REGIONAL COORDINATORS

**Greater Pittsburgh:** Jamie Malone

*jem151@pitt.edu*

**NorthWest:** Charlotte Evanski

*charo\_evanski@yahoo.com*

**SouthWest:** VACANT

**SouthCentral:** VACANT

**Greater Philadelphia:** Franklin Chukwu

*fichukwu@mail.widener.edu*

**NorthEast:** Josh Ballan

*joshua.ballan@wilkes.edu*

**SouthEast:** Garrett Kramer

### NOMINATIONS & ELECTIONS (NEC)

**West:** Carly Bishop

*cab118@pitt.edu*

**Central:** VACANT

**East :** Megan Hardy

*mehardy@mail.widener.edu*

### PROFESSIONAL CONSULTANTS

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*davidranck@tlcinstitute.com*

**Kristine Keefer Wolff, MSN, RN**

*keeferkw@upmc.edu*

### EXECUTIVE DIRECTOR

**Cindy Shingler**

*snap@snap-online.org*

this year and for voting for me to be Greater Pittsburgh Regional Coordinator. It is an honor to serve on the SNAP Board. I hope we have a great year together!

**Jamie Malone**

**Greater Pittsburgh Regional Coordinator**

## NORTHWEST REGION

- Butler County Community College
- Citizen's School of Nursing
- Clarion University
- Community College of Beaver County
- Edinboro University
- Gannon University
- Jameson Memorial Hospital
- LaRoche University
- Lock Haven University, Clearfield Campus
- Ohio Valley Hospital
- Penn State Behrend Campus
- Robert Morris University
- Sharon Regional Health System
- Sewickley Valley Hospital
- University of Pittsburgh at Bradford



Here We Go Nurses!

Hello everyone! Here we go with another exciting year ahead of us and from where I am standing now I could not be more proud that I have made it this far, as I

am sure many of my other fellow nursing students across Pennsylvania feel. Every step we take leads us to our goals and before we know it those goals become the accomplishments of our lifetime. My name is Charlotte Evanski and I have recently been elected as Northwest Regional Coordinator. I am now a senior at Citizens School of Nursing in New Kensington, Pennsylvania. Before I say another word, I would like to thank fellow nursing students and instructors who attended the convention this year. It was an amazing turnout and I am very excited to see that SNAP is grabbing the attention of so many eyes.

I am so thankful for this opportunity to serve on the SNAP Board of Directors. If you would have asked me 5 years ago what I would be doing, I do not think I would be able to answer. My decision to enroll into nursing school did not occur until the year before I graduated high school. I had lost my best friend, age 17, in a motor vehicle accident the summer after our eleventh grade year. I had experienced death of loved ones before, but nothing like the impact of my best friend's death had on me. I will never forget the moment we stood in the waiting room and heard she was gone... life seemed to go blank for so long after. When people use to tell me, "You are never dealt anything you can't handle" I wanted to literally scream. Now I realize though, that it is the steep bumps on our long journey that make us who we are today. For all of us, that is nursing. As crazy as it may be, we want to be at a person's side

Reports continued on next page

# SNAP Steth-a-SCOOP

on the worst day of their lives because we know that sometimes just holding their hand makes a difference. We are and can be that small difference.

This year I really would like to see more involvement from the schools in the Northwest Region. Becoming a member of SNAP is such a fulfilling and rewarding opportunity for us to grasp what we believe in and make a difference. And I was always told that you have no right to complain about anything unless you are willing to step up and do something to make a change. That is exactly why I am currently working on contacting schools in my region. With that being said, let's keep moving SNAP in the right direction and continue to enlarge our region's participation. Please feel free to contact me at any time with any question. My email is charlo\_evanski@yahoo.com. Like they tell us in school, "No question is a stupid question!"

**Charlotte Evanski**  
*NorthWest Regional Coordinator*

## SOUTHWEST REGION

- California University of Pennsylvania
- Conemaugh Valley Hospital
- Indiana University of Pennsylvania
- Mt. Aloysius College
- Penn State University, Altoona
- Penn State University, Fayette
- St. Francis University
- Washington Hospital
- Waynesburg College
- Westmoreland County Community College

**VACANT**  
**Southwest Regional Coordinator**  
*If interested in the position, please contact*  
**Samantha Stapleton, SNAP President**

## SOUTHCENTRAL REGION

- Alvernia University
- Brandywine Hospital
- Chester County Hospital
- Delaware County Community College
- Harrisburg Area Comm College, Gettysburg
- Harrisburg Area Comm College, Harrisburg
- Harrisburg Area Comm College, Lancaster
- Harrisburg Area Comm College, York
- Lancaster General Coll of Nsg & Health Scs

. . . . **continued!**

- Lewistown Hospital
- Messiah College
- Millersville University
- Neumann University
- Penn State University, Mont Alto
- Penn State University, Hershey/Main
- Reading Area Community College
- Reading Hospital
- West Chester University
- York College of Pennsylvania

**VACANT**  
**SouthCentral Regional Coordinator**  
*If interested in the position, please contact*  
**Samantha Stapleton, SNAP President**

## GREATER PHILADELPHIA REGION

- Community College of Philadelphia
- Drexel University
- Eastern University
- Frankford Hospital
- Harcum College
- Holy Family University
- La Salle University
- Methodist Hospital School of Nursing
- Northeastern Hospital School of Nursing
- Roxborough Hospital School of Nursing
- Temple University
- Thomas Jefferson University
- University of Pennsylvania
- Villanova University
- Widener University



Good People of SNAP,  
 Happy New Year! I hope that your holiday was all that you hoped it would be and that you are eager and excited to begin a new semester on a high note. This is a good time to look back and reflect on your progress in school and other aspects of life. Meanwhile, I want to seize this opportunity to formally express my profound gratitude and respect to all SNAP members at the 57<sup>th</sup>

Annual Convention, to the fabulous 2008-2009 SNAP Board of Directors, and to all who were extremely involved in the effort for making that event superb. Also, my unalloyed gratitude goes to Widener University for their positive influence and support. I am so grateful... KUDOS TO ALL!!! This is just the beginning. President Obama said in one of his speeches that we will not be measured by the margin of our victory, but by whether we are able to deliver concrete improvements - in our case, to SNAP and its activities. Thus, the journey is not over yet and your usual support is greatly appreciated and is essential to accomplishing my goals as the Greater Philadelphia Regional Coordinator. I look forward to working with you in an effort to take SNAP to astronomical heights and beyond.

As stated previously at the convention, "Frank got a lot in the bank for SNAP." This year's theme "*The Power & Passion To Care*" rejuvenates my ambition in nursing profession to serve God and humanity... As the Greater Philadelphia Regional Coordinator, my goal is to continue to strengthen the communication bridge within all schools in Greater Philadelphia region and with SNAP at large, and to motivate nursing students and schools to actively participate in their local chapter and SNAP. To begin, I plan on establishing a section for blogging online that will allow SNAP members and schools in Greater Philadelphia region to voice their concerns as well as to discuss issues related to nursing and their well-being. In addition to this, I will be contacting and visiting all chapters to discuss certain issues such as fundraising ideas and scholarship opportunities. Also, I plan on increasing our region by establishing a chapter in one of the schools in our region that is yet to identify with SNAP. Lastly, I hope to continue with the community involvement activities, and to promote and support the Annual Regional Nursing Bowl Challenge.

In conclusion, I am urging you to seize this golden opportunity to get involved in your local chapter and SNAP, develop your nursing skill, meet new and diverse people, learn from your colleagues and much more... Together we can and will be the strongest resource for each other.

Questions, concerns, issues, comments...don't hesitate...email me @ [fichukwu@mail.widener.edu!](mailto:fichukwu@mail.widener.edu)

*Franklin Chukwu*  
*Greater Philadelphia Regional Coordinator*

## NORTHEAST REGION

Bloomsburg University  
Misericordia University  
East Stroudsburg University  
Luzerne County Community College  
Mansfield University  
Marywood University  
Mercyhurst College, North East  
Penn College of Technology  
Penn State University, Worthington-Scranton  
Schuylkill Health School of Nursing  
Thomas Jefferson Univ., Geisinger Campus  
University of Scranton  
Wilkes University



Greetings everyone! My name is Josh Ballan and I am honored to be elected Northeast Regional Coordinator for 2010. This will be my second year as Northeast Regional Coordinator and I look forward to

another great year. I am currently a senior at Wilkes University, which is a little school right outside of Scranton, Pennsylvania. I decided to take part in the SNAP Board of Directors for a way to reach out to students in Pennsylvania to increase the awareness of the nursing profession as a whole. Along with being a part of the Board of Directors at SNAP, I am also the President of the nursing class of 2010 at Wilkes University. As a leader, I plan on bringing prior knowledge and experience to my term as Northeast Regional Coordinator. My goals for the time I will be a part of SNAP are to increase awareness of students about issues and opportunities within the nursing career. I plan on meeting with the schools of Northeast Pennsylvania to encourage the start of SNAP chapters and serve as a guide to any questions or concerns that schools of northeast Pennsylvania have



Working For & With You!

regarding SNAP. Please feel free to contact me at anytime with questions or concerns!

I look forward to a great year as your Northeast Regional Coordinator. Have a wonderful year and please feel free to contact me with any questions you may have!

**Josh Ballan**  
*NorthEast Regional Coordinator*

## SOUTHEAST REGION

Abington Hospital School of Nursing  
Bucks County Community College  
Cedar Crest College  
deSales University  
Gwynedd Mercy College  
Lehigh Carbon Community College  
Montgomery County Community College  
Moravian College  
Northampton County Community College  
St. Luke's Hospital School of Nursing

**Garrett Kramer**  
*SouthEast Regional Coordinator*

*Continued from page 1*

encourage all SNAP chapters to send as many delegates as possible. Pennsylvania has the opportunity to be one of the largest delegations within the NSNA House of Delegates, but this can only be possible with your attendance! This will be a challenging year in Orlando because of the serious temptations lying just outside of the convention center (a.k.a. Disney World!). It is extremely important to remember that the business of the NSNA Convention MUST come first. Without the dedication and commitment of the delegates, the House of Delegates cannot conduct any business!! I encourage all school leaders to promote attendance, and a commitment to the business of the association. This year our membership numbers are over 5,000 students! This is a remarkable number and I hope you are all extremely proud of your efforts.

Whether this is your first semester of nursing school or your last, I strongly encourage you to embrace your education and obtain whatever knowledge and skills you can. We all know how challenging nursing school can be at times, but we are embarking on one of the greatest adventures in our lifetime. Nursing is going to take you amazing places and you are going to experience amazing

things. Each semester will bring on new challenges and barriers, which we all struggle to overcome as students. Please remember that you are not alone in these challenges!! It is only through these challenges that we can grow and develop into the intelligent, professional nurse we are to become.

If you ever need anything from me, please do not hesitate to contact me at any time: [sstaplet@ycp.edu](mailto:ssstaplet@ycp.edu). Remember, SNAP is YOUR organization and we are here to serve the membership and your needs. I am very excited to work with many of you this coming year! Good luck with your spring semester!!

## A Call for Articles!

*Insight* is your newsletter! We encourage members and chapters to submit articles to be published in upcoming issues of *Insight* about events and activities happening at your school. All you need to do is submit your article as an attachment in an email to [snap@snap-online.org](mailto:snap@snap-online.org). We also welcome pictures! We know you are doing great things at your school. Share that with your colleagues and see your name in print!





## The Fourth Annual *LEAD* Workshop for Emerging SNAP Leaders

This workshop is designed for emerging leaders from Pennsylvania's local chapters to gain leadership and development skills. Ideally, participants will be freshmen or sophomores. Each school may send a total of four to six students, and registration will be on a first come - first served basis, for a maximum of 60 participants.

This workshop was very well received in the past, and the SNAP Board of Directors is very excited to be able to offer this workshop to the SNAP membership for the third year! **The workshop will be held March 20 & 21, 2010.** The faculty includes David R. Ranck and Kristine Keefer Wolff, SNAP Professional Consultants, and many past SNAP leaders. We sincerely hope chapters take advantage of this wonderful opportunity to learn more about leadership and development on an individual and organizational level.

To register to attend, please email the names and email addresses of those wishing to attend to Cindy Shingler, SNAP Executive Director, at [snap@snap-online.org](mailto:snap@snap-online.org). Remember that registration is on a **first-come, first-served** basis. The first 60 students will receive a participant profile via email so that we can learn about each person and their individual level of experience. **If you have any questions, feel free to call the SNAP office at (717)671-7110, or email David Ranck at [davidranck@tlcinstitute.com](mailto:davidranck@tlcinstitute.com) or Kristine Wolff at [keferkw@upmc.edu](mailto:keferkw@upmc.edu).**



**2009 SNAP LEAD Participants & Speakers**

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## Supporting the Local Chapter



By *Ellen Stoner*  
*SNAP Secretary*  
*Treasurer*

Hey Student Nurses' Association of Pennsylvania!

I hope that the holiday season was a healthy, safe, and fun-filled time for everyone, and that the

New Year began with high hopes and renewed energy! As our academic calendars begin to fill with responsibilities and class work, I encourage everyone to take the time to maintain your own health and uphold a positive attitude for the challenges a new year brings.

The SNAP Annual Convention, which took place in November in Lancaster, Pennsylvania was a tremendous success marked by inspirational and educational speakers, great networking, and opportunities to promote leadership among future nurses. I would personally like to applaud the students and faculty advisors who represented their nursing programs with poise and professionalism; the impressive display of scholarship and dignity that was shown by so many of the attending student nurses was a tribute to the programs and universities we attend.

In addition to SNAP's Annual Convention, the spring months prepare us for the NSNA Annual Convention. This year's convention will be held in Orlando, Florida, and I cannot wait to see the delegation representing Pennsylvania with the same pride displayed in Lancaster. For any questions concerning the NSNA Convention, I encourage you to contact your Regional Coordinator or any member of the Board of Directors!

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# New Goals

by *Latasha Kast*  
*SNAP Vice President*



Greetings from the Steel City! I hope everyone had an enjoyable holiday season! I want to begin by saying that I am very excited that I was elected to serve as your Vice President. I can't wait for this amazing year!

To give you a little background about myself, I am a sophomore at the University of Pittsburgh. I am originally from Williamsport, PA, the home of Little League Baseball. I went into nursing because I wanted a profession that was more than routine daily tasks; it was helping others. When I wake up each morning, I want to enjoy going to work. The nursing profession requires many skills that separate a nurse from others. Each nurse is a unique, well-rounded individual, ready for the world!

One of my main goals as Vice President is to create a power point entitled "Convention Fully Defined." This presentation will serve as a tool for chapters to increase attendance at our annual convention. While working in conjunction with the Secretary/Treasurer, I would like to explain the events that occur at convention. This would provide members with valuable information on what to expect at convention. The power point would also provide information on how the events that occur at convention can help you with your future endeavors.

Since the end of convention in November, I have begun planning for our 58<sup>th</sup> annual convention, which will be a memorable and valuable experience. I hope to see you November 17 - 20, 2010 in Lancaster, PA for our next convention!

In conclusion, I am thrilled to serve as your Vice President. I look forward to where the next year will take us. This year is going to be amazing and I am excited to work with an exceptional SNAP Board! Until next time!

# SIX RESOLUTIONS ADOPTED BY THE SNAP HOUSE OF DELEGATES

by *Michael Martinoli*  
SNAP Legislative Coordinator



Hello SNAP!! I hope you all enjoyed your time at convention and made valuable connections with other nursing students and faculty from across the state. I'm so honored to be elected as your Legislative Coordinator for a second term, and I'm hoping for a very productive and impacting year!

Firstly, I want to congratulate the students who authored a total of SIX resolutions that were all passed by the House of Delegates! Their hours of hard work finally came together as a topic that SNAP now officially promotes. I plan on reaching out to the chapters earlier this year to explain the process and its benefits, and promote the authors to utilize their free time over the summer to write their resolution.

I want to express my initial goal for this year that I hope can be initiated and made into a reality as soon as possible. By serving as a member on the Communications Committee, I'm excited to help re-design our website into a more productive layout and directed more towards the different regions and chapters. My vision includes allowing the different regions to have their own separate page on the website to share successes of their local events, and easily obtain all other information provided by their Regional Coordinator. In addition to the regional sections, I would like to bring a legislative section back onto the website. With the ability to post current information about state and nation-wide legislative issues/facts, you will be able to stay better updated and informed on important actions happening in Congress that can easily affect our future careers. More importantly, you can then be prompted to speak your opinion to the appropriate representatives to make an impact on these issues. I urge you to please send me an email about your thoughts on these topics, and what other revisions you believe should be made to make our website more useful for everyone. Thanks!



**CAPITOL HILL: *Step by Step***  
**March 30 & October 5, 2010**

**Come to your state Capitol, and learn from nursing leaders the reason it is so important that every nurse be involved in the political process. Register online at [www.snap-online.org](http://www.snap-online.org) or email Cindy Shingler at [snap@snap-online.org](mailto:snap@snap-online.org).**

*What's Your Passion? Write a Resolution!*

## HAVE YOU READ . . .

### The Glass Castle

Written by Steve Lopez

#### A Book Review by Michelle Van Luvanee

This book is about the resilience of the human spirit and living life through the therapeutic world of music. The major themes include an unintentional relationship that blossomed, strangers helping strangers in a time of need, and friendship. Readers who want a good book to read that is full of passion, insight and imagery, should consider reading this book. Anyone who believes in the restorative, therapeutic power of music and friendship should also read this book. Readers will be uplifted by the true story of a man's struggle and the obstacles he overcame through his love and other people's faith in him.

Steve Lopez, the author of this book and journalist for the Los Angeles Times crossed paths with Nathaniel Ayers, who was a homeless man with chronic schizophrenia. This was the first time they had met and Lopez was intrigued by Ayers music he was playing on a violin with only two strings. At that point, friendship, trust, and a future were made for these two individuals and the lives of many others who were affected or involved.

Mr. Lopez arranged for several people to meet with Mr. Ayers, people such as therapists and also musicians who attended school with Mr. Ayers before he had gotten sick. They all helped to break through the illness and see Nathaniel Ayers himself. Lopez originally reached out to help Mr. Ayers, but in the end, they helped each other realize the true meaning of life, and the power music holds within our hearts.

This book is bursting at the seams with imagery. The author uses insightful and

reflective language all throughout the book in a way that draws you into the story. Phrases such as "it was the ground zero of failed public policy" and "...music cuts him off from the noise, worry, fear, illness" are used throughout the book along with "...he wishes he could take all the scattered notes and string them together", and "The music soars and plunges, whispers and roars. We're draped in the moonlit shadows" are also used throughout the book to make a connection between what Mr. Lopez saw with his eyes and felt with his heart when working with Mr. Ayers.

This book can be connected to nursing in that Mr. Lopez helped Mr. Ayers holistically, treating his psychological issues as well as his emotional and psychosocial concerns, in the same way nurses treat their patients. He had a relationship with Mr. Ayers, but had to gain his trust first, in the same way nurses must also gain a patient's trust. Most importantly nurses reach out to help other people; they are in the field because they want to be. Mr. Lopez was in that situation because he wanted to be there and help.

This book was an excellent read, one in which a person cannot read only once. The connections being made are remarkable. Although the ending may not be what one might expect, or want to happen, it is a real life story and this real life story has a real life ending.

Michelle Van Luvanee is a student at Alvernia University.



# Alcohol, Behaviors & Dangers

*Written by Marlene Schoettle, MSN, RN, CCRN, CNE  
Former SNAP Board Member 1987 - 1990  
SNAP Honorary Member*



From the biblical times to present day, we have all seen or heard stories of the effects of alcohol on persons, families, and communities. I am not one to preach, so I am relaying some known facts to you about the effects of alcohol in general.

Alcohol consumption has been associated with increased violent behaviors on campuses of colleges and universities across the world. In recent years, just in our own college communities in Pennsylvania, several student deaths have been attributed to the consumption of alcohol (alcohol toxicity). You have probably laughed at or have been in the company of those who have found intoxicated individuals amusing to watch. Alcohol consumption causes impaired mobility, slowed reaction time, causes uncoordinated movement of lower extremities, impaired hand-eye coordination, blurs vision and causes slurring of speech. You all are students studying to become nurses, what areas of the brain are being effected here by the beverage of choice? If the person drinks past the above conditions, then mood swings, stupor and unconsciousness can occur and, shortly after, death. If you survive this indulgence, then look out for the long term effects of alcohol including increased risk of heart disease, circulatory problems, esophagitis and varices, portal hypertension, liver disease (cirrhosis, cancer) and eventually failure of that organ. If all of that doesn't make you sit up and pay attention, then let's try irreversible brain damage. I know that there are some cells in the human body that can regenerate quickly, but I haven't heard of liver or brain cell regeneration, have you?

We should not forget the effect that alcohol has on the social aspect of lives.

Many families and friendships have experienced irreparable damages. Sure, those who drink with you are your friends. Try this: ask one of them to stand by you in a court of law or at a hearing of the State Board of Nursing when you are trying to save the license you worked so hard to receive. Imagine looking into the eyes of another after you have caused injury or death to them or their loved one because of the alcohol you consumed. Close your eyes and imagine how you would address that person when they ask the infamous "why" question. Can you do that?

Why, you may ask, is this person writing about alcohol and its effects? I learned all about this in Ms. X's Med-Surg class. I know all about this, it doesn't pertain to me. Does it?

In November, I was privileged to attend the Student Nurses Association of Pennsylvania (SNAP) Convention. I have been a proud student member, alumni of the Board (1987-90), Honorary Member and at present Faculty Advisor to the SNAP Chapter at ARIA Health School of Nursing in Philadelphia. I always look forward to the SNAP Convention, to strengthen old ties and make new connections. The students of today are the life and breath of nursing tomorrow. Something happened at this convention that had the potential to negatively impact my life forever. I have Charcot Marie Tooth Disease. It is a degenerative neuromuscular disease (please see CMT website for more detail) that I have had since childhood. I was staying on the tenth (10<sup>th</sup>) floor of the Marriott Lancaster hotel in a room near my students. I had retired late Wednesday evening because two of my students were coming in later than the rest of the group, and I wanted to make sure they were safe in the hotel. Shortly after I went to sleep, I was startled awake by the loud blast of an alarm and a robotic sounding voice that was announcing an emergency in the building and evacuation was necessary. This occurred at 3 AM. I will not forget that moment,

*Continued on page 12*

because it was the one that could have changed my life forever. I grabbed my identification, threw on my shoes and grabbed my CANE, opened the door and was met by an entire hall of startled, scared student nurses. I was asked by several groups of students if “this was real”. I told them I wasn’t sure in as calm a voice I could muster and told them to head for the nearest stairwell. We banged on doors as we walked down the hall to the stairs nearest our rooms, waking those who may have slept through the commotion. Slow but steady with students flying past me, I descended the stairs. Three of my students refused to leave my side despite the possible danger we faced. We descended ten flights of stairs, CANE in hand and students by my side making small talk to calm us. Finally, we reached the door that led to the street, crossed the street to safety. A few minutes later we were allowed to re-enter the Hotel. Once in the lobby, the night manager told us, “it was a FALSE alarm” and that “you all can go back to your rooms”. It was almost twenty minutes later that the bleary-eyed students and an instructor entered their respective rooms to try to get a couple of hours of sleep. I remember thinking it must have been a short in the alarm system that caused the alarm to sound and the emergency response systems to activate. The next day I heard that someone had deliberately pulled the fire alarm, and that it might have been a student nurse.

It wasn’t the fact that it was a three AM wake up call, nor that we needed to evacuate from the 10<sup>th</sup> floor of the hotel that I could handle even being a person who had difficulty with their mobilization (notice I do not say I have a handicap or disability). It was the reality that I and the students who stayed at my side could have been seriously injured because of a careless, inconsiderate person who was experiencing poor decision making secondary to alcohol. As you would state in texting language, OMG, the lives that could have been permanently broken that night because someone wanted to “party”! I am only one of many that were evacuated that evening, one out of many who I know has significant health issues, besides the one I mentioned, I also have asthma. As student nurses you should be able to state the effects of stress on asthma. What complications of asthma could I have experienced? How much

more complicated would my descending the stairs have been if I had had an asthma attack? I will tell you that in an emergency, an inhaler is not one of the items you grab to take with you.

I hope whoever it was that pulled the fire alarm that cold morning in November takes to heart this story. Your actions, as amusing as they seemed at that moment, had the potential to cause serious, grievous harm to not only me but to other occupants of that hotel. Nurses are professionals who take an oath to protect others from harm, not place them in harm's way. Take a moment to read the pledge that is the basis for our Profession, the foundation of the ANA Code of Ethics, and the Standards by which our profession is guided. If you do not see the negative impact your actions could have had on me, your peers and others, then I believe you should reconsider the career path you have chosen. Nurses are role models, advocates and educators of clients; this is not a profession for those who have poor decision making skills because of their beverage of choice –Alcohol.

I will always be a very proud member of the Student Nurses Association of Pennsylvania. I hope every one of you will take up the task of educating your peers in all disciplines about the effects of alcohol on self and others. I pray that my story will enter your head when you do go to pick up that alcohol-containing beverage, and that you then find the courage to say, “No”. If you need help saying “no” to alcohol or any other substance, please seek it through student assistance programs on your campus or in your local counseling services. We need nurses that are clear thinking and good decision makers. Thank you for reading my story.

*The SNAP Board of Directors thanks Marlene for submitting this article. We hope that each member reads her words and thoughtfully evaluate the use of alcohol and drugs, and the serious consequences that can occur from misuse.*



*Continued from page 8 - Ellen Stoner*

In this 2009-2010 term, I hope to develop a closer relationship with the Secretary/Treasurer representatives from our many local chapters. It is important for us to communicate and share our ideas, support, successes and improvements with one another in order to improve the overall well-being of SNAP. Organizing and utilizing a budget, planning a fundraiser, and documenting professional business meetings are all fundamental parts of SNAP's history as a professional organization. If I can help anyone in initiating these or any other functions at the local chapter, I would love to help! Please look to the Board of Directors as your liaisons and peers in this great organization, and contact us with your questions, concerns, and ideas!

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**CONGRATULATIONS TO ALL  
AWARD WINNERS!**



*Kevin Henry was a great Master of Ceremonies!*



*Jatolloa Davis thanked Dr. Ferguson for an inspirational Keynote Address*



*David Ranck congratulates Danielle Calabrese on receiving SNAP's Honorary Member Award*



*Suzanne Brody, University of Pittsburgh, accepts the Faculty Advisor of the Year Award*



*Alvernia University received the Chapter Excellence Award for Category 2*



*Villanova University received the Chapter Excellence Award for Category 3*

*Convention Photos!*



## NEC - WESTERN REGIONS

### *Carly Bishop*

Hello SNAP members! I hope everyone had a wonderful holiday season and is ready to get back into the groove of things for the spring semester! I would like to thank those who attended the convention in November for voting me into the position of Nominations and Elections Committee (NEC) for the Western region. I hope everyone had a great time and learned a lot. We hope to see everyone again next year, as well as some new faces.

Throughout the year, I plan to work my hardest at filling the slate with dedicated and qualified student nurses. I will be contacting advisors as well as chapter presidents through e-mail. Collaborating with these individuals will help me recruit students that fit each position. I also hope to schedule visits to some of the schools in my region to get their chapters more involved in SNAP.

I hope everyone has already begun thinking about the LEAD workshop. I encourage students, especially freshman and sophomores, to plan on attending the upcoming LEAD convention that convenes March 20. Here the students will gain vital skills, such as leadership, professional development, and communication. Attendees will learn about each board position and can get a head start running for a position. Also, I hope that the workshop will aid me in recruiting interested students for the positions. Please feel free to contact me directly at [cab118@pitt.edu](mailto:cab118@pitt.edu) regarding any questions.

I look forward to talking to many of you more closely in the near future and seeing students at the LEAD workshop. Once again, I hope everything is going well. Have a great semester!

## NEC - EASTERN REGIONS

### *Megan Hardy*

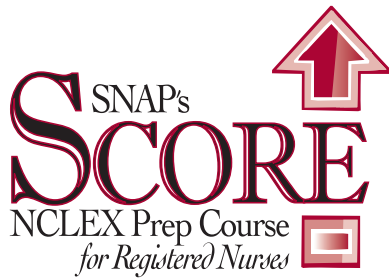
Hello fellow nursing students! I hope everyone's school year is going well and extremely beneficial, I know mine is! This past semester, at Widener University, I was appointed as the WUSNA (Widener University Student Nurses' Association) Webmaster and have a wonderful opportunity to display the current events for nursing students, including events such as convention.



The SNAP convention this past November was a huge success for returning members and new comers as well. That convention was my first time attending, and it was truly one of the most beneficial experiences I have had a nursing major thus far. While attending I was elected for the Nominations and Election Committee for the Eastern Region. I must say I was overwhelmed at first, but now I have a large understanding of what my position entails and what I can do for my fellow nursing students.

As NEC for the Eastern region I have many goals and aspirations for the nursing students of Pennsylvania. My position requires me to branch out and find prospective students who are willing to fill positions on the board for SNAP! I plan on contacting every school in my region, and the central region (because it is a vacant position) via e-mail and hopefully in person. I plan on informing nursing students about what board positions are available, what each position requires and how to run for that position. Essentially my goal is to have as many nursing students pre-slated to run for board positions !

I can not emphasize enough how important it is to run for a SNAP board position. Running for a position at the state level can seem overwhelming, but I promise you the benefits most certainly outweigh the costs! I cannot stress enough the importance of SNAP; even if you do not run for a board position, attending a convention can be just as rewarding! If you have questions please contact me and feel free to visit the SNAP website ([SNAP-online.org](http://SNAP-online.org)). As your NEC for the Eastern region I will do everything I can to make sure you have the opportunity to run for a board position!



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## SCORING ON NCLEX®!

*Carrie Heiney, BSN, RN  
Past SNAP President*

The year is only just beginning, it is far too early for a dx of panic/N/V/etc. d/t NCLEX® anxiety; however, that time will come. The NCLEX®, as we all know, is an inescapable rite of passage to becoming a registered nurse, and I want to assure you that it is manageable – **YOU CAN PASS THE NCLEX® ON THE FIRST TIME!**

I became a graduate on May 5, 2007, I became a Registered Nurse on June 26, 2007 and I passed the first time. While this already sounds like the beginnings of an info-commercial, and indeed it is going that way, my other reason for writing this article is to share with you my experience with NCLEX® preparation as a means to assure you that you too can pass!

Those who are near and dear know all too well the state of self-induced anxiety I experienced weeks prior to my exam date. Without going into details, let us settle on the fact that it was not a pretty sight, physically, mentally, emotionally, socially – I let the exam dominate me. Despite the fact that I was adequately prepared by my University, practiced questions independently, and completed an NCLEX® course, weeks prior to my exam date I still did not feel ready. I enrolled into the SCORE! NCLEX® program, a 3-day affordable program that focuses on cognitive restructuring, group question analysis, and mock exam sessions. The program is structured in a way that provides mental stimulation and thus, attentiveness. The course book of practice questions was the only practice book I completed from cover to cover. When I had concerns and questions, I was able to speak freely with the course instructor and, furthermore, felt confident that I was receiving honest answers about my performance and preparation practices. I believe this program was the defining factor.

In the weeks, months, and perhaps even years to come you will be told much about the ways to prepare for the NCLEX® – my only recommendation is to seriously consider hosting and/or attending a SCORE! NCLEX® program.

**Attend SCORE! and pass NCLEX®!**

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FOR UPDATED INFORMATION !**



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Jatolloa Davis, immediate past SNAP VP (left) and Samantha Stapleton, SNAP President (right) congratulate the members of Shadyside's team, including Jennifer Atwell, Paige Beauchemin, Amanda Henderson, Lance Housley and Jackie Rothermel. Maegan Helmink served as alternate.



*Insight*