INSIGHT

The Newsletter of the Student Nurses' Association of Pennsylvania - March 2020

BREAKING NEWS!

It is with sincere disappointment and regret that SNAP is sharing the news that NSNA has cancelled the 68th Annual Convention that was to be held in Orlando, Florida, April 15-19. We know this was a very difficult decision to make, but it was the right one! SNAP extends support to the NSNA Board and staff! If you have any questions or need further information, please visit www.nsna.org

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FOR YOUR INFORMATION

The Association of Tomorrow's Nursing Leaders

APRIL 2020

- **Deadline** for May INSIGHT: Wednesday, April 1

MAY 2020

- **Deadline** for June INSIGHT: Friday, May 1

JUNE 2020

- **Deadline** for July INSIGHT: Monday, June 1
- SNAP Board of Directors Meeting: June 6 & 7, Harrisburg, PA

JULY 2020

- **Deadline** for August INSIGHT: Wednesday, July 1

AUGUST 2020

- **Deadline** for September INSIGHT: Saturday, August 1

SEPTEMBER 2020

- **Deadline** for October INSIGHT: Tuesday, September 1
- SNAP Board of Directors Meeting: Saturday, September 12, Harrisburg, PA
- SNAP Strategic Planning Committee Meeting, Sunday, September 13, Harrisburg, PA

OCTOBER 2020

- **Deadline** for November INSIGHT: Thursday, October 1
- **Deadline** for Chapter Constituency Status *(determines # of delegates for convention. NSNA will send list of members at the end of day)*: Thursday, October 15
- **Deadline** for Proposed Resolutions: 5pm on Thursday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: 5pm on Thursday, October 15
- **Deadline** for SNAP Consent To Serve forms (running for SNAP Board/NEC positions) 5pm on Wednesday, October 28

NOVEMBER 2020

- **SNAP 68TH ANNUAL CONVENTION *(pre-registration deadline Monday, October 26)***
  - **THE FUTURE OF NURSING 2020: The Power of YOU!**
  - **NOVEMBER 18 - 21, 2020**
  - **KALAHARI RESORTS IN THE POCONOS *(reservation deadline Saturday, October 24)***

DECEMBER 2020

- **Deadline** for January INSIGHT: Tuesday, December 1

JANUARY 2021

- **Deadline** for February INSIGHT: Monday, January 4
- SNAP Board of Directors Meeting,**TBD** (Mandatory meeting for Board members elected in November)

FEBRUARY 2021

- **Deadline** for March INSIGHT: Monday, February 1

MARCH 2021

- **Deadline** for April INSIGHT: Monday, March 1
- **David R. Ranck LEAD Workshop**: March TBD
- **Capitol Hill Step by Step**: Tuesday, March 23

CHAPTER NEWS

Widener University

3rd Annual SNAP Dinner

Tuesday March 31st, 2020

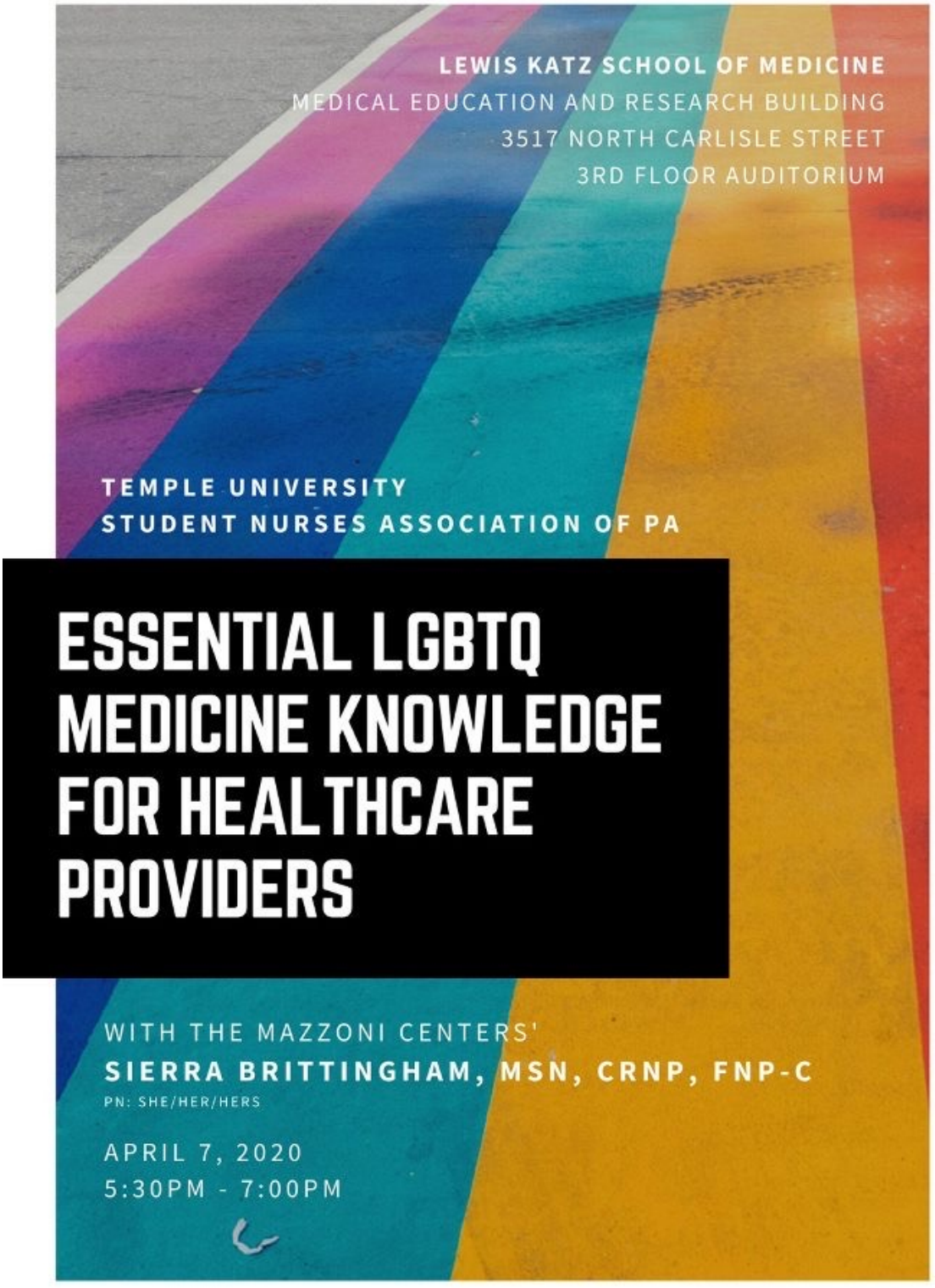
6:30pm - 8:30pm | Lathem Hall @Widener University

Let's celebrate the Year of the Nurse!

- Includes: dinner, group activities, guest speaker
- $10 deposit, refundable to students upon attendance
- Scholarship awards
- Gluten and vegan food options
- Raffle giveaways
- 10 WUSNA points

Any Questions?

Contact: Zac Young - Social Chair
Email: zayoung@widener.edu



NURSE APPRECIATION NIGHT

SNAP members are invited to attend the **IronPigs Nurse Appreciation Game** in the Lehigh Valley area on **Tuesday, May 12, at**

7:05pm. The gates open at 5:45pm that day. The tickets are $11 and are field level located behind the away team's dugout. Each ticket comes with a $2 dollar voucher for the stadium, so essentially the tickets cost $9. Parking is $5 so carpooling is recommended, if possible. They will recognize our organization on the screen and someone can throw the first pitch. Let us know if you want to be that person! The event is also open to friends and family.

This will be a great opportunity to raise awareness for our organization (potentially gain new members/leaders) and for us to bond and create relationships with members from each local chapter.

Please fill out this link for details, a headcount, and for the event contact: **Nurse Appreciation Game at Iron Pigs**

Please fill out this link to officially buy your tickets and have electronic access: **BUY TICKETS**

SNAP hopes to see you there!

Misericordia University SNAP Participates in Night to Shine Event

The Misericordia University, Dallas, PA, SNAP chapter participated in the Tim Tebow Foundation's Night to Shine 2020! The Night to Shine is an unforgettable prom night experience for people with special needs ages 14 and older. Misericordia SNAP members volunteered to be a "buddy" for this special night. Being a buddy consisted of accompanying an individual with special needs for the night, eating with them, dancing with them and making sure they have the best Prom night experience possible! This event allowed Misericordia University SNAP members to engage in outreach and share kindness and acceptance with well-deserving adolescents.
**Permission for obtaining and sharing photographs was obtained by the participants and Night to Shine Organization.*
Pictured below left: Misericordia University SNAP Members – Amanda Paglianite and Maddy Gronowski

When an Emergency Strikes

By DeSales University Student Nurses' Association

The DeSales University Student Nurses' Association has recognized a need in our community for education on how to respond to a mass casualty event. Bystanders are the first to arrive on a scene and often act as good Samaritan first responders, despite little-to-no medical training. Some faculty, staff, and students at DeSales University are becoming ALICE certified, allowing them greater insight on how to react in the case of an active shooter event on campus. This training is in response to the increasing number of casualties related to active shooter events occurring within the nation. The DeSales SNA chapter asked what we could do about this growing issue.

On February 28, we held our regional event, **"When an Emergency Strikes"**, hosting Stop the Bleed educators, as well as the Cetronia Ambulance Corps, in an effort to satiate this need within our community. Stop the Bleed was established as a direct response to the Sandy Hook Elementary School shooting event that occurred in 2012 and has already trained over 100,000 people in the U.S. (UVM Medical Center, 2019). The educators demonstrated appropriate life-saving actions that anyone can perform and explained why these measures are effective. The Cetronia Ambulance Corps led a discussion on emergency response services, including how these resources arrive on the scene, communicate, triage, and facilitate transport to the hospital. The ability to stabilize survivors in the field allows for a smooth transition from the scene of the event to the hospital. This was significant, relevant information for the public to learn and the DeSales University SNA is glad this information reached a variety of majors including: nursing, biology, medical studies, criminal justice, and accounting.

Educational opportunities such as "When an Emergency Strikes" are

significant factors to initiating a conversation on bystander emergency response, as well as contributing to a sense of capability in the public. According to a hemorrhagic control education study, short educational interventions can improve bystanders' self-efficacy and willingness to utilize stop the bleed interventions in an emergency (Ross et al., 2018). The Stop the Bleed Campaign's motto is "If you see something, do something" (Quail, 2017). Having attended our regional event, hopefully our community feels more prepared to take action and do something in the event of an emergency.

Quail, M. T. (2017). What's the stop the bleed campaign? Nursing2017. 47(12). 15-16.

doi: 10.1097/01.NURSE.0000526884.10306.68

Ross, E. M., Redman, T. T., Mapp, J. G., Brown, D. J., Tanaka, K., Cooley, C. W., Charod, C. U., … Wampler, D. A. (2018). Stop the bleed: The effect of hemorrhagic control education on laypersons' willingness to respond during a traumatic medical emergency. Cambridge University Press. 33(2). 127-132. doi: 10.1017/S1049023X18000055

UVM Medical Center. (2019). Stop the bleed: A lifesaving technique that anyone can learn. Burlington Free Press. Retrieved from: https://www.burlingtonfreepress.com/story/sponsor-story/uvm-medical-center/2019/05/01/stop-bleed-lifesaving-technique-anyone-can-learn/3586121002/

Implementing the Needs of Individuals with Disabilities into Nursing Education

By Jillian Schmell, South East Regional Coordinator

As of 2017, the CDC states approximately 26 percent, or one in four, of adults in the United States have some type of disability; a number that continues to grow exponentially. Millions of children each year are born with a disability and are living healthy, prolonged lives due to factors such as medical advances, the aging population, technology and more. The disabled community has such a positive and large impact on our lives; however, recent studies show that they are still experiencing less than ideal healthcare. Many people are facing issues with both access to healthcare itself and experience with healthcare providers.

In both my experience as a nursing student and as a professional who

supports individuals with intellectual disabilities, I can relate to this knowledge deficit when regarding care for a patient who has a disability. Nursing students' curriculum emphasizes the diversity of care across different cultures, gender, beliefs, etc. Yet, disability is not always a primary focus in teaching patient care. Individuals with disabilities often face other healthcare issues that are not directly related to their disability but are common to the overall disabled population. Addressing these issues with each visit is beyond important, as 1 in 3 adults with disabilities do not have a primary healthcare provider ("Disability Impacts", 2019).

In a world that is continuously advancing, it is important our nursing curriculum advances along with it. Several schools of nursing initiated programs addressing this deficit by including Standardized Patients with Disabilities (SPWD) as part of their nursing student simulation experiences. After completing the simulation experience, both the students and SPWDs had the opportunity to share their perspective on the pros and cons of the interaction.

In providing this experience, the students stated they felt more prepared to provide adequate, sensitive care to their patients who have disabilities (Morita, 2017). The SPWDs gave encouraging feedback as well, including how grateful they were to be improving the future of nursing. One individual in particular stated, *"The most positive aspect was the willingness of the students to learn and improve and their willingness to accept feedback, such as 'be careful when you are moving me' or 'make sure to ask do you need help or how much help particularly would you need?' It goes back to increased sensitivity, very positive asset"* (Smeltzer, Mariani, Ross, et al., 2015).

It would be negligent to say each of our patients receive identical care. Each patient is unique and require unique adaptations to their plan of care. In preparing our nursing students for these scenarios, the issue is being addressed at the source. All professionals start as students, and as students we have the biggest impact for change and continuously improving our practice.

Disability Impacts All of Us Infographic. (2019, September 9). Retrieved from https://www.cdc.gov/ncbddd/disabilityandhealth/infographic-disability-impacts-all.html

Morita, J. (Host). (2017, July 20). Focus on the Sim Lab: How People w/ Disabilities are Helping to Educate Villanova's Nursing Students [Audio Podcast]. Retrieved from https://open.spotify.com/episode/0YR2tRh6KwzCrBmDNLoUKg?si=O2A4VLlORt2Gmc_aECc5ag

Smeltzer, S. C., Mariani, B., Ross, J. G., Mange, E. P. D., Meakim, C. H., Bruderle, E., & Nthenge, S. (2015). Persons with Disability: Their Experiences as Standardized Patients in an Undergraduate Nursing Program. Nursing Education Perspectives, 36(6), 398–400. doi: 10.5480/15-1592

Interview with an Older Adult

By Cynthia Coluzzi, Roxborough School of Nursing

I interviewed my brother-in-law for my reflective journal. He turned 65 in July and had struggled with this birthday, so I thought I would like to know his thoughts as to how and why he came to a struggle at 65.

I have known my brother-in-law for a very long time, but I feel as though I didn't really know what made him tick. Jim has been married to my sister since 1985. My sister is seven years older than I so I was still in school when they were married. We were always in different times in our lives. It wasn't until recently that we are finally got on the same page. I have always had a nice relationship with Jim. Although there is a large age gap, he is 15 years older than me, I was close to him. However, there were lots of things I did not know about him.

When I sat down with him, he began to talk to me freely about himself and his feelings, something he doesn't usually do. He stated that he feels younger than the average 60-year-old man. His physical abilities are not what they were when he was younger and he doesn't feel as strong, but I think he's in great shape. Jim says its slightly disappointing being an older adult because he can't do all of the things he used to do. That's the hardest part. He does like that he has less responsibility and less pressure growing older day to day. As a younger person, Jim stated that he never thought about growing older. He hopes to be healthy enough to enjoy the process of growing older, there are concerns however,about not being able to do what he wants when he wants.

He retired as a high school principal in 2009. It is was very important at the time to be able to enjoy retirement. Both of his parents died young, his father died at 61, less than a year after he had retired. Jim had a profession that gave him the opportunity to retire at an early age and provide resources that he needed to sustain a hopefully, long retirement. Jim grew up in the sixties. He says it was very similar to what is going on in the world today, including the hostility among people related to politics. Jim had measles, mumps and chicken pox; vaccines did not exist then. As a child, Polio vaccine was developed. They took three doses in sugar cubes.

Football was a huge part of Jim's life. He played as a kid. His grandfather was secretary/treasurer of the NFL. That is something I never knew! The commissioner of the NFL, Burt Bell, was his grandfather's best friend. Going to team training camps was a big part of his childhood. Jim pursued football as an adult and he was starting quarterback for Syracuse University for four years. He still holds some records there to this day. Jim could have gone professional, but his path took him in another direction. He graduated from Syracuse with a degree in business. Jim worked as an accountant before becoming a teacher and coaching football. He had a very fulfilling career, as I stated earlier. Jim's philosophy in life is to try and do your best all the time.

Always do things the right way and don't tolerate people that don't. I couldn't agree more with that. I am trying to apply that advice at this time in my life. Going to nursing school at the age of 50 with all the other responsibilities I have is not an easy task. I am trying to do the best I can. My brother-in-law has been a very influential person in my life. My opinion of the older adult has not changed much since doing this interview. I am not that far off from being an older adult so I can relate to some of the things I learned in this interview process.

Jim made a good point: he wants to tell the millennials to be more concerned about their future rather than the present much longer than before it is necessary. Do not just live in the moment. I myself usually live in the moment. I feel life is very short, but if you are fortunate enough to make it to the older adult stage of life, it is good to be prepared. I never looked at it that way, but I see Jim has his health, money and is prepared for the rest of his life.

Dear SNAP Member/Faculty Advisor:

I encourage you to submit articles and photos pertinent to other nursing students in Pennsylvania to be included in the next issue of INSIGHT. This is your newsletter and vehicle to let others know what is happening at your school and chapter.

Send your articles, pictures, calendar of events, and contact information to snap@snap-online.org. The deadline to receive these items is approximately the first day of the month prior to publication.

We look forward to hearing from you soon!

Sincerely,

Alyssa Jones, SNAP Secretary Treasurer

QUESTIONS OR CONCERNS? CONTACT CINDY SHINGLER, SNAP EXECUTIVE DIRECTOR, AT (717)671-7110 OR EMAIL:

SNAP@SNAP-ONLINE.ORG

Student Nurses Association of Pennsylvania

PO Box 6567, Harrisburg, PA 17111
(717)671-7110

snap@snap-online.org

SHARE TWEET FORWARD