

Molloy Nursing Student Association

Volume 1

Issue 4



Meet the Executive Board for the 2015-2016 School Year!

Co-Presidents

Samantha Bishop
Jaclyn Malone

Vice President

Katelyn Finnegan

Co-Secretaries

Philip DeSena
Julia White

Co-Treasurers

Rachel White
Emily Rosen

Co-Communications

Directors

Stephanie Jorgensen
Teresa McDavid

Club Advisers

Dr. Geraldine Moore
Dr. Lorraine Emeghebo
Margaret Mullarkey

The Pulse

Thank to all the students who attended the NSANYS Annual Conference. We hope you all enjoyed it and learned many new things about nursing! I hope you were all able to feel the empowerment that these conferences give you as a nursing student! We thank you again and hope to see you next year!



Thank you to our NSANYS Vice President and MNSA Co President, Samantha Bishop, for an Amazing Conference!!

Samantha Bishop is currently an undergraduate BS Nursing Student at Molloy College in her senior year of the Honors Nursing Program. She is currently the Vice President for Nursing Students Association of New York State (NSANYS). She served as Co-Communications Director of Molloy's Nursing Student Association (MNSA) in 2014-2015. The responsibilities of this position included developing an advertising strategy for all MNSA sponsored activities and producing the MNSA newsletter, "The Pulse." She is currently serving as Co-President of the Molloy Nursing Student Association for 2015-2016 school year. Samantha is a Peer Mentor at the Molloy College Nursing Lab where she uses her past clinical experiences and knowledge to tutor other students in the fundamental and med/surgical aspects of nursing. She is a volunteer at St. Francis Hospital. Her duties include working alongside nurses and physicians in the care of patients recovering in the PACU. She further expanded her outreach in her medical mission to Jamaica with the NJDR Davis Foundation. In her spare time she is a youth group leader for pre-teens where she strives to create a positive peer group atmosphere for children. Thank you Samantha for hard work, dedication and time you put in to make such an amazing conference. All of the nursing students enjoyed the conference very much. We appreciate you and congratulations on graduating this May! You are going to make an amazing nurse!



Congratulations to Jaclyn Malone and Emily Rosen who are board members on MNSA. Jaclyn Malone was elected president of NSANYS and Emily Rosen was elected Community Health Director of NSANYS! We are very proud of you!



Molloy Nursing Student Association (MNSA)

What is it?

Molloy Nursing Student Association is a student-run organization whose mission is for students to pursue academic excellence while building leadership roles as a result of being active on campus and in the community.

MNSA is a chapter of National Student Nurses Association (NSNA) and Nursing Students Association of New York State (NSANYS) pre-professional organizations.

MNSA members attend state and national conventions, hold speaker events, participate in different community service activities, fundraise and raise awareness for different diseases/disasters, host our annual *Party with a Purpose* event on campus, and collaborate with other student organizations at Molloy.

What are its goals?

- To unite nursing students from Molloy College.
- To inspire enthusiasm in Molloy College Nursing Students about the profession of nursing.
- To establish a sense of pride in being a Molloy College Nursing Student.
- To provide community service for the purposes of helping others as well as ourselves to grow.
- To welcome and to provide mentoring, guidance and a sense of belonging for new nursing students.
- To help facilitate regular communication between Molloy College Nursing Students and Molloy College Nursing Faculty.

How do I become a member?

Any student who pays a student activities fee for each semester can be a member of the MNSA. Active membership is determined by attendance at three (3) meetings per semester. Meetings will be held once a month at specific times.

How can I find out more about it?

Email: mnsa@lions.molloy.edu

Facebook: Molloy Nursing Student Association (MNSA)

Instagram: m.n.s.a

Website: molloynsa.weebly.com

Does this sound like something you would like to be a part of?

Come and join us!

National Student Nurses Association 64th Annual Convention

**March 30th- April 3rd, 2016
Orlando, FL**

The NSNA Annual convention joins students, faculty and nursing leaders from across the USA. General Sessions, seminars, workshops and poster presentations enhance student academic and clinical skills and expand student's network at social events and in the exhibit hall. Graduating seniors gain confidence with the NSNA/Cengage Learning NCLEX-RN® Mini Review. NSNA's highest policy-making body, the House of Delegates, engage state and school chapter leaders in resolutions and elections. The NSNA annual conference offers so much and is an amazing opportunity for nursing students around the country!



Congratulations Katelyn Finnegan and Jaclyn Malone!!!

We would like to congratulate Katelyn Finnegan for being elected as NSNA's 2016 – 2017 Imprint editor! She ran a great campaign with the help of her campaign manager, Co-President, Samantha Bishop. We are very proud of her and wish her the best of luck in this new and exciting position!



Current Co-President Jaclyn Malone was chosen to be a part of the NSNA's 2015-2016 Resolutions Committee! She spent many long and hard hours reviewing resolutions and making the changes necessary in the hopes of these resolutions being passed!

Molloy College is a Stellar School!

What is a Stellar School?

Since 2009, the NSNA Stellar School Chapter Recognition Program recognizes NSNA school chapters that demonstrate ongoing involvement in NSNA, including a strong commitment to shared governance and professional development of their students and faculty. This award lasts for 5 years. Molloy renewed at the 2015 NSNA annual convention and we are keeping up our Stellar School Achievement!

The picture below is MNSA's board in 2015 receiving the Stellar Award




The Foundation of National Student Nurses Association (FNSNA) Scholarship Recipients!



Congratulations to Stephanie Jorgensen, Rachel White, Julia White, Jaclyn Malone and Katelyn Finnegan for receiving a FNSNA scholarship! Your hard work and dedication has paid off.


The Foundation of the National Student Nurses Association (FNSNA) was created in 1969 to honor Frances Tompkins, the Association's first Executive Director. Organized exclusively for charitable and educational purposes, the Foundation awards scholarships to qualified nursing students. Since 1974, the FNSNA has awarded over \$2 million dollars in scholarships to undergraduate nursing students.

Molloy College Poster Presentation about Suicide Awareness



SUICIDE AWARENESS

*Jaclyn Malone, Samantha Bishop, Katelyn Finnegan, Rachel White, Emily Rosen,
Julia White, Philip DeSena, Stephanie Jorgensen, Teresa McDavid,
Geraldine Moore, EdD, RN; Lorraine Emegebo, EdD, RN; Margaret Mullarkey, MS, RN*




INTRODUCTION

Suicide is a major public health concern. Over 41,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. Suicide is tragic. But it is often preventable. Knowing the risk factors for suicide and who is at risk can help reduce the suicide rate.

<http://www.nimh.nih.gov>

- There is one death by suicide in the US every 12.3 minutes. (CDC)
- An estimated quarter million people each year become suicide survivors. (AAS)
- There is one suicide for every estimated 25 suicide attempts. (CDC)
- There is one suicide for every estimated 4 suicide attempts in the elderly. (CDC)

PAIN IS NOT ALWAYS OBVIOUS



KNOW THE SIGNS

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

<http://www.nimh.nih.gov>

WHO IS AT RISK?

Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk for suicide. The main risk factors for suicide are:

- Depression, other mental disorders, or substance abuse disorder
- A prior suicide attempt
- Family history of a mental disorder or substance abuse
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Incarceration, being in prison or jail
- Being exposed to others' suicidal behavior, such as that of family members, peers, or media figures.

<http://www.nimh.nih.gov>

HOW TO HELP

- Encourage your friend to call his/her primary care physician for professional help. The physician can give a referral to a therapist (psychologist, psychiatrist, social worker, etc.)
- Bring your friend to a counseling center
- Call the school's counseling center for him/her
- Call 911

It is important to seek help from professionals for any level of depression, if you feel your friend is at risk, encourage them to seek help and offer to accompany them.

**National Suicide Prevention Lifeline
1 (800) 273-8255**


RAISING AWARENESS

Club meeting- nursing club joined with psychology club and invited all students to presentation about depression and suicide.

College Counselors spoke along with regional director of American Foundation for Suicide Prevention

Handouts and resources were distributed

Yogurt fundraiser
Cardio Kick Boxing fundraiser
Participated in the Out of the Darkness Walk
Money raised was donated to American Foundation for Suicide Prevention



Suicide is a major public health concern. Over 41,000 people die by suicide each year in the United States; it is the 10th leading cause of death overall. Molloy Nursing Student Association presented their suicide awareness poster to nursing schools all around the United States to raise awareness about suicide and how you can identify the signs and get help for someone who is suicidal.

Speakers at the 2016 NSNA Annual Convention

Nursing Ethics and Moral Courage – The Challenge Continues

Speaker: Veronica Feeg, PhD, RN, FAAN, Gitenstein Professor, Associate Dean and Director, Center for Nursing Research and Scholarly Practice in Nursing, Molloy College, Rockville Centre, NY

Nursing students and faculty face the challenge of making ethical decisions every day in the clinical and academic settings. What choices will you make when you are placed in these situations? We viewed the video “What Keeps Nurses Up at Night?” and had a discussion to help better understand how to deal with ethical dilemmas and situations where you will need to make choices.



Translating Human Milk & Breastfeeding Research into Clinical Practice A Career and a PhD Nurse Scientist

Speaker: Diane L. Spatz, PhD, RN-BC, FAAN, Professor of Perinatal Nursing and the Helen M. Shearer Professor of Nutrition and Nurse Research & Director of the Lactation Program and the CHOP Mother's Milk Bank

Dr. Spatz is an international recognized researcher, clinician and educator in the field of human milk and breastfeeding research. She shared her career trajectory in the field of human milk and breastfeeding. Laura Candelaria, a Professor at Molloy College, works with Dr. Spatz on her dissertation about donor milk.

Imagine Your Future Journey...Entering the World of Nursing

Speaker: Daniel Suarez, MA, RN, Business Development Manager, OnCourse Learning, and President, National Association of Hispanic Nurses

The future of nursing looks bright and you will be a part of that exciting, diverse, healthcare system. During Mr. Suarez endnote address we learned about the trends of nursing practice related to recruitment and the many opportunities that lie ahead of us. Daniel Suarez had also very kind words from his heart that reminded us that nurses are special people!



“Nursing is a Marathon”

Speaker: Matt D. Jones, Motivational Speaker and Leader

Matt D. Jones was chosen for the 2016 NSNA annual Convention Keynote speaker. He is a motivational speaker as well as a three-time cancer survivor presented nursing students his speech *Nursing is a Marathon*. Matt shared his inspiring story and how he wants nursing students to have this mentality of victory and that each of us has the ability to reach our full potential.

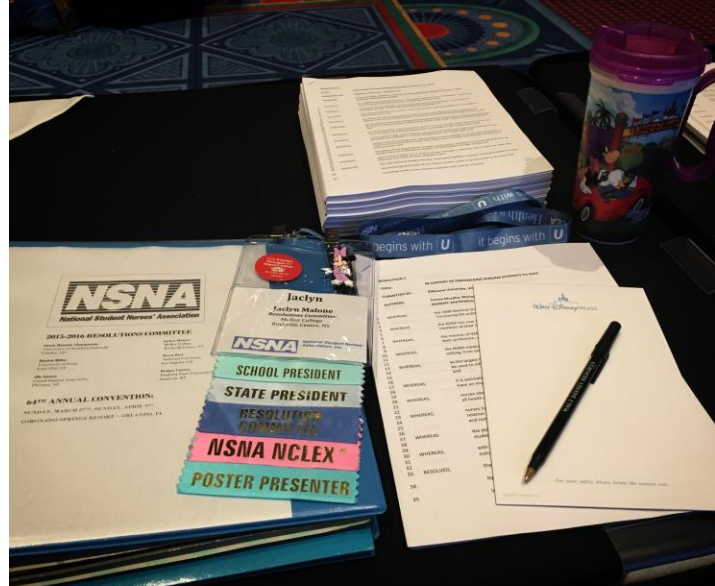
In order to achieve victory and cross the finish line you must stay energized, push through the wall of adversity and preserve until the end.



Resolutions

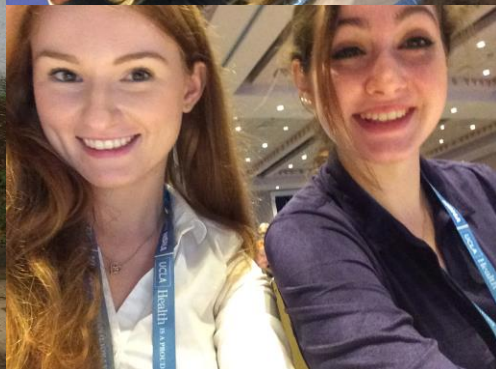
What is a Resolution?

A resolution is a written statement that, when adopted by the House of Delegates, is the basis for the policies and actions of the National Student Nurses' Association (NSNA). Resolutions are presented on matters of importance to NSNA, its members and constituent associations, the nursing profession, healthcare professionals, and the health needs of the public.



MNSA board members work diligently and very hard by listening to all the resolutions and then voting on what they think are important issues that can be later instilled in the nursing profession and the community. They attended regular delegate meetings and dedicated a lot of their time to these meetings. Nursing schools around the nation and in every state participated as well. The room is a full crowd! We have all made an impact on the future of Nursing!







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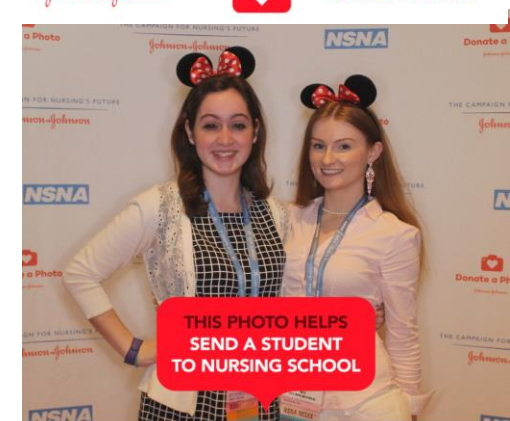


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Every photo we took donated a dollar to a nursing scholarship. This scholarship helped send a student to nursing school! We are making a difference!



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Thoughts from some of our Executive Board Members about the 2016 NSNA Convention

“What I loved about convention was the environment. Every student was so passionate and it was extremely inspiring to be in such setting. I loved the focus sections because it opened my mind about all the options of the different possibilities in nursing. This experience was eye opening and I thoroughly enjoyed my trip and I look forward to attending next year’s convention!”

- Julia White '18 Co-Secretary



“Being a first time attendee I was very unsure of what to expect. I thought that the annual NSNA convention was a phenomenal experience because it gave students the opportunity to be a part of the delegation process in which student students vote on resolutions that nursing students wish to pass. I loved being a part of this and being able to vote on these resolutions. The convention also offered a variety of focus sessions allowing students to listen in on nurses’ experiences and how they got to where they are today. I am so thankful that I was able to participate in the convention and represent on behalf of Molloy.”

-Teresa McDavid '17 Co-Communications Director



“The NSNA convention was an amazing experience. It demonstrated that being in nursing school isn't just about learning things in the classroom; we are all able to have a voice and fight for what we believe in. This convention made me proud to be a Molloy College nursing student.”

- Rachel White '17 Co-Treasurer



“This is my second time attending a NSNA convention and I absolutely love it every time. Going to these conventions has helped me meet so many different people from all over the nation. It is always a great way to network! I participated in the NCLEX review, attended focus sessions and was a delegate.

The best part for me was listening and meeting the speakers at the conventions. They are truly inspiring and motivate me to become a better student and nurse. These conventions have opened up so many opportunities for me and has pushed me out of my comfort zone. It was an experience I will never forget!”

-Stephanie Jorgensen '17 Co-Communications Director

“The 64th Annual NSNA Convention was my sixth and most favorite nursing student convention that I have attended while studying nursing at Molloy. Although I had an extremely tight schedule being my school and state President and on the Resolutions' Committee for the national board, attending this convention was such an invaluable experience I will never forget.

Although the Resolutions' Committee consumed most of my time, it was so interesting to read about the various resolutions students want to implement. Fortunately, all of the resolutions I was assigned to and had approved prior to the convention were passed during the 2016 House of Delegates! Being able to make a difference, no matter how big or small, is such a great feeling.

In addition to my leadership obligations, I was also able to present a poster on events MNSA created for suicide awareness, receive a scholarship from the Foundation of the National Student Nurses' Association and attend a reception for it, attend an NCLEX review class, and run a nursing 5k.

I was also able to network with so many nursing students from around the country.

On my second day at the convention, I attended the bi-annual Council of State Presidents meeting and learned so many skills for how to run a board effectively, how to prevent miscommunication, and what to do in the event of an issue. Everything I had learned at this convention will stay with me for my future in the nursing profession and professional organizations.

Many people had asked me why I didn't go to Disney World during this trip like the majority of other nursing students did. The reason for this was because of my responsibilities and obligations I had to fulfill at the convention. I'm sure from an outsider's point of view, this trip doesn't sound like much fun since I was on such a busy schedule with no free time for myself, but this was one of my greatest experiences because I was able to learn so much and meet so many people who share the same passion as me.

Coming back to school the following week to three tests and four papers due was definitely stressful, but if I had to relive this experience I wouldn't change anything! Being involved in professional nursing organizations allows for such amazing experiences. I would highly recommend all students to become involved and make the most out of their nursing school experience because doing so was probably the best decision of my life, secondary to entering the nursing profession, of course. If you would like more information about any of my experiences or how to become involved, feel free to email me atjmalone@lions.molloy.edu.”

-Jaclyn Malone'17 Co-President



MNSA after Dark

MNSA takes on Disney World,
Downtown Disney and the Boardwalk!



Thank You to Our Amazing Advisors!

On behalf of the Molloy Nursing Student Association Executive Board, we would like to thank our amazing advisors for another wonderful year! They are our mentors that motivate us to work hard and they always praise us for all the hard work we do. They are amazing advisors! Thank you for all your hard work and dedication you put into MNSA and in us. We appreciate it from the bottom of our hearts!

Dr. Moore, Dr. Emeghebo, Professor Mullarkey



Drug Calculation Questions

1. Solumedrol 1.5 mg/kg is ordered for a child weighing 7 lb. Solumedrol is available as 75 mg / 3 mL is available. How many mL must the nurse administer?
2. The total volume to be given is 30 mL. The time over which this is to be given is 30 minutes and the drop factor is 15. How many drops per minute will be delivered?
3. The physician orders an IV infusion of D5W 1000 ml to infuse over the next eight hours. The IV tubing that you are using delivers 15gtt/min. What is the correct rate of flow?
4. Dilaudid 3 mg IM is ordered for your patient. The only available dosage strength is 4 mg/cc. What amount will you give?
5. Your patient has a DVT is ordered for a heparin infusion to start at 18 units/kg/hour per the practitioner's order. His weight is 75kg. The heparin infusion comes in a 500ml bag with 25,000 units. Calculate the starting rate of the infusion (ml/hour).
6. Your patient is to receive an infusion of Pitocin. The drug comes 20U/1000mL in D5W. The doctor orders 0.01U/min. How many mL/hr should the patient receive?



Your fellow communication directors: Stephanie Jorgensen and Teresa McDavid. They are both currently juniors in the nursing program. Stephanie hopes to become a Pediatric Hematology/Oncology Nurse while Teresa is thinking about becoming either an emergency room Nurse or a critical care Nurse. Both love nursing school despite the challenges and hopes that this newsletter has helped students better understand what the Molloy Nursing Student Association does! They wish you the best of luck on your finals and hope you have a wonderful summer!

Drug calc answers:

- | | |
|----------------|-------------|
| 1. 0.19 mL | 4. 0.75 mL |
| 2. 15 gtts/min | 5. 27 mL/hr |
| 3. 31 gtts/min | 6. 30 mL/hr |

DO YOU WANT TO BE A MNSA BOARD MEMBER?

Get involved and make a difference in nursing!
For more information email mnsa@lions.molloy.edu

MNSA Contact Information

Email: mnsa@lions.molloy.edu

Facebook: Molloy Nursing Student Association (MNSA)

Instagram: m.n.s.a

Twitter: molloynsa

Website: molloynsa.weebly.com

Would you like to write an article for The Pulse? Email Stephanie Jorgensen and Teresa McDavid for more information!

