

LEAPING INTO ACTION



VNSA



**Liberty University
School of Nursing**

The Torch: Convention Edition

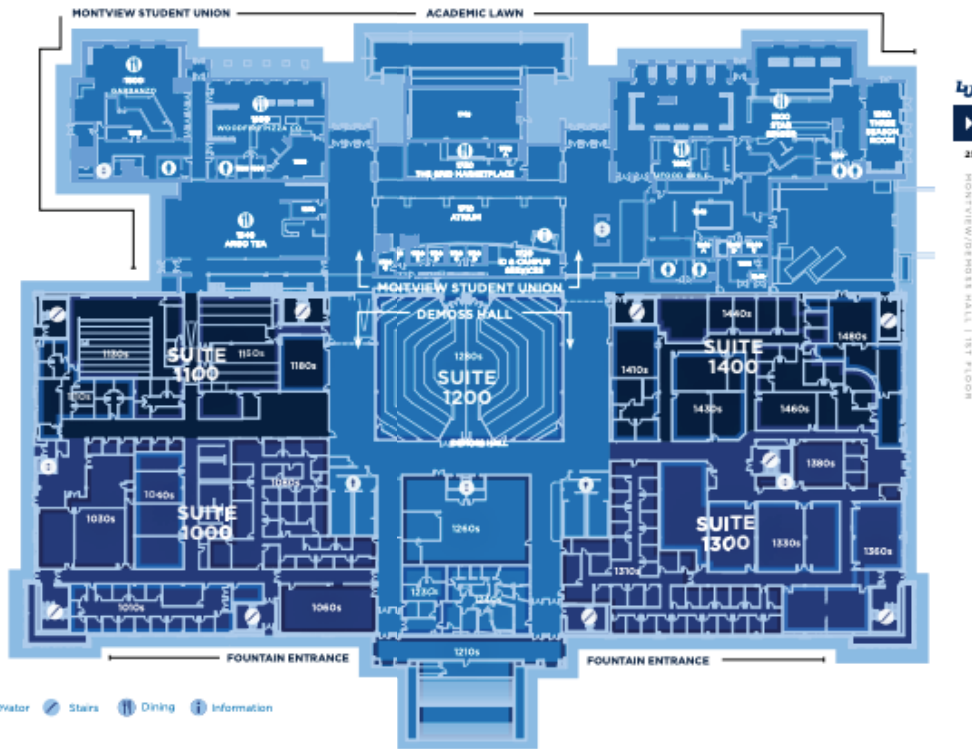
**68th
CONVENTION**

FEBRUARY 29, 2020

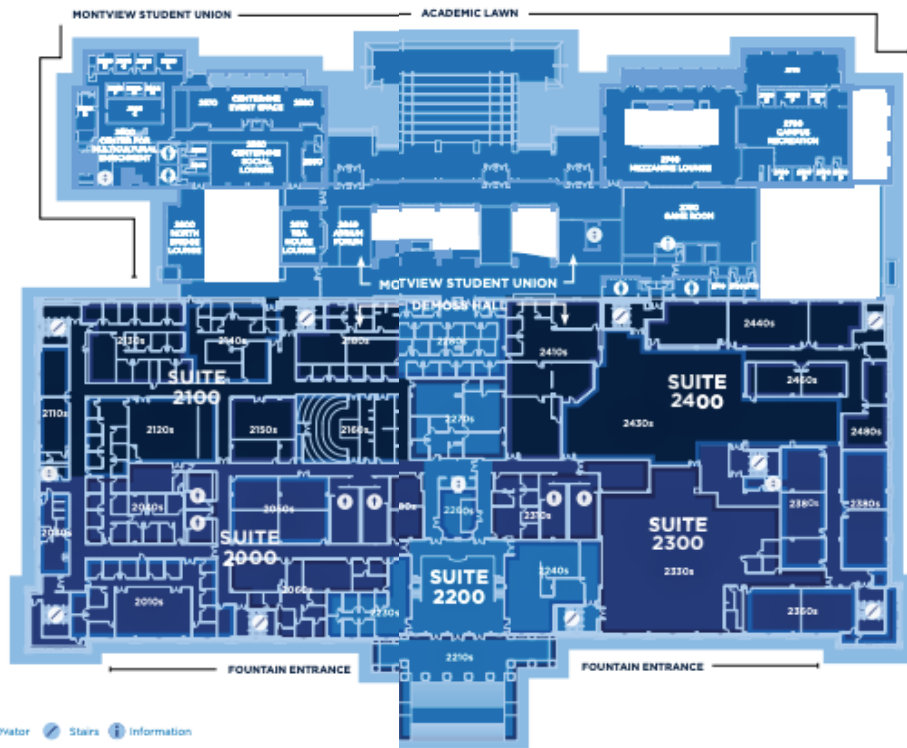
Virginia Nursing Student Association

LIBERTY UNIVERSITY MAP

MONTVIEW STUDENT UNION DEMOSS HALL 1ST FLOOR



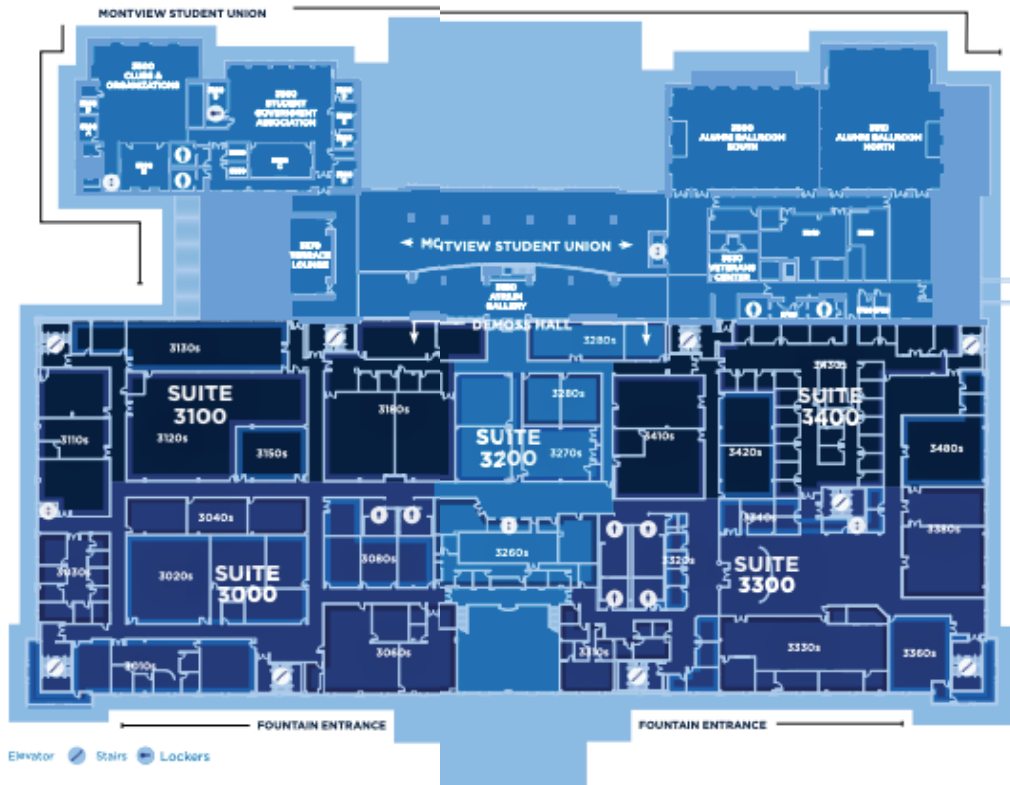
MONTVIEW STUDENT UNION DEMOSS HALL 2ND FLOOR



MONTVIEW STUDENT UNION DEMOSS HALL 3RD FLOOR



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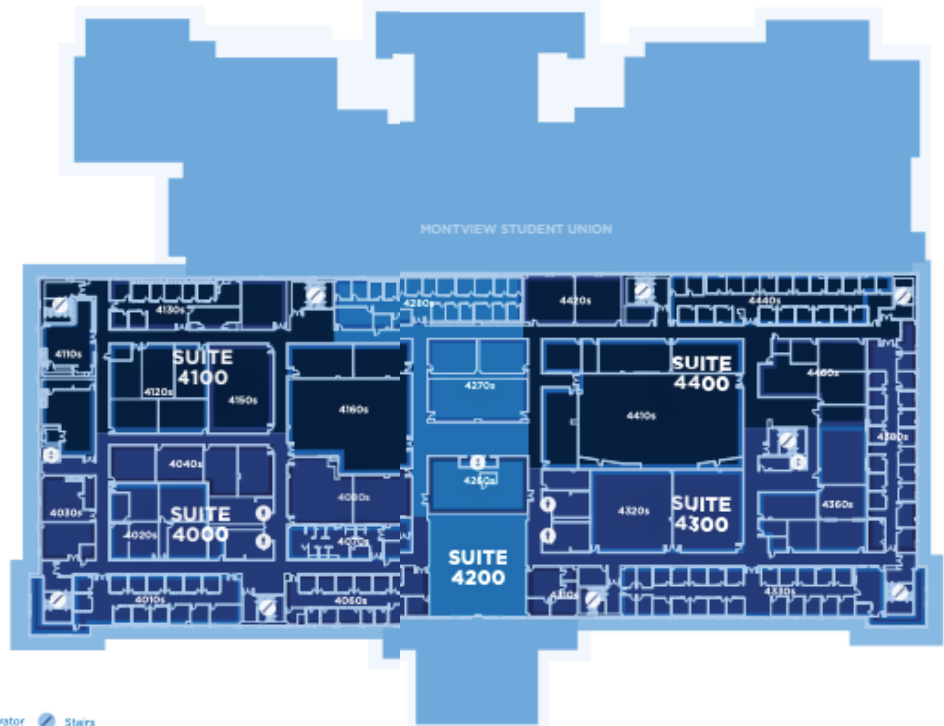


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MONTVIEW STUDENT UNION DEMOSS HALL 3RD FLOOR

DEMOSS HALL 4TH FLOOR



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31
MONTVIEW STUDENT UNION DEMOSS HALL 4TH FLOOR

Welcome to the Convention Issue of The Torch

A Letter From the President

Welcome Nursing Students of Virginia!

Welcome to the 67th Annual Virginia Nursing Students' Association (VNSA) Convention: *Leaping into Action!*

The VNSA Board of Directors would like to thank you for spending the day with us. Attending professional conventions is the first step to propelling your career in an upward direction. It is committed students like you who will initiate change and strive to make progress for our patients and our profession. VNSA has hit our stride this year on a larger stage. The VNSA Board of Directors represented the nursing students of Virginia at the National Student Nurses Association (NSNA) Annual Convention in Salt Lake City, UT, NSNA and Midyear Convention in Chicago, IL.

I would like to thank my fellow board members for their unwavering commitment and for communicating so openly this year. Their ability to take on large tasks and execute them with grace never ceased to amaze me. I would especially like to recognize our 1st Vice President, Ms. Kelsey Ostrowski, our faculty advisor, Dr. Sandra Annan, and our convention planner, Ms. Rebecca Conte, for making today possible. My hope for today is that you are able to learn from the varied experiences of our keynote and endnote speaker, network with our hand-picked speakers and exhibitors, participate in the interactive breakout sessions, and take advantage of the professional services. It has been my pleasure to serve as your president this year. I am extremely grateful for the opportunity that the organization has given me to grow and improve this year. It has challenged me to grow my leadership skills and transformed the lens in which I view our profession. I cannot stress enough the importance of joining a professional organization once you graduate. You will need others to represent you who understand what you do, advocate for the things that you care about, and keep you informed about our ever changing profession and specialties. I would highly recommend running for the VNSA Board of Directors as well as attending the NSNA Annual Convention in Orlando, FL this April. It is an honor to serve and impact the future generation of nurses and their patients.



Thank you and enjoy the convention!

*Amanda Degen
VNSA President 2019-2020
South University, Richmond*

68th Annual Convention

Lynchburg, VA



Hi Virginia Nursing Students! This year's Virginia Nursing Student Association Convention, Leaping Into Action, was made just for you! My name is Kelsey Ostrowski and I am a senior nursing student at Longwood University. I have had the pleasure to serve as your VNSA 1st Vice President and to plan this year's convention. I have a passion for leadership and advocacy in nursing so my goal was to develop breakout sessions that would allow students to learn from great leaders in nursing and to identify their own path to leadership. These nurses are specialists in many different areas that range from military nursing to global health nursing to wilderness nursing. In addition to a diverse array of speakers, I wanted to include interactive learning opportunities that may allow you "leap into action" with the help of Stop the Bleed Training and American Red Cross Blood Ambassadors Training. It was also important to me to provide students an opportunity to grow professionally by learning from a New Grad Panel, a Graduate Degree Panel, and the Virginia Nurses Association. I hope this year's convention helps you learn how to "leap into action" and become the leaders I know you can be! If you have any questions or concerns, feel free to contact me or any other board members. Have a great day and enjoy the convention!



Kelsey Ostrowski
Longwood University
1st Vice President 2019-2020



Hi Virginia Nursing Students! My name is Meghan Phillips and I am honored to have served as your 2019-2020 VNSA Second Vice President. I am currently a senior in the BSN nursing program at Old Dominion University (ODU) and will graduate in May. My nursing passion is in pediatrics. Also, I am the Co-SNA President at ODU. My goal this year was to increase VNSA membership and chapter involvement, which was accomplished because of the outstanding leadership in each SNA chapter. I am so proud that you have taken the leap to attend the state convention this year. It is vital for nursing students to be involved in a professional organization like VNSA to network and learn about leadership in the nursing profession. I look forward to meeting each of you at the state and national conventions!

Meghan Phillips
Old Dominion University
2nd Vice President

KEYNOTE SPEAKER: Janice Hawkins PhD, RN

Beyond the Bedside: An Open Letter to Future Nursing Leaders



Whether formal or informal, all nurses are leaders. To improve the health of communities, new nursing graduates are called to lead beyond the bedside. This open letter to future nurse leaders shares tips for building leadership skills and leaping into action to lead change in healthcare.

Janice Hawkins is a Clinical Associate Professor at Old Dominion University where she serves as the undergraduate departmental advisor and SNA faculty advisor. She teaches an online global health course and leads annual study abroad programs for health science majors. Dr. Hawkins is a retired Army Nurse. Her nursing background in maternal child nursing and travels all over the world have led to a greater awareness of global health issues including the need for access to life-saving vaccinations for all.



Have you discovered your favorite practice setting?

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2020 Convention Schedule

7:00 – 8:00	Exhibitor Check In First Floor DeMoss Hall
7:00 – 12:00	Registration Opens Alumni Ballroom Foyer
7:00 – 8:45	Breakfast Alumni Ballroom
7:30 – 8:40	Delegate Credentialing and Constituency Informatio Alumni Ballroom Foyer

**** Mandatory for Delegates**

7:45 – 11:15	Pre- Registered Check In Alumni Ballroom Foyer
8:00 – 4:00	Exhibit Hall Open Alumni Ballroom Foyer
8:30 - 3:20	Poster Session DeMoss Room 2154
8:45 – 10:00	Opening Ceremony and Keynote Address Alumni Ballroom
10:10 – 11:00	Breakout Session #1 DeMoss 2nd Floor
10:10 – 11:00	Stop the Bleed Training DeMoss Room 2060
10:10 – 11:30	House of Delegates Meeting #1 DeMoss Room 4162

**** Mandatory for Delegates**

11:15 – 12:45	Lunch Alumni Ballroom
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Sponsored by Liberty University School of Nursing

11:50– 12:40	Breakout Session #2 DeMoss 2nd Floor
11:50– 12:40	Stop the Bleed Training DeMoss Room 2060
12:45 – 1:30	Blood Donor Ambassador Training DeMoss Room 4412

Sponsored by the American Red Cross

1:00 – 1:50	Breakout Session #3 DeMoss 2nd Floor
1:00 – 1:50	Stop the Bleed Training DeMoss Room 2060
2:00 – 3:20	House of Delegates Meeting #2 DeMoss Room 4162

**** Mandatory for Delegates**

2:10 – 2:50	Breakout Session #4 DeMoss 2nd Floor
2:10 – 2:50	Stop the Bleed Training DeMoss Room 2060
1:45 – 3:15	Afternoon Snack Alumni Ballroom
3:30 – 5:00	Closing Ceremony and Endnote Speaker Alumni Ballroom

Sponsored by Hurst Review Services

**House of Delegates Opening Session
Lynchburg, VA**

President---Amanda Degen

Virginia Nursing Student's Association Annual Business Meeting

Saturday, February 29, 2020

10:10 A.M. - 11:30 A.M.

1. CALL TO ORDER
2. ROLL CALL OF DELEGATES
3. GREETINGS
4. ADOPTION OF AGENDA
5. RULES OF THE BUSINESS MEETING
6. REPORT OF OFFICERS AND COMMITTEES
 - a. REPORT OF THE TREASURER
 - b. REPORT OF THE FIRST VICE PRESIDENT
7. PRESENTATION OF VNSA BYLAW AMENDMENTS
8. NOMINATIONS AND ELECTIONS
 - a. REPORT OF THE NOMINATIONS & ELECTIONS COMMITTEE
 - b. NOMINATIONS FROM THE FLOOR
9. ANNOUNCEMENTS
10. RECESS



**House of Delegates Closing Session
Lynchburg, VA**

President - Amanda Degen

Virginia Nursing Student's Association Annual Business Meeting

Saturday, February 29, 2020

2:00 P.M. - 3:20 P.M.

1. RECONVENE/ ROLL CALL OF DELEGATES
 2. RESOLUTIONS COMMITTEE
 3. 2018-2019 BOARD OF DIRECTORS ELECTIONS
 - A. APPOINTMENT OF TELLERS
 - B. CANDIDATE PRESENTATIONS
 - a. CANDIDATE SPEECHES
 - b. QUESTION & ANSWER
 4. ANNOUNCEMENTS
 5. ADJOURNMENT
-

NOTES:

Spend your Summer with Bon Secours

Applications now being accepted for the Summer 2020 Nurse Externship with Bon Secours!

This eight-week, paid externship is an immersive experience where externs have the opportunity to participate in a number of clinical experiences and attend special seminars designed to enhance their practice. Applications are open through March 15, 2020.

POSITION QUALIFICATIONS

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- Attend an accredited RN school of Nursing
- Complete junior-level studies
- Commit to the entire summer program
- Complete Online Employment Application & Assessment

Externships are available within
all Virginia Facilities

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St. Francis Medical Center

St. Mary's Hospital

Mary Immaculate Hospital

DePaul Medical Center

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Keyword search: Nurse Extern



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attendees!**

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END NOTE SPEAKER: Dana Woody DNP, RN

TOPIC: Workplace Violence: VOICE in ACTION!

Dr. Dana Woody is an Associate Professor for the Liberty University School of Nursing. She has been at Liberty full-time since 2013. She is currently lead faculty for community nursing and teaches in the residential, online RN-BSN and MSN programs. She also serves as the LU Nursing Student Association Advisor, representing the largest chapter in the nation. She is most passionate about instilling the value of voice and vision to nursing students. Previously, she worked as heart failure nurse coordinator for a community-based hospital in Central Virginia; developing the first chronic disease management clinic for heart failure patients.



Dr. Woody has served in many areas of nursing including: community/public health, cardiovascular care, and pediatrics. She also currently serves as Red Cross, Division Nurse Leader for the Mid-Atlantic—supporting the service lines of disaster, biomed, and service to armed forces. Dr. Woody is an active community advocate and serves on many Boards in the community. In addition, she is active in the VNA, serving as co-chair on the Commission of Education Clinical Practice Partnership Committee.



Her current research interests are: public policy, community voice, health literacy, evidence-based practice, resilience, and academic service learning

Hello nursing students and faculty of Virginia! My name is Meghan Andrews, and I am the VNSA Treasurer. I am a senior nursing student at James Madison University and am also involved on the board on our local chapter. I am so thankful for all of the opportunities that VNSA has offered to me including developing my leadership skills and attending the 2019 NSNA Convention in Utah. I have had the pleasure of collaborating with nursing student from all over Virginia. As treasurer, I am responsible for managing all the finances behind our organization. It is important to ensure that funding is being used to support the mission and the responsibilities of VNSA as well as supporting all of our members. This includes creating budgets for our events including the VNSA Annual Conference and Council of Student Leaders Summit, managing all of our expenses, providing monthly treasurer reports, and handling any other financial obligations and responsibilities of VNSA. I also presented at our annual COSL Summit and hope that our organization. It has been an honor to serve as your VNSA Treasurer the past year.



Meghan Andrews

James Madison University

VNSA Treasurer 2019-2020

Breakout Session Schedule

Breakout Session 1- 10:10 AM- 11:00 AM

1. *New Nurse Graduates Panel*— Logan Kantsios RN, Leanne Bousquet RN, Gabbie Miskell RN, Rob Merrera RN, Allison Kittrell RN- **Room 2060**
2. *The Value of Engaging with your Professional Association* - Lindsey Cardwell MSN, RN -BC, Virginia Nurses Association – **Room 2054**
3. *Sacred Ground: Caring for Patients at End of Life* - Wendy Downey DNP, MEd, RN, CNE - **OB Theater 2162**
4. *When Obstetrical Help is Far Away: The Nurse Must Be the Mistress of the Emergency.* Donna Schminkey, PhD, MPH, RN, CNM – **Room 2012**
5. *Simulation Lab Tour (50 max)* – **Room 2124**

Stop the Bleed Session 1 – **Room 2060**




Breakout Session 2 – 12:00 – 12:50 PM

1. *Your First Paycheck: Steps to Becoming a Financially Savvy Nurse* — Cynthia Runnells-DNP-CRNA, FNP, MBA, RN - **Room 2052**
2. *Planning Your Nursing Career*, Laureen Donovan PhD, RN, CCRN - **Room 2060**
3. *Pharmacology Made Insanely Easy for NCLEX Success*, Loretta Manning, MSN, RN, GNP - **Room 2162**
4. *The Role of the RN in Improving Community Health*, Sharon Lewis Keith PhD, ED, RN - **Room 2186**
5. *Shock Management: NCLEX Prep*, Tamara King, MSN-Ed, RN, Hurst Review Services – **Room 2012**
6. *Simulation Lab Tour (50 max)* – **Room 2124**

Stop the Bleed Session 2 – **Room 2060**

Breakout Session Schedule

Breakout Session 3 - 1:00—1:50


1. *Newborn Behaviors and Withdrawal Signs*, Lindy Edwards MSN, RN - **Room 2052**
2. *Global Nursing: A Micro and Macro Approach to Care*, Kim Little, PhD, RN, CNE – **Room 2054**
3. *Misrepresentation of Nursing on Grey's Anatomy: The Real Life Role of ICU Nursing*, Karen Weeks, DNP, RN, CCRN – **OB Theater 2162**
4. *Protect Your Patients and Yourself*, Tamra Rasberry, PhD, RN, CPI-CI. **Room 2056**
5. *New Nurse Graduate Panel* (repeat from Session One) - **Room 2012**
6.  **FACULTY SESSION:** *Classroom Hacks*, Kat Rivera, DNP, RN and Professor Dena Todd, MSN, RN – **Room 2186**

Stop the Bleed Session 3—**Room 2060**

12:45—1:30—**Blood Donor Ambassador Training—Room 4412**



Breakout Session 4—2:10 to 3:00

1. *Nursing Beyond the Bedside*, Keri Baker MSC, MSN, ENP, FNP-C- **Room 2052**
2. *Graduate Degree Panel*- Dr. Little, Dr. Runnells, Shade Odedina DNP, FNP-C, PMHNP-BC, Rachel Joseph, PhD, CCRN – **Room 2054**
3. *Pharmacology Made Insanely Easy for NCLEX Success*, Loretta Manning, MSN, RN, GNP – **Room OB Theater 2162**
4. *Shock Management – NLCEX Prep*, Tamara King, MSN-Ed, Hurst Review Services – **Room 2056**
5. *Leading the Way: Balancing the Opioid Crisis with Effective Pain Management*, Cindy Goodrich, EdD, RN, CNE. **Room 2056**
6.  **FACULTY SESSION:** *Faculty Development and Mentoring*—Julie Strunk, PhD, RN, FAAN, – **Room 2186**

Stop the Bleed Session 4 – **Room 2060**



RN GRADUATE RESIDENCY PROGRAM

This is an exciting time. A time to think about the next steps in your career. We would like you to consider taking your nursing practice to Mary Washington Healthcare. As a new graduate or new acute care nurse, we know how important it is to determine which unit is the best for you. With exciting opportunities in Medical/Surgical, Cardiac, OR, L&D, ICU, Behavioral Health and the Emergency Department, our extensive 12-week rotation program will give you the opportunity to practice in different units to determine which unit is the right fit for you.

THERE ARE FOUR OPPORTUNITIES WITHIN THE YEAR TO START THE PROGRAM.

March Start Date – Application deadline October 30th – Interviews in November

July Start Date – Application deadline February 28th – Interviews in March

September Start Date – Application deadline April 30th – Interviews in May

December Start Date – Application deadline July 30th – Interviews in August

PROGRAM DETAILS:

- Hired into unit after an interview with administrative directors of Nursing Operations
- First week: Hospital Orientation, Nursing Orientation, and EPIC Training
- Within the orientation process, there will be experiential learning experiences including rotations through other units (3 units, 2 weeks each) to obtain a variety of patient care experiences
- After rotations, orientation will begin on unit of hire and continue for an additional 6 to 12 weeks depending on hire location
- There will be structured classes throughout the orientation process
- After the formal orientation process is completed, there will be monthly classes that continue for the entire first year of hire

Please note that while you do not need your Virginia RN license at the time you submit your application, you will need a valid VA nursing license by the start date of the program to be eligible for this New Grad Residency opportunity.



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EOE/DISABLED/VETERAN

BREAKOUT SESSION —DESCRIPTIONS

- BS4: Keri Baker MSC, MSN, ENP, FNP-C- Nursing, Beyond the Bedside.-Identifying both national and international opportunities for nurses beyond the traditional role of bedside care. - Room 2052
- BS1: Lindsey Cardwell MSN, RN-BC- The Value of Engaging with Your Professional Association- Learn why it is so important for you to join and engage with your state professional nurses association after graduation and discover the benefits to you personally and professionally! Room 2186
- BS2: Dr. Laureen Donovan PhD, RN, CCRN- Planning Your Nursing Career- Nursing practice offers many opportunities for the new nurse. Choosing an area in which to practice can be daunting and overwhelming for some new nurses. This session will provide you with a greater awareness and understanding of many RN positions that are available to the new nurse. In addition, offer a practical strategy for the decision-making process using real-life reflections of specific positions. Room 2054
- BS 1: Wendy Downey DNP, MEd, RN, CNE-Sacred Ground: Caring for Patients at End of Life - Research shows that a majority of nurses are not adequately prepared to care for dying patients. Since death is inevitable, you will likely experience the death of patients under your care during your nursing career. Their comfort and quality of life may depend on your approach and the care you provide during the days and weeks prior to death. This breakout session will walk you through the basics of how to best provide nursing care for patients and their loved ones during this sacred time. OB Theater 2162
- BS3: Lindy Edwards MSN, RN-Assessing the Effects of Auricular Acupressure on Newborn Behaviors and Withdrawal Signs in Newborns with Neonatal Abstinence Syndrome: A Pilot Study. -- The opioid crisis has reached epic and global proportions and one population that is finally receiving attention, due to this crisis, are newborns exposed to opioids through maternal addiction. My research discusses this vulnerable population and proposes a new non-pharmacological treatment protocol that may ease the signs of withdrawal in these fragile newborns. Room 2052
- BS4:Cindy Goodrich, EdD, MSN, RN, CNE Leading the Way: Balancing the Opioid Crisis with Effective Pain Management: The current opioid crisis has been exerting its influence for over the past 20 years. The issue has become more prominent as a result of the number of deaths due to opioid overdose. The fact remains individuals needing opioids for pain management are potentially at risk for ineffective pain assessment and management. With every crisis, there is opportunity...let's find the balance!
- BS2: Sharon Lewis Keith MSN, RN ED PhD The role of the RN in improving community health- Registered nurses have the power to improve health outcomes among vulnerable populations. Nurses may not realize the power they possess. Room 2186
- BS2: Cynthia Runnels, DNP, CRNA, FNP, MBA, RN— Your First Paycheck—Understanding pay, benefits, budgeting and investing for new nurses: How nurses can make smart personal financial decisions while building a rewarding career in healthcare.
- B:S3 Kim Little PhD, RN CNE- Longwood Volunteer Nursing - Global Nursing: A Micro and Macro Approach to Care-one nurse's approach to service through local community & global efforts. Strategies to enhance quality nursing care regardless of setting or resources will be discussed. Room 2054
- BS3:Tamra Raspberry, PhD MSN RN CPI-CI - Protect Your Patients and Yourself- Nursing is a phenomenal career choice with numerous opportunities to impact the lives of our patients in profound ways. Unfortunately, because we often provide care for patients when they are at their most emotionally volatile, healthcare workers are at high risk for workplace violence. There are important skills and interventions that you need as you start your nursing career so you can provide the safest environment possible for you and your patients. A great place to start is Crisis Prevention Institute's ten most important verbal de-escalation skills.
- BS3: Karen Weeks, DNP, RN— Are you interested in critical care nursing? Do you want to know what differentiates critical care from emergency nursing? Come to this breakout session to discuss and ask questions about this specialty. This will be a general overview of critical care nursing.
- BS2; BS4: Loretta **Manning**, MSN, RN, GNP Pharmacology Made Insanely Easy for NCLEX® Success!- Come and experience a dynamic hour with Loretta Manning, MSN, RN, GNP, author of the best-selling book, Pharmacology Made Insanely Easy! This is back by popular request! You will spend one hour filled with learning EASY and FUN Strategies to assist with remembering priority medications, so you can be successful in answering questions evaluating high-level clinical decision-making. You will learn to prioritize medications, nursing care, and associate learning by using images, mnemonics, active learning, and music.

BS2; BS4: Tamara King **Shock Management** – **Do you want to be under-prepared or OVER-prepared for the BIGGEST test of your life?** Hurst does one thing and does it well. We specialize in NCLEX® prep and NCLEX® prep only to make sure you are FULLY PREPARED and CONFIDENT on test day. Join us for a high impact session on **Shock Management** to experience our comprehensive, step by step approach to NCLEX® success. We cover must know content, develop critical thinking and application skills, master NCLEX® testing strategies, and practice high level NCLEX® style questions. Room 2012

BS1: New Graduate Panel - This panel consists of new graduate nurses from a diverse selection of specialties and will allow those who are approaching graduation the perfect opportunity to hear from those who recently experienced and completed the transition from undergrad to being a full-time registered nurse. Come hear from recent graduates within the last two years about their journey from graduation and ATT to licensure and beyond! Room 2052

BS4: Graduate Degree Panel - This panel consists of nurses who have a graduate degree in one or many areas! For those who are interested in pursuing a graduate degree these nurses will provide a great opportunity to learn more about their experiences with graduate schools and their programs. Come hear from different professionals that range from Certified Registered Nurse Anesthetist, Family Nurse Practitioner, Psychiatric Nurse Practitioner, Women's Health Nurse Practitioner, and others! Room 2054

BS1; BS2; BS3; BS4: Stop the Bleed- Motivated by the 2012 tragedy in Sandy Hook and multiple tragedies that have occurred in the ensuing years, what has become known as the Hartford Consensus was convened to bring together leaders from law enforcement, the federal government, and the medical community to improve survivability from manmade or natural mass casualty events. The resulting injuries from these events generally present with severe bleeding which, if left unattended, can result in death. Civilians need basic training in Bleeding Control principles so they are able to provide immediate, frontline aid until first responders are able to take over care of an injured person. Due to many situations, there may be a delay between the time of injury and the time a first responder is on the scene. Without civilian intervention in these circumstances, preventable deaths will occur. Room 2060



American Red Cross

Blood Donor Ambassador Training VNSA Conference



"Volunteer blood donor ambassadors ensure that blood donors have a pleasant and fulfilling experience, from the moment they arrive to the moment they leave. During a blood drive, whether you're greeting donors, answering questions or thanking them for their donation, your courtesy and professionalism will create a favorable impression that encourages ongoing donor support"
(ARC, 2019).



**Become An Ambassador
Today!**

12:45 pm - 1:30 pm

Room 4412

Volunteer blood donor ambassadors ensure that blood donors have a pleasant and fulfilling experience, from the moment they arrive to the moment they leave. During a blood drive, whether you're greeting donors, answering questions or thanking them for their donation, your courtesy and professionalism will create a favorable impression that encourages ongoing donor support.

The Red Cross collects and distributes about 40 percent of our nation's blood supply. When you help create a fulfilling donation experience and encourage visitors to make a long-term commitment to regular donations, you improve our ability to meet this critical need. Each volunteer shift you take is another opportunity to help save lives.

Convention Exhibitors

Organization	Table #
Aureus Medical Group	35
<i>Bon Secours Virginia Health System</i>	1
<i>Carilion Clinic</i>	3
<i>Centra Health</i>	5
Duke Health	17
<i>Hurst Review Services</i>	7
I CAN Publishing	18
James Madison University	19
Johns Hopkins School of Nursing	20
<i>Liberty University</i>	9
Maelee & Co	21
Mary Baldwin University, Murphy S. Deming College of Health Sciences	22
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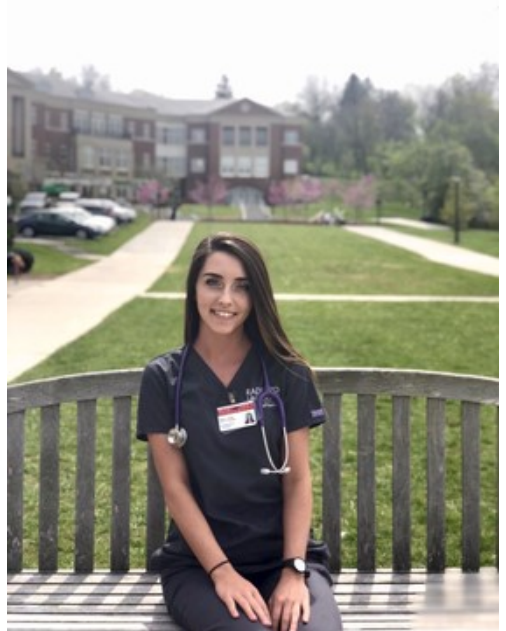
A SPECIAL THANK YOU

VNSA would like to thank the Liberty University School of Nursing for their generous sponsorship of the convention lunch!



Hello Virginia Nursing Students!

Hello everyone and welcome to the 68th Annual VNSA Convention! I want to thank all of you for coming today and making this convention possible. My name is Savannah Beard. I graduated from Radford University with my BSN in December. I have had the honor of serving as the Secretary of the Virginia Nursing Students' Association this past year. I also served as the Historian for Radford's Nursing Student Association and was President for Radford's Children's Miracle Network Dance Marathon Club. My responsibilities as secretary include formatting and sending meeting agendas, taking and sending meeting minutes, communicating with the NSNA, and keeping up with VNSA files. Working alongside my fellow board members has been a great experience full of fun travels and professional development. This past semester I was able to attend the National Student Nurses' Association Annual Convention in Salt Lake City, where I met nurses from various backgrounds and learned so many new things. This year's VNSA annual conference theme explores different specialties. We hope that you are able to gain some insight on the various paths that nursing offers, while also learning some helpful tricks for nursing school and taking the NCLEX. I have loved serving as your secretary for the 2019-2020 year and encourage each and every one of you to get involved and run for positions. Once again, thank you all for coming and have fun!



**Savannah Beard
Radford University
2019-2020 VNSA Secretary**



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Students' Association



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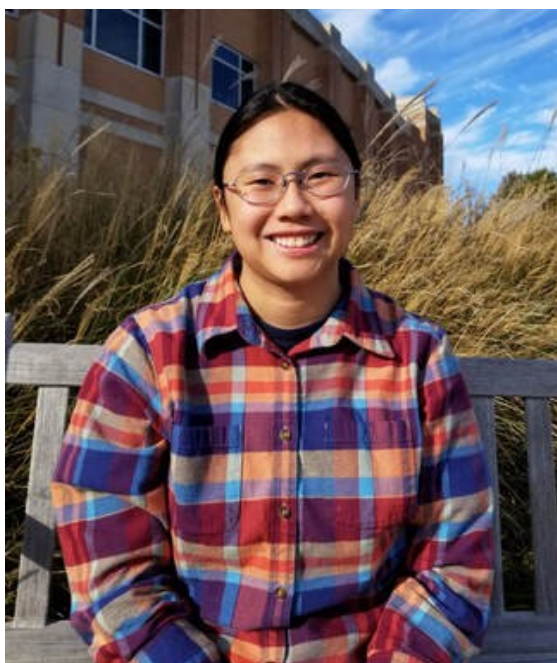
[@vnsa.us](https://www.instagram.com/vnsa.us)



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Hi fellow nursing students! My name is Eva Daniels and it's been my pleasure to serve as the Public Relations Director for the 2019-2020 year. I am slated to graduate from Old Dominion University in May and I want to work in an emergency department. As the Public Relations Director, I've had the opportunity to manage all of the VNSA's social media accounts. My goal this year was to increase our social media presence and I am excited with the progress that we've made! For all who are currently part of the VNSA social media family, we are honored to have you join us! If you haven't connected with us online yet, you can find us on Twitter, Facebook, Instagram, and our website. Thank you for helping us achieve our goals and I can't wait to see you all at our upcoming VNSA 2020 conference!



Eva Daniels
Old Dominion University
Director of Public Relations
2019-2020



Hey VA! My name is Kelsey Nafzger, and it has been an honor to serve as your Nominations and Elections Chairperson for the 2019-2020 term. I graduated nursing school in December with a BSN from Liberty University and have since added the title “Registered Nurse” after my name! I just moved to Charlottesville, Virginia and will soon begin my career working as a nurse in the Medical Intensive Care Unit at UVA. My goal for this past year was to encourage scholarship and leadership throughout our incredible state. As nurses, it is imperative that we lead the healthcare profession with excellence, and I believe it is critical to start leading now – at the chapter and state levels. I had also hoped to empower more students financially through the various scholarships that VNSA offers, and I am happy to say that more people applied for scholarships this year than years prior! Throughout my time on the VNSA board, I have learned that our main function is to empower you so that you can lead in your schools across the state. Together, we can build a legacy that lasts through our leadership and can continue to impact healthcare through each and every life that we touch. As great a privilege it has been serving on this board, I look forward to the privilege of serving as a nurse in the years to come!



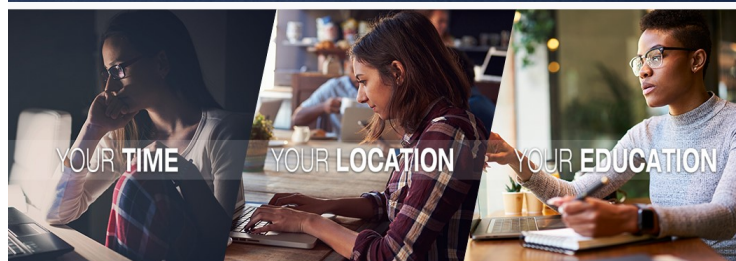
Kelsey Nafzger
Liberty University
Nominations and Elections Chair 2019-2020

VNSA

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The UTA College of Nursing and Health Innovation has been named a Center of Excellence in Nursing Education by the National League for Nursing.





Hello Virginia! My name is Nathalie Chao and I am incredibly honored to have served as your Director at Large for the 2019-2020 term. I am currently a senior at James Madison University (Go Dukes!), where I am the Secretary of our chapter's Nursing Student Association as well as a member of Sigma Theta Tau International. Upon graduation, I hope to work in either the Emergency Department or a Surgical Trauma unit! As your Director at Large, my mission for this year was to foster an environment of diversity, inclusivity, and collaboration among our local chapters in a way that allows us to develop professionally as leaders and celebrate our passion

for the nursing profession. After having the opportunity to help organize our annual Council of Student Leadership Summit and speak to many of you about your personal and professional goals, we were able to accomplish these aspirations together! To all the nursing students across Virginia: thank you for allowing me to serve and represent you. I've loved every minute of being on this board, and I can't wait to see you all at convention!

Nathalie Chao
James Madison University
Director at Large 2019-2020

Thank you to all of our speakers!

Kerri Baker	Lindsey Cardwell	Laureen Donovan	Wendy Downey
Lindy Edwards	Cindy Goodrich	Rachel Joseph	Sharon Lewis Keith
Tamara King	Kim Little	Loretta Manning	Shade Odedina
Tamara Rasberry	Kat Rivera	Cynthia Runnells	Donna Schminkey
Julie Strunk	Dena Todd	Karen Weeks	Dana Woody
New Graduate Nurse	Grad Nurse Panel	Loretta Manning	Karen Weeks
	Janice Hawkins	Dana Woody	

Hello Virginia nursing students! My name is Jasmine Pandya. I have greatly enjoyed fulfilling the role of Torch Editor during this 2019-2020 term. I am currently a nursing student at South University in Richmond, Virginia and will be graduating in June of this year with my Bachelor of Science in Nursing degree. After graduation, I hope to work as a registered nurse in an Emergency Department. As Torch Editor, my primary duty has been publishing three publications of The Torch, an online publication including articles written by Virginia nursing students. I was also responsible for creating the monthly blast emails sent out to our VNSA members. Being a member of this board has given me opportunities to meet nursing students from around the state and country at the annual state and national conventions for which I am grateful for. It has allowed me to be apart of a community of nursing students and explore the different opportunities that a career in nursing has to offer. Thank you for allowing me to serve as your Torch Editor. I have enjoyed being a member of this board and hope you all enjoy the VNSA annual convention!



Jasmine Pandya
South University
2018-2019 VNSA Torch Editor

Want to share your local chapters accomplishments? Interested in what other chapters are doing or what upcoming events are happening? Let us know!! The Torch is your newsletter! Send us any articles, pictures, event information, and your contact information and we'll publish it in the next issue!!

Email to: contactvnsa@gmail.com

We look forward in hearing from you!!





Hi Virginia! I'm Tess Seibel and I have enjoyed serving as the Pre-Nursing Student Representative this year. My time on the board has been incredibly rewarding, with opportunities to learn from other board members as well as nursing students across the state. One of my favorite experiences this year was attending the NSNA Convention in Utah, where my eyes were opened to all of the opportunities available in nursing. I was recently accepted into JMU's nursing program. At JMU, I served our local chapter as the Community Outreach Co-Chair and also tutored microbiology for other pre-nursing students. My goal is to work in rural healthcare someday as a NP. My responsibilities this year have included encouraging pre-nursing students to get involved in the work profession early and assisting other board members. Thanks for the opportunity to serve!

Tess Seibel
James Madison University
Pre-Nursing Representative
2019-2020

Hello! My name is Victoria Fisher and I am a junior in the Nursing program at Liberty University. I will be graduating in December with the goal of working for Wake Forest Baptist as a NICU or Labor and Delivery nurse. I serve the board under the Historian position and it has been an absolute blast! Two of my goals for this past year were to grow in my time management skills, as well as grow professionally as a person. At times, things got hard because my time was needed elsewhere, but I had to dig deep within and push through. It has been so amazing getting to know other nursing students from across the state of Virginia and serve alongside them as we continued to grow together. My duties for the board entailed taking pictures, keeping a file together of all that the VNSA is involved in, working with our TORCH editor, putting together a scrapbook for the year, making PowerPoints for convention, and assisting the rest of the board members with anything they need! This experience has been very rewarding and a period of growth for me. I am so appreciative of the opportunity that I had to serve you all and I will forever hold this association near and dear to my heart.

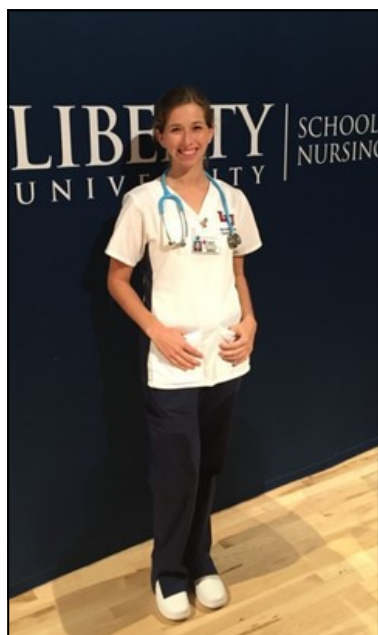


Victoria Fisher
Liberty University
Historian 2019-2020

TOP 10 REASONS TO JOIN NSNA:



- Subscription to *Imprint*, the professional magazine for student nurses
- Discounts on study tools/NCLEX Reviews, Health & Liability Insurance, Apparel, School Supplies and Hotels
- Discounts on NSNA Annual Convention & MidYear Career Planning Conference registration fees
- Career Planning opportunities
- Discounts on student membership in select professional nursing organizations
- Leadership development and community outreach opportunities
- Earn school credit through NSNA Leadership U
- Awards program
- Scholarship Opportunities
- Preparation for the NCLEX. Preparation for practice (NSNA members receive 25% discount on Lippincott NCLEX-RN PassPoint)



Hi Everyone! My name is Sarah and I have had the honor to serve as your 2019-2020 Policy and Initiatives Director. I graduated from Liberty University this past December and now have a job in a critical care nurse residency program. While on the board I had the exciting opportunity to travel to Utah for the National Student Nurses Association's annual convention. I was able to witness firsthand the difference nursing students can make through policy, advocacy, and research. It was an incredible experience to see and hear what was important to other nursing students across the country. This experience solidified my belief that to better ourselves, our profession, and the lives of our patients we need to remain vigilant and well informed about actual and potential needs and changes occurring in our country. Not only should we remain informed but also ready to act, to use our voices to produce positive change in our communities should the need arise. As the policy and initiatives director I have enjoyed finding ways to make using your voice and staying informed more accessible

one way in which this was accomplished was by bringing back poster presentations to our annual convention. I am so excited that you all are here today because you are going to be the change in nursing! Your commitment to better yourselves as nurses starts here. You will have the opportunity to hear fantastic speakers, complete invaluable trainings, and participate in legislative proceedings that have the potential to change the future of nursing. I hope you enjoy yourself today!

Sarah Sorowice
Liberty University
Policy and Initiatives Director 2019-2020



Welcome to Liberty, VNSA! My name is Connor Grossoehme and I have had the honor of serving as the Breakthrough to Nursing Director for this year! Boy has time flown by!! It is crazy to think that a year ago I stood on the JMU Stage at state convention being elected as the Breakthrough to Nursing Director. This past year has been such an awesome experience and I will cherish every moment of it! I am currently a senior at Liberty University and upon graduation I will be commissioning as a Second Lieutenant in the United States Army Nurse Corps! My goal for this past year was to carry on the topic of diversity. Diversity in the sense that I wanted to find the unique things that each of your schools have done. One thing that has been awesome to see is how unique and creative each of your schools have been. From designing recruiting bootcamps to community service events, schools across the commonwealth have been busy and I applaud each of you for a job well done!

Being on the board of VNSA has been such an honor. I have learned that there is no 'I' in team work and without my fellow board members, VNSA would not be what it is today. As the countdown begins for this chapter in my life to end, and a new one to begin, I look forward to taking the knowledge and leadership skills I have been equipped with throughout my time in nursing school and utilizing them in my nursing career to not only be the best nurse as possible but to also be a servant leader to my unit, patients and all others I interact with!

Connor Grossoehme
Liberty University
2019-2020 VNSA Breakthrough to Nursing

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Sandra Annan
*Faculty Advisor/
State Consultant
VNSA Board*

Welcome students and faculty,

Let me take this opportunity to welcome you to the Virginia Nurses Student Association (VNSA) Convention. During the past several months, our Virginia Nursing Student Association board has been working diligently to prepare for this convention. I have been impressed by the hard work and commitment of this board. And I thank them for their service.

I want to give a special thank you to Liberty University School of Nursing for their generous support for this convention. I thank all the nurses, faculty, staff, students and others who have contributed their time and expertise in making this convention a success. Lastly, thank you to all of the exhibitors and sponsors for their substantial contributions.

I encourage all of you to attend the National Student Nurses Association (NSNA) Convention held this coming April in Orlando, Florida. Further information is available on www.nsna.org. The NSNA convention is an excellent opportunity to meet and network with nursing students, faculty and nursing leaders from across the nation. In addition, the NSNA House of Delegates, the NSNA's policy-making body, will engage school and chapter leaders in nursing resolutions and election of a new board. NSNA's convention participation will be a significant contribution to your career as a professional nurse.

Again, I thank you for attending the VNSA convention. Have a great time and hope to see you in Salt Lake City at NSNA!



Interested in starting a local chapter?

1. Fill out the 2020 NSNA constituency form and mail it to NSNA (the address is on the form-- please do NOT send this form to VNSA).
2. Get at least 10 members.
3. Find a faculty advisor.
4. Fill out the VNSA constituency form. Ask any board member for assistance or visit www.vnsa.us for the forms.
5. Write your chapter's bylaws. Don't worry, we're here to help with this. Check out the NSNA sample bylaws by visiting www.vnsa.us and send your bylaws to vnsa2ndvp@gmail.com for help with revisions. After the revisions are made, we'll approve your new chapter's bylaws!

You can also visit NSNA's website www.nsna.org and view their 'Getting the Pieces to Fit' publication. There are great resources and ideas on fundraising here.



Go beyond your classroom and clinical experiences by attending the 2019 NSNA Annual Convention.

Meet and network with students, faculty and nursing leaders from across the USA. General sessions, seminars, workshops and poster presentations will enhance your academic and clinical skills and you will expand your network at social events and in the exhibit hall. Graduating seniors will gain confidence with the NSNA/Wolters Kluwer Mini Review. NSNA's highest policy-making body, the House of Delegates, will engage state and school chapter leaders in resolutions and elections. Plus... faculty programs will ensure that there is something for everyone in Salt Lake City, UT. Lifelong memories, leadership opportunities, networking and endless educational opportunities await you.



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2020 VNSA Poster Presentations

Poster Title	Poster Authors
Nursing Innovation: The Undergraduate Primary Care and Rural Education Project	Jacob Payne* Jessica Aguilar*
Adult Health Education for Norfolk Drug Court Participants	Amanda Stamenkovich* Rachael Anthony* Sierra Davis Lori Denning Christal Firmacion Victoria Kelly Garret Swanger Matthew Taylor
Operation Boot Camp	Connor Grossoehme*
Common Cause Analysis of Medical Events and Postoperative Complications	Mackenzie Staicer* Meghan Philips* Kiera Wilkins
Hypertention Teaching in Older Adults of the Hampton Roads Area	Jackie Holmes* Andy Sayson* Curtis Spencer* Christine Benedict Yamekia Lotrean Tonya Newcomb Julieanne Olaes
Improving Surgical Safety Through Education	Eva Daniels*
IV Insertion Evidence Based Practice	Jacquelin Yedinak*
What Happened to the Glass Thermometer	Thomas Kazmierczak* Belle Bistany*
Peer-to-Peer Mentor Program	Lauren Carter*
Systematic Review: Using Simulation to Promote Critical Thinking in Nursing Students	Lori Dominie*
Virtual Reality as an Exposure Therapy for Veterans with PTSD	Noelle Abbott* Dr. Jerusalem Walker
	Trisha Le* Bailey Elkins* Billie Martin*
Assessing the Need for a Campus-Wide Sexually Transmitted Infection Clinic at Longwood University	Kelsey Ostrowski* Emma Carroll Colton Thames Dr. Jackie Daniel*
Pain Science: What do Educators Know?	Andrew Hassinger*
The Most Common Arguments Against Vaccination: Are You Prepared to Discuss Them?	Sarah Sorowice*

NOTES

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