

The Virginia Student Nurses'
Association is Proud to Present...



Our 70th
annual
convention

BREAKING CONVENTION

TORCH CONVENTION EDITION 2022

ONLINE CONFERENCE

FEBRUARY 19 2022

7:00 am—4:30 pm



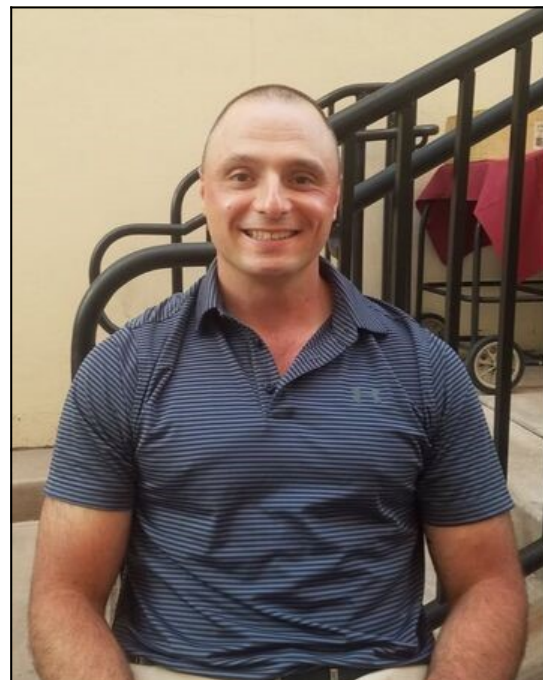
Welcome to The Torch: Convention Issue

A Letter From the President

Welcome Nursing Students of Virginia!

Welcome Nursing Students, Faculty, Speakers and Exhibitors to the 70th Annual Virginia Nursing Students' Association (VNSA) Convention: A World of Opportunities! We the VNSA Board of Directors would like to first and foremost thank each one of you for choosing to spend the day with us. We are excited to see both familiar and new faces this year as we interact with you all virtually. I would like to thank all our Board members for their hard work but especially our 1st Vice President, Brittany Benson, our faculty advisor Dr. Sandra Annan and our Convention planner Ms. Rebecca Conte for coordinating at great lengths to ensure that this year's Convention goes as smoothly as possible!

Please enjoy today's educational opportunities and selection of speakers, all who range in several different specialties within the nursing profession. It is my hope that today's experience will give you something that you can apply to your own life and expand upon for your future, whatever that may look like. I am beyond grateful and honored to have been able to serve my peers and future colleagues this past year as your state president, and for the learning experience that this position has given me.



Thank you and enjoy this year's virtual convention!

Matthew Hare
VNSA President 2020-2021
Old Dominion University



Brianna Kimes
Old Dominion University
1st Vice President 2021– 2022

70th Annual Convention



Emily Williams
2nd Vice President
University of Virginia
2021—2022



Sabina German
Old Dominion University
VNSA Secretary
2021—2022



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VNSA Convention – Breaking Convention

February 19, 2022

Schedule of Events

7:30 – 8:00	Delegate Credentialing Q&A
8:00 – 8:30	Nominations and Elections Q&A
8:45 – 9:00	Opening Remarks by VNSA Board of Directors
9:00 – 10:00	Keynote Address – Dr. Lynn Wiles, PhD, MSN RN CEN, Associate Professor, Undergraduate Program Director, Old Dominion University “New World, New Rules, New Opportunities: Getting Ready for the Real World”
10:15 – 11:15	Hurst NCLEX Mini Review
10:30 – 11:15	House of Delegates Meeting #1 <i>*Mandatory for Delegates</i>
11:15	Deadline to “Run from the Floor”
10:30 – 11:15	Breakout Session #1
11:15 – 12:00	Breakout Session #2
11:30 – 12:00	Carilion Clinic – Meet a Recruiter
12:00 – 12:30	Lunch



Insight. Inspiration. Ingenuity.

12:30 – 1:00	Poster Presentations Burnout in the Field of Nursing: Causes, Associated Problems, and Potential Solutions: A review of the literature. Kristina Ward – Carriles and Carrie Dassel, Old Dominion University Acupuncture Alternative Therapy for Side Effects Related to Breast Cancer Treatment. Karla Gill Martinez and Shaunita Lyde, ECPI University Night Shift Effects on Nurses – Annaliese Gorr, BSN, RN Candidates, ECPI University
12:30 – 1:30	House of Delegates Meeting #2 <i>*Mandatory for Delegates</i>
1:00 – 1:30	Poster Presentations The Effects of Healthier Food Interventions on Obesity. Poster by: Robyn Ramos - Group: Bianca Acosta, Matthew Hare, Adriana Jones, Grace Pearston, and Ashleigh Rutter. Old Dominion University. T Cell Transfer Therapy. Alisha Rios, BSN, RN Candidate, ECPI University
12:30 – 1:00	Meet with Old Dominion University – Jacqueline Nielsen
1:00—1:30	Meet with Sentara Health
1:30 – 2:00	New Grad Panel – Justin Yert, VNSA Graduate Advisor
1:30 – 2:30	Voting by Delegates <i>*Mandatory for Delegates</i>
2:00 – 2:45	Breakout Session #3 ICU Panel – Shayla Barkhimer and Friends Council of School Leaders – VNSA Board of Directors Members Year of the Nurse and the Midwife... We Deserve a Decade” Neldara Dowell, CNM, MSN
3:00 – 4:30	Closing Ceremony Endnote Speaker - Dr. Zeeshan Hoodbhoy, CEO/Founder NCLEX High Yield

VNSA Convention FAQs

[How do I attend the VNSA Convention?](#)

Virtual events bring the experience of an in-person conference to your personal computer, so just like an in-person conference, you have the freedom to pick the sessions you attend. When you register via our website (www.vnsa.us) you will receive a confirmation email and links to join the convention.

[What are the technical requirements needed to participate?](#)

To participate, you need an Internet connection and web browser. For the best viewing experience, we recommend that you join the conference using a supported internet browser, which includes Google Chrome, Firefox, and Safari.

[What is the House of Delegates?](#)

The House of Delegates meets once a year at the annual convention. For every 10 NSNA members within a school, they receive one voting Delegate. The Delegates are responsible for electing the best possible national officers for the Board of Directors. The 2021 House of Delegates will also be held in a virtual format. Any member interested in becoming a delegate this year should contact their state president.

[What about awards and scholarships?](#)

VNSA will announce awards and scholarship winners at the closing session.

[Who can I contact with questions?](#)





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about the direction
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**Let's talk about how Sentara can
support your career!**



**House of Delegates
Virtual Convention**

President---Matthew Hare

Virginia Nursing Student's Association Annual Business Meeting

Saturday, February 19, 2022

10:30—11:15am

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. 2020—2021 BOARD OF DIRECTORS ELECTIONS
 - a. APPOINTMENT OF TELLERS
 - b. CANDIDATE PRESENTATIONS
10. CANDIDATE SPEECHES
11. QUESTION & ANSWER;
ANNOUNCEMENTS



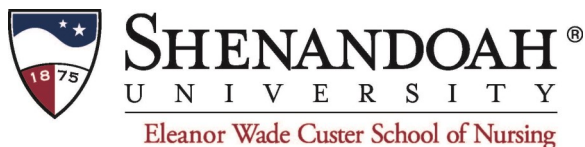
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BSN



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END NOTE SPEAKER

Dr. Zeeshan, CEO and Founder of NCLEX High Yield has been working to help tens of thousands of students all over the world pass their NCLEX and go on to become the best nurses they can be. Dr. Zeeshan recently received his Certification of Mastering Medical Teaching from Stanford School of Medicine in 2021.



Dr. Zee, as many call him, holds a Doctor of Medicine (MD) degree from Spartan School of Medicine. He changed his focus to natural health and wellness when his clientele of Celebrities and Athletes grew. Dr. Zeeshan fell in love with business and his creative nature led him out of the traditional medical scene.

As the creator of Hangover Solved™, Immunacy, and a former Celebrity Health and Wellness Consultant, Dr. Hoodbhoy has done Post-Doctoral certifications from Harvard School of Medicine and Stanford School of Medicine in various Health and Wellness areas. His goal in this world is to impact as many lives as possible.

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)

Breakout Session Schedule

Breakout Session 1- 10:30 AM- 11:015 AM

1. The Lived Experience of a Maternal Child Nurse. Dr. Marjorie Young DP, RN, IBCLC, FNP-BC
2. 2. Life as a CRNA
3. 3. Apply for the Job You Want! Yasmine Lopez, DNP, RN, CNP, CNL

Breakout Session 2 – 11:15 – 12:00 PM

1. Rn in Law
2. Life as an Aesthetic Injector— PRE RECORDED
3. Intro to Clinical Research Nursing: Changing and Transforming Patient Care. Elizabeth Ness, MS, RN, BSN, CRN-BC
4. Flight Nursing: Not Your Traditional Nurse Role. Janice Mckay RN, CEN, CFRN

Breakout Session Schedule

Breakout Session 3 –2:00—2:45

1. ICU nurse Panel of speakers
2. Pharmacology Made Insanely Easy
3. Council of School Leaders
4. Year of the Nurse and the Midwife... We Deserve a Decade!



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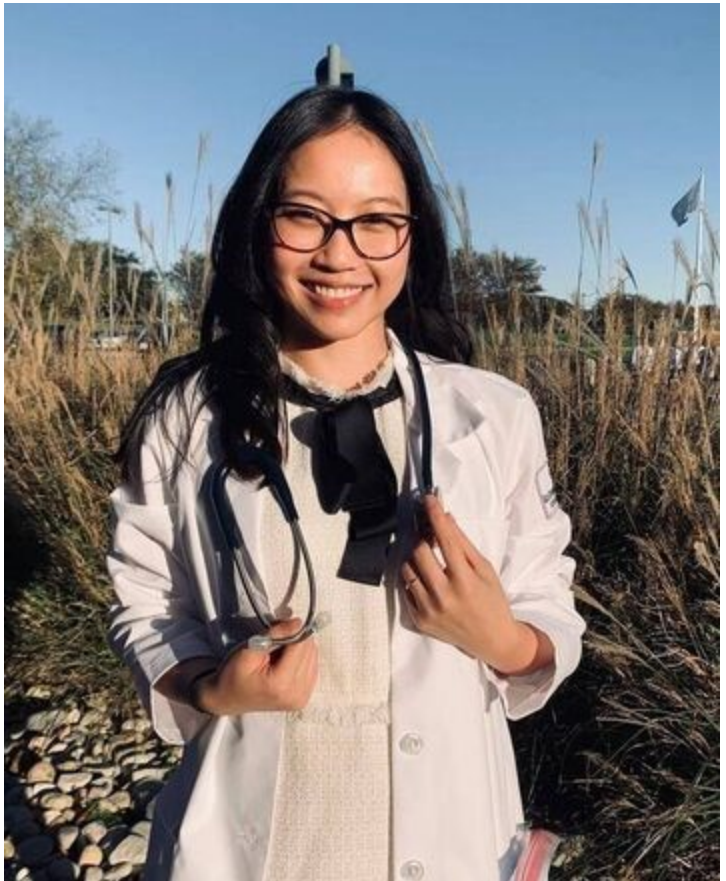
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- NurseJournal.org, 2020

#71
**Best Online
Master's in Nursing
Programs**

- U.S. News & World Report, 2021

Sylvia McKinney
Old Dominion University
Policy and Initiatives Director
2021—2022



Justin Yert



**POSITIONS FOR THE 2020-2021
VNSA BOARD OF DIRECTORS**

- PRESIDENT
- 1ST VICE PRESIDENT
- 2ND VICE PRESIDENT
- SECRETARY
- TREASURER
- BREAKTHROUGH TO NURSING
- DIRECTOR AT LARGE
- TORCH EDITOR
- NOMINATIONS AND ELECTIONS
- PUBLIC RELATIONS
- HISTORIAN
- POLICY INITIATIVES DIRECTOR
- PRE-NURSING REPRESENTATIVE

IF YOU WOULD LIKE MORE INFORMATION
ABOUT RUNNING FOR OFFICE PLEASE
PLEASE CONTACT
VNSAELECTIONS@GMAIL.COM

TO APPLY: FOLLOW THE LINK BELOW. APPLICATION DEADLINE FOR PRE-SLATING IS JAN 31ST
<http://www.vnsa.us/vnsa-annual-state-conventions.html>

YOU MUST BE A MEMBER OF NSNA/VNSA TO RUN FOR THE VNSA BOARD OF DIRECTORS

VIRGINIA NURSING STUDENT ASSOCIATION
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- *NurseJournal.org, 2020*

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Kristen Sindoni
Treasurer
James Madison University
2021—2022

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Kendal Johnson,

Sentara College of Health Sciences

Nominations and Elections Chairperson

2021—2022



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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!!





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Tina Torres
Public Relations Director
James Madison University
2021—2022





Olivia Winfield
Pre-Nursing Representative
Old Dominion University
2021—2022

Justin Yert, RN
VNSA Graduate Advisor
US Navy





Welcome students and faculty,

Let me take this opportunity to welcome you to the Virginia Nurses Student Association (VNSA) Convention. The Virginia Nursing Student Association board has been working diligently over the past year to prepare for this virtual convention. I have been impressed by the hard work and commitment of this board, especially in light of challenges associated with the Covid-19 Pandemic. I thank them for their service to this organization.

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.

Sandra Annan

*Faculty Advisor/
State Consultant
VNSA Board*

I encourage all of you to also attend the upcoming National Student Nurses Association (NSNA) Convention, which will also be held virtually this coming April. 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 for you attending the VNSA convention!

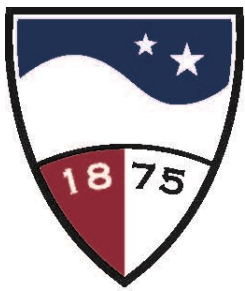


Interested in starting a local chapter?

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.

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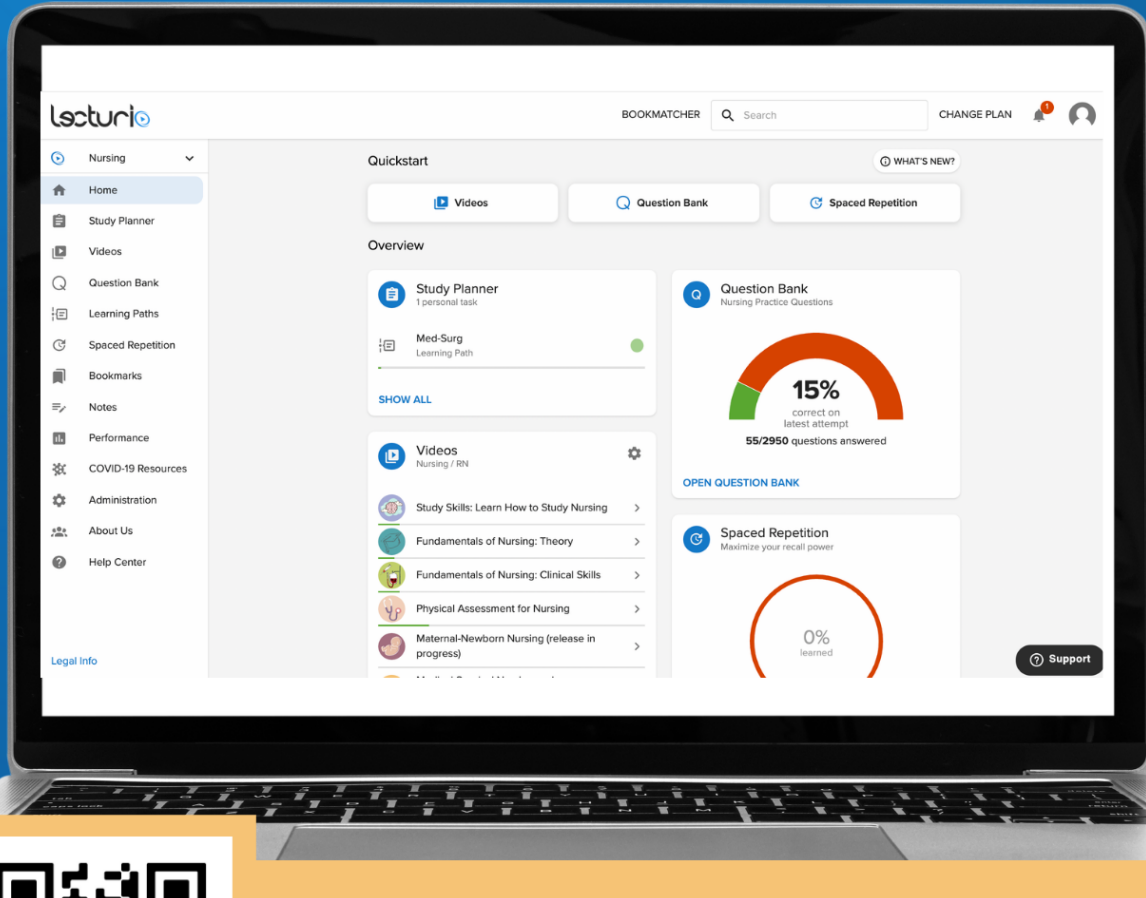
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