

Nursing Beyond Borders



EXPLORING INTERNATIONAL OPPORTUNITIES

FEBRUARY 24, 2024 VNSA 72ND ANNUAL CONVENTION

AT THE UNIVERSITY OF VIRGINIA
SCHOOL OF NURSING

202 JEANETTE LANCASTER WAY
CHARLOTTESVILLE VA 22903

Great Networking
Opportunities

All attendees must be
pre-registered. No
Onsite Registration

NSNA/VNSA Members - \$35
Non Members - \$40
Faculty - \$45

VIRGINIA NURSING STUDENTS
ASSOCIATION

235 Martin Luther King Jr Way
MSC 4305

C/o Sandra Annan, Faculty
Harrisonburg, Va 22807

contactvnsa@gmail.com

www.vnsa.us

VNSA

SCHEDULE OF EVENTS

7:30	11:30	Registration Check In	McLeod Hall
7:30	8:30	Continental Breakfast	
8:45	9:45	Exhibitor Lounge	
8:45	10:00	Opening Ceremony and Keynote Address	
10:00	4:00	Exhibit Area Opens to Attendees	
10:10	11:00	House of Delegates Meeting #1 <i>*Mandatory for Delegates</i>	
10:10	11:00	Breakout Session Group A	
11:15	11:45	Poster Presentations	
11:30	1:15	Lunch	
12:00	12:50	Breakout Session Group B	
12:00	1:00	Stop the Bleed Training	
1:15	2:30	House of Delegates Meeting #2 <i>*Mandatory for Delegates</i>	
1:30	2:15	Breakout Session Group C	
2:30	3:30	Afternoon Snack	
3:45	5:00	Endnote Speaker and Closing Ceremony	

Scholarships and Awards

All applications have a deadline of February 17th, 2024 by 11:59pm. Click on the link for the appropriate award or scholarship and follow the instructions to complete. If you have any questions, please contact [Ave Parker](#), 2nd Vice President!

VNSA Scholarship Opportunities

[Traditional Nursing Student](#)

[Community College Student](#)

[Single Parent Student](#)

[Second Degree Student](#)

VNSA Award Opportunities

[Excellence in Breakthrough to Nursing](#)

[Nursing Student of the Year](#)

[Most Outstanding Community Service](#)

[Excellence in Nursing Instruction](#)

[Most Supportive Faculty Member](#)

DEADLINE: FEBRUARY 17, 2024

Sponsors and Exhibitors



Poster Presentation

Poster Guidelines:

Max Size: 36" x 48"

May be landscape or portrait

Be sure your poster is comfortable to read from 3-4' away.

Medium: paper or vinyl but must be mounted on foam board (can be attached using binder clips)

Posters can be created based from a research project or activity/project. We will follow the model set by NSNA concerning what your poster may be about.

“NSNA Chapters are invited to share school and state projects and display posters for research projects as well as activities in the following program areas: global/international nursing projects; Breakthrough to Nursing; shared governance; ethics; population health; disaster preparedness; health policy and advocacy; NSNA Leadership U; newsletters/social networking/website development; and image of nursing. Develop a poster and submit it for the Project Showcase. Joint faculty and student submissions are welcomed.”

<https://www.nснаconvention.org/poster-project-presenter.html>

Poster heading should include...

Title

Names of presenter(s)

University

What to submit:

Research or summary of activity/project completed

Should be in APA format

PDF/picture of poster

Posters should highlight main points of your research/activity/project.

Presenters should be prepared to discuss their research or activity with those observing their poster.

Submit by January 31, 2020

Presenters will need to be with and prepared to discuss their posters during lunch time.

This is the only time that presenters will be required to be with their posters, but the posters will be set up all day.

Submission Deadline February 17!



POSTER PRESENTATIONS

VNSA

Have a research project you would like to highlight at the VNSA Convention??

More information and guidelines at www.VNSA.us

SCAN QR Code to submit Poster

SCAN ME!

CONTACT US
CONTACTVNSA@GMAIL.COM



RUNNING FOR OFFICE

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2024- 2025 VNSA BOARD OF DIRECTORS

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Positions Available

- President*
- 1st Vice President*
- 2nd Vice President*
- Secretary*
- Treasurer*
- Breakthrough to Nursing Director
- Policy and Initiatives Director
- Director at Large
- Torch Editor
- Nominations and Elections Chair
- Public Relations Director
- Historian
- Pre Nursing Representative
- Graduate Consultant



SCAN QR CODE TO APPLY!!

*These positions are a part of the VNSA Executive Committee

LEARN MORE AT
[HTTP://WWW.VNSA.US/APPLY-FOR-
THE-BOARD.HTML](http://www.vnsa.us/apply-for-the-board.html)

Speakers and Educational Sessions

Keynote Speaker – Dean Marianne Baernholdt, PhD, MPH, RN, FAAN – Dean and the Sadie Heath Cabaniss Professor of Nursing – has dedicated the expanse of her nursing career to teaching and mentoring students and junior faculty and is a leading scholar of care quality and safety with an emphasis on healthcare in rural and global environments.

Breakout Session Focus

Thriving, Not Just Surviving: Overcoming Nurse Burnout


Plus topics like....

- MILITARY NURSING
- CULTURAL SENSITIVITY
- TELEHEALTH
- COPING WITH BURNOUT
- MENTAL HEALTH
- AND MORE!


STOP THE BLEED TRAINING

PRESENTED BY UVA TRAUMA PROGRAM

SAVE A LIFE. STOP THE BLEED.




STOP THE BLEED





Would YOU know what to do in case of a traumatic bleeding event?

Average time to bleed out	Average time for 1st responders to arrive	Trauma-related deaths worldwide due to bleeding
3 to 5 MINUTES	7 to 10 MINUTES	40%

**Fill the gap and learn how to stop traumatic bleeding
In less than an hour, you can be prepared to save someone's life**

 StoptheBleedProject.org



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House of Delegates Meeting

The House of Delegates shall be the governing and voting body of the VNSA and shall be composed of Delegates from the constituent associations (school chapters) and members of the Board of Directors. The business of the annual meeting shall be conducted by the House of Delegates.

Delegate Representation – Each constituent association shall be entitled to two Delegates according to the number of members in good standing. Delegates shall be computed based on the number of members in each constituent association as evidenced by the annual dues received by January 13, 2024.

All NSNA/VNSA members who register for convention will be sent via email instructions on becoming a delegate. All delegates or their alternate must be presented at BOTH House of Delegate Meetings.

REGISTRATION FOR CONVENTION OPENS JANUARY 19, 2024

You can find more information on our website or the Convention Platform

[VNSA Website](#)

[2024 Convention Platform](#)