

THE TORCH

The Official Newsletter from the Virginia Nursing Student's Association

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Our Mission:

Our Mission: to advance professional nursing practice through student mentorship, community service and scholarship.

Our meetings are open to all VNSA members, so come see what it's like to be on the VNSA board.

If you would like to attend a meeting, please feel free to contact anyone on our board of directors for finalized dates, times, and locations. Once you see firsthand how great being a board member would be, come to our annual VNSA convention and run for a position!

Board of Directors:

Rachael Zrimm, President

vnsapresident@gmail.com

Hello Virginia! My name is Rachael Zrimm and I am the 2016-2017 President of VNSA and a rising third year at the University of Virginia. I am honored to represent nursing students across the state during my second year on the Board of Directors of VNSA! We have many exciting plans this coming year, such as our Annual Convention and Council of Student Leaders. We are looking forward to working more closely with the local and national levels of nursing student associations, as well as bridging the gap between pre-professional and professional nursing associations. VNSA has many resources to share and connections to make. Please contact me with any questions, comments, concerns, etc... or just to talk about nursing! Thank you and I am looking forward to working with fellow nursing students across the state this coming year!



Rachel Zrimm, President



Katie Retan, 1st Vice President



Caroline Cooke, 2nd Vice President



Katie Retan, 1st Vice President

vnsa1stvp@gmail.com

Welcome nursing students! My name is Katie Retan. I am a senior at James Madison University working towards my BSN, and I am the new First Vice President for VNSA. This upcoming year my main focus will be to plan our State Convention for 2017. A major goal of mine is to bridge the gap between every nursing school in the state and increase overall attendance to convention. I hope to provide an educational, holistic experience this year at convention that will further help you in your studies as a student and in your futures as a nurse. Please do not hesitate to email me with any questions, concerns or ideas about convention, or any other matters pertaining to our state board and future nursing careers.

Caroline Cooke, 2nd Vice President

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My name is Caroline Cooke and I am proud to represent Virginia nursing students across the country as the Second Vice President of the VNSA. I am a fourth year nursing student at the University of Virginia. Working on the board of directors for two years, I will use my experience to reach out to nursing schools all over Virginia and help them become constituents. My goal is to increase VNSA membership! I am also in charge of making amendments to the bylaws. Please contact me if there are changes you wish to see in the bylaws or if you want to get your school involved in VNSA! I look forward to meeting more nursing students at the national convention at JMU this year!

Emma Richer, Secretary

vnsasecretary@gmail.com

Hey Virginia! My name is Emma Richer and I am a senior BSN student at James Madison University. I'm so excited to serve as the VNSA Secretary for the 2016-2017 year. I will work hard to keep all meeting minutes and any other paperwork up to date and in line with NSNA guidelines. If you have any questions, comments, or concerns about VNSA please don't hesitate to contact me. Wishing you all good luck in nursing school!

Emma Richer, Secretary



Lauren Drake, Treasurer



Cameron Farmer,
Breakthrough to Nursing
Director



Lauren Drake, Treasurer

vnsatreasurer@gmail.com

Welcome VNSA! My name is Lauren Drake and I am a rising fourth year at James Madison University. I am the 2016-2017 treasurer of the Virginia Nursing Students' Association. I will work hard to maximize our funds, spend efficiently, and engage in more fundraising events.

Please don't hesitate to contact me if you have any questions or concerns

Cameron Farmer, Breakthrough to Nursing Director

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My name is Cameron Farmer, and I am a 4th year at the University of Virginia. It is an honor to serve as the VNSA BTN Director for 2016-2017. It is my goal to have as many schools across the state as possible to participate in BTN events this year. The purpose of BTN is to increase awareness and education about the nursing profession. Events to look forward to include: open house tours of VA nursing schools, speaking/presenting at High Schools, mentorship programs, partnering with Boys/Girls Scouts, and getting involved in local community projects. Please do not hesitate to contact me to start local BTN initiatives at your school or to join the VNSA in the events we have planned. I am really looking forward to a productive and successful year. Can't wait to work with all of you!

Rachel Moore, Nominations and Elections Chairperson

vnsaelections@gmail.com

Hello Virginia Nursing Students! My name is Rachel Moore, and I am a rising fourth year in the BSN program at the University of Virginia! I am so excited to take on the position of Nominations and Elections this year! I hope to increase awareness about the Board of Directors, VNSA Committees, and provide more opportunities for scholarships and awards for Virginia's nursing students! This is my second year on the VNSA Board of Directors, and it has been an extremely rewarding part of my collegiate nursing career, and I hope to help others apply for these positions! I also am hoping to continue outreach with not only colleges and universities across Virginia, but also community colleges and second degree programs! We want as diverse of a group of nursing students as possible to represent Virginia on the national level! I look forward to working with the Board and all of our constituents this year!

Rachel Moore,
Nominations and Elections
Chairperson



Whitney Burns,
Policy Initiatives Director



Mariah Whitfield, Torch
Editor



Whitney Burns, Policy Initiatives Director

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Hello everyone! My name is Whitney Burns and I am a senior BSN student at James Madison University. It is an honor to hold the 2016-2017 Policy Initiatives Director position for VNSA. One of nursing's biggest roles is patient advocacy, and since healthcare policy directly impacts the care we provide to our patients it is so important for us as future nurses to get involved in healthcare reform. I will do my best to keep VNSA informed of current legislation pertinent to the healthcare field and look forward to a great year. Please do not hesitate to contact me if you have any questions or concerns.

Mariah Whitfield, Torch Editor

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Hello Virginia Nursing Students, my name is Mariah Whitfield and I am a fourth year BSN nursing student at The University of Virginia. I am very excited to serve as the VNSA Torch Director! This year I will be gathering articles from Virginia Nursing Students as well as writing my own pieces to inform students about current events and topics related to the nursing career. Please do not feel hesitate to contact me with any questions that you may have regarding Torch Convention Awards as well as learning how to become a published writer in the VNSA Torch! I look forward to hearing from all of you regarding your submissions.

Monica Whitby, Historian

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Sandra Annan, Faculty Advisor

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Sandra Annan, Faculty
Advisor



Jada Jordan,

Director of Public Relations



Jada Jordan, Director of Public Relations

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Hello Virginia Nursing Students! My name is Jada Jordan and I am a 3rd year BSN student at the University of Virginia. I am very excited to serve as the Director of Public Relations for VNSA this year. I will be managing VNSA's social outlets such as facebook, twitter and the VNSA website. I hope to reach out to nursing students across the State of Virginia through social media and create awareness about activities and events by VNSA. If you have any nursing events in your school that you would like to share, please send them to me. Feel free to e-mail me if you have any suggestions, comments etc. I look forward to serving as your Director of Public Relations!

VNSA 2017 State Convention

When: February 11, 2017 Where: James Madison

On Saturday February 11, 2017 VNSA will be hosting the 65th annual State Nursing Student Convention at James Madison University. This year's theme, "BuRNout: Together We're Stronger," will be focused on reducing stress and preventing burnout in the workplace. Our speakers and multiple breakout sessions will be featuring their presentations with information to help you succeed in this profession. Come learn new ways to handle your stress and what you can do to prevent burnout as a future nurse. Each attendee will receive a bag with additional information and even a surprise stress relief treat. More details will follow closer to the event date. Contact Katie Retan at vnsairstvp@gmail.com for any questions or concerns.



VNA Legislative Day

By: Rachel Moore, 4th Year BSN Student at The University of Virginia

On Tuesday February 16th, 2016, the Virginia Nurses' Association held their annual Legislative Day in downtown Richmond. This event brought together nurses, managers, students and the lobbyists who represent the VNA at Virginia's General Assembly each year.

The day started off with the keynote speaker, Dr. Marissa Levine, who is the Virginia State Health Commissioner. She focused her address on how to "design healthy communities", posing the question of what our communities would look like if they were intentionally designed to ensure health and well-being for all". Rather than focusing on health as something we restore when we lose it, she spoke on how this needs to be something that is always maintained. Primary prevention is key to promote the culture of health that the commonwealth strives for. Dr. Levine discussed how cost is the drive for change, and that at the policy level, the state needs to address where we invest our limited resources.

Following Dr. Levine, Andrew Lamar, one of the VNA's lobbyist took the stage to discuss the current pieces of legislation that are being pushed during the 2016 General Assembly. The main topic of discussion were changes to the scope of practice for advanced practice nurses. He mentioned new changes in the practice of Nurse Midwives, Certified Registered Nurse Anesthetists, Clinical Nurse Specialists, and finally Nurse Practitioners. It was during this segment of the day that many nurses spoke up and advocated for an increase in the scope of practice to allow for more autonomy from the medical community.

First Lady Dorothy McAullife made a brief appearance to speak about eliminating childhood hunger by broadening access to proper nutrition. She pointed out that 1 in 45 voters are nurses, and yet nationally only 45% of schools have a full time nurse. She pushed for nurses to be active voters on the issues that they see most commonly in their communities.

The next speaker was Jay P. Douglass, the Executive Director of the Virginia Board of Nursing. She spoke on the changes to the requirements for licensure. As of January 1st of 2016, all nurses applying for licensure in the state of Virginia must attain a state and national fingerprint criminal background check. This applies to students registering to take the NCLEX as well as nurses coming in from another state and those needing reinstatement.

Douglass also discussed the Nurse License Compact, or the laws that allow 25 states to hold a "joint" license, with only minimal differences in their requirements. For instance, if you hold a nursing license in Virginia, but take another job in Colorado, your Virginia nursing license is still valid while working there.

The event overall had a great turnout, and was a wonderful experience to attend as a nursing student. While the vast majority of attendees were licensed nurses, having the knowledge of legislative action and duties as a student will help to prepare us all for the political side of the environment we will enter upon our eventual licensure.

--Rachel Moore, 4th Year BSN Student at the University of Virginia

Chapter News

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: vnsatorcheditor@gmail.com We look forward in hearing from you!!

