



FALL 2014, ISSUE 1

## Virginia Nursing Students' Association Newsletter: *The Torch*

*The Virginia Nursing Students' Association is a student-managed organization representing future nurses from over 75 nursing education programs throughout the Commonwealth of Virginia. We foster the professional and personal development of student nurses by providing educational resources, leadership opportunities, and career guidance.*

**The Ebola Crisis: what we need to know as nurses.** As nurses, we are on the front lines for combatting Ebola, but how do we continue to protect ourselves? After all, we cannot effectively treat patients if we do not protect ourselves. Here's what we need to do—remember your Personal Protective Equipment (PPE) training. Brush up on protocol and practice! Take a couple of friends and review protocol in one of the labs at your university. Remember, there should be no skin exposure while wearing PPE. In addition, the CDC recommends a few additional precautions, including: double gloves, boot covers that are waterproof and go to at least mid-calf or leg covers, the use of single-use fluid resistant or impermeable gown, respirators, single-use, full-face shield, surgical hoods, and waterproof aprons. Keep an eye out for symptoms as well, including fever, headache, muscle pain/ weakness, diarrhea, vomiting, abdominal pain, and hemorrhage. The easiest way to contain Ebola is through prevention. Remember hand hygiene and use PPE correctly to ensure your own protection. For more information, visit the CDC at <http://www.cdc.gov/vhf/ebola/index.html>

**VNSA Scholarships:** VNSA offers three annual scholarships to three different types of nursing students: second degree or RN to BSN, a parent scholarship, and a traditional student scholarship. The VNSA Second Degree or RN-BSN Student Scholarship was created to address this need, providing encouragement and support to students who possess a four year degree or higher and are planning to enter or have enrolled in an accredited nursing program. In addition, the VNSA Parent Scholarship was created to support single parents entering or enrolled in an accredited nursing program. Also the VNSA Traditional Student Scholarship provides encouragement and support to traditional students entering or enrolled in an accredited nursing program. The recipient of these scholarships will demonstrate a passion for the nursing profession and exemplify excellence in both the academic and clinical setting, as well as the desire to achieve his or her professional goals. Applications are due 12/19/14! For more information please go to: <http://www.vnsa.us/scholarships.html>

**The National Student Nurses' Association Presents: Leadership University!** The NSNA Leadership U provides opportunities for nursing students to be recognized for the leadership and management skills they develop through participations in NSNA's programs and activities. From the school chapter level to the state and national levels, nursing students learn how to work in cooperative relationships with peers, faculty, students in other disciplines, community service organizations, and the public in a service learning environment. The Leadership U is open to all nursing programs preparing students for RN licensure that are official NSNA constituents to those schools working toward constituency status. NSNA's Leadership U is a university being built by students and faculty who want to participate. There is no tuition, all students have to do is become active in NSNA's many shared governance leadership opportunities. For more information, please visit: <http://www.nсна.org/Membership/LeadershipUniversity.aspx>



## RN-less Possibilities:

### Nurses Make a Difference

This year's Virginia Nursing Students' Association Presents our 63<sup>rd</sup> annual convention—RN-less Possibilities: Nurses Make a Difference. The conference will be held at The University of Virginia's School of Nursing on February 7th, 2015 from 7am to 5pm. Registration information can be found at <http://www.vnsa.us/>, but don't hesitate! The deadline for registration is January 18<sup>th</sup>! This year's keynote speaker will be Dr. Pamela Cipriono, the newly elected American Nurses' Association President. In addition, there will be 30 focus sessions, which will feature topics in nursing, including potentiating leadership and career development strategies. There will also be a hall of exhibitors with information on different careers in nursing, additional certifications, and NCLEX review information from Hurst. Are you curious about being an exhibitor at this year's convention? Find out more at: <https://www.regonline.com/Registrar/Checkin.aspx?EventID=1617253>



## 63<sup>RD</sup> ANNUAL VNSA CONVENTION

VNSA will also be hosting a T-Shirt sale! These fabulous T-shirts, as pictured above, will be on sale at convention for only 20 dollars. Hurry, we have a limited number, but to make this offer even more appealing, we have added the option of pre-ordering the T-Shirts for only 15 dollars if you order them when you preregister!

**VNSA** vnsa.us  
PRESENTS:  
THE 63RD ANNUAL  
**VIRGINIA**  
**NURSING STUDENTS**  
**STATE CONVENTION**  
RN-less Possibilities: Nurses Make a Difference  
FEB 7, 2015 7AM - 5PM  
UVA SCHOOL OF NURSING  
McLeod Hall  
Scan to access online registration  
Deadline: Jan 18, 2015

### Local Chapter Spotlight:

In this section of *The Torch*, we like to highlight local NSA chapters that have served their community through the VNSA platform. The month, we are featuring Tidewater Community College and Old Dominion University. What has your chapter been doing lately? Would you like to have the chance to be featured in an issue of *The Torch*? If so, please contact The Torch Editor, Skyelar Decker

at [deckersl@dukes.jmu.edu](mailto:deckersl@dukes.jmu.edu).

If your SNA is interested in having a VNSA board member attend your SNA's meeting and/or event, please e-mail Chelsea Hull at [vnsa1stvp@gmail.com](mailto:vnsa1stvp@gmail.com).



**OLD DOMINION**  
UNIVERSITY

On September 26<sup>th</sup>, Chelsea Hull, VNSA First Vice President, and Jesseca White, VNSA Public Relations Director, attended the Old Dominion University Student Nurse Association monthly meeting in the Health Sciences Building located on the campus of Old Dominion University in Norfolk, VA. This meeting was led by Delenthia Smith, ODU SNA President. This visit is a part of a new initiative by Virginia Nursing Students' Association to visit local chapters. At this meeting, Chelsea and Jesseca talked about the upcoming 63<sup>rd</sup> Annual VNSA State Convention and more ways to become involved with VNSA. The ODU SNA Chapter is very active in their community. At ODU, their SNA chapter won Organization of the Year for the 2014 Academic Year. Some of the events that they will be volunteering at this month include: Monarch Wellness Color Run, cooking dinner at the Ronald McDonald House, blood pressure teaching at a local high school in Virginia Beach, and Diaper/ Clothing Drive for a local organization called Resource Mothers. Also, they will be volunteering at the Breastival, which is a festival that promotes breast cancer awareness. At the festival, their SNA members will be teaching ODU students how to conduct monthly breast exams.



**TIDEWATER**  
**COMMUNITY COLLEGE**  
From here, go anywhere.™

On September 19<sup>th</sup>, Chelsea Hull, VNSA First Vice President, attended the Tidewater Community College Student Nurse Association Math Review Session led by nursing faculty at the Portsmouth campus. This session helped students with medication calculations. This visit is a part of a new initiative by Virginia Nursing Students' Association to visit local chapters. At this meeting, Chelsea talked about the upcoming 63<sup>rd</sup> Annual VNSA State Convention and more ways to become involved with VNSA. At the beginning of the school year, the TCC SNA hosted a Camp Nightingale event. At Camp Nightingale, new nursing students are guided through a day to help maximize their success and to help them get to know their classmates. There was a great turnout at this event. In September, their SNA members participated in the Out of the Darkness Walk. Also, TCC SNA members attended the Hampton Roads Holistic Nursing Association Meeting/ Yoga Therapy Event on September 20<sup>th</sup>.

After reading this newsletter, do you think you would like to become an NSA constituent? There are tons of great benefits, including a discount on NCLEX prep, free professional portfolio service, and discounts on scrubs and footwear. You can even get discounts on school supplies and subscriptions to nursing journals. All you have to do is fill out the application, found here:

<http://www.nсна.org/Portals/0/Skins/NSNA/pdf/Official%20Application%20for%20Constituency%202014.pdf>



Are you already an NSA member at your university, but would like to get involved more? Consider running for the VNSA's Board of Directors! There are several benefits, including traveling across the country to go to nursing conventions, building your professional network, and pursuing a leadership role within the setting of nursing. To do so, come to our state convention on February 7<sup>th</sup> and run for office. Information on specific positions and qualifications can be found on our website at <http://www.vnsa.us/board-of-directors.html>

A promotional poster for the 63rd Annual Virginia Nursing Students State Convention. At the top left, "VNSA" is written in large green letters with a red heartbeat line through the "V", followed by "PRESENTS:" in smaller green text. To the right is the website "vnsa.us" and a green and orange cross symbol. The main title "THE 63RD ANNUAL VIRGINIA NURSING STUDENTS STATE CONVENTION" is in large, bold, green and orange letters. Below that, the tagline "RN-less Possibilities: Nurses Make a Difference" is in orange. The dates "FEB 7, 2015 7AM - 5PM" and location "UVA SCHOOL OF NURSING McLeod Hall" are in green. At the bottom left, it says "Scan to access online registration" and "Deadline: Jan 18, 2015". A QR code is on the right.

Do you think your university could benefit from having a NSA chapter? By registering your university, you automatically become members of VNSA and NSNA. The application is simple, and only has a few requirements. To start, find at least ten members who are interested and a faculty advisor. Then go to our website and follow these easy steps! <http://www.vnsa.us/bylaws-and-constituency-forms.html>



Created with collaborative assistance from the VNSA board of directors by Skyelar Decker, Torch Editor 2014