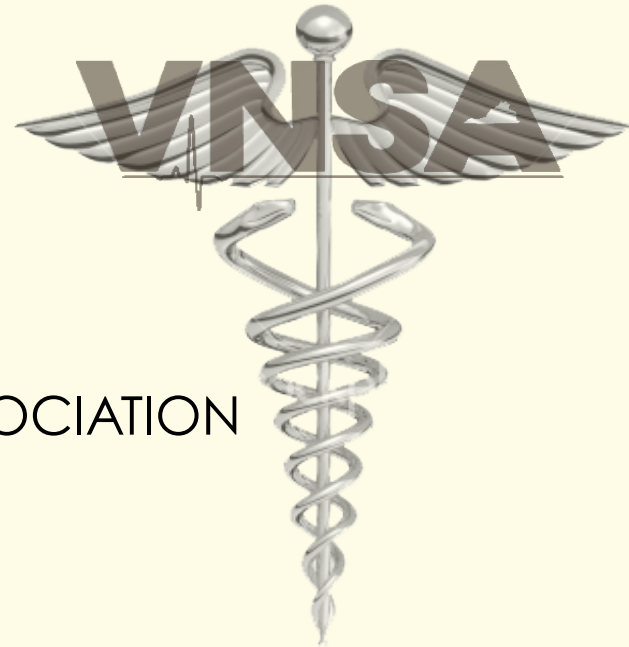


# The *Torch*

VIRGINIA NURSING STUDENTS' ASSOCIATION  
61ST ANNUAL CONVENTION  
UNIVERSITY OF VIRGINIA



**Evidenced Based Practice —  
Paving the Path to Nursing's Future!**

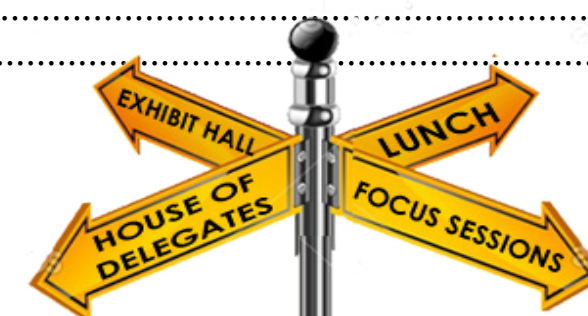


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# CONVENTION *Itinerary*

**7:00-8:10:** Registration and Breakfast (**McLeod 2nd Floor & McLeod 1003/1004**)  
Delegate Credentialing: *Mandatory for delegates*    Registration open from 7:00-12:00

**7:00:** Exhibit Hall Opens (**McLeod 1003/1004**)

**7:00-3:00:** Bone Marrow Drive (**McLeod 2nd Floor**)

**8:15-9:15:** Opening Ceremony and Keynote Speaker (**McLeod Auditorium**)

**9:25-10:05:** Focus Session 1 - See focus session schedule p. 6

**10:15-11:45:** House of Delegates Opening Session (**McLeod Auditorium**)  
*Mandatory for delegates*

**10:15-11:45:** NCLEX Review Part One (**McLeod 2014**)

**10:15-10:55:** Focus Session 2 - See focus session schedule p. 7

**11:05 - 11:45:** Focus Session 3 - See focus session schedule p. 8

**11:45-1:15:** Lunch Break - See Lunch Details p. 24-25

**11:45:12:30:** New Graduate Panel: Q&A (**McLeod Auditorium**)

**12:30-2:00:** House of Delegates Closing Session (**McLeod Auditorium**)  
*Mandatory for delegates*

**12:30-2:00:** NCLEX Review Part Two (**McLeod 2014**)

**1:20-2:00:** Focus Session 4 - See focus session schedule p. 9

**2:10-2:50:** Focus Session 5 - See focus session schedule p. 10

**2:50-3:10:** Dessert Served (*in Exhibit Hall*)

**3:15-4:30:** Closing Ceremony, Endnote Address, Awards Presentation, & Announcement of 2013-2014 Board of Directors (**McLeod Auditorium**)

**4:45 - 5:15:** Meeting of the New Board of Directors

# CONVENTION AGENDA

## Opening Ceremony

- Introduction by Tomaris Smith
- Presentation of Colors
- Pledge of Allegiance by Tomaris Smith
- National Anthem
- Opening Comments by Dean Dorrie Fontaine
- Welcome by Dr. Lorna Facticeau
- Housekeeping Comments by Shelby Courtney
- Keynote Speech by Dr. Janie Heath

## Closing Ceremony

- Presentation of Awards by Tomaris Smith
- Presentation of New Board of Directors for 2013-2014 year by Tomaris Smith and Samantha Solomon
- Endnote Speech by Diana Mason





# FOCUS SESSION 1 SYNOPSES

9:25am - 10:05am

## **WHEN ENOUGH IS ENOUGH**

### **HURST (McLeod 2014)**

Too much fluid . . . too little fluid . . . how do you know when enough is enough? Come experience Hurst Review's nationally renowned approach to passing the NCLEX® as we review Fluid Volume Excess. You will leave this dynamic lecture with a new way of thinking that will introduce you to the tools essential for conquering the NCLEX® the first time.

## **NURSE EXTERNSHIPS**

### **Theresa Carroll, PhD (CMNE G120)**

Thinking about applying for externships? Want to learn more about how to go about finding them? Applying for them? Come and learn the ins and outs of NURSE EXTERNSHIPS!

## **VNSA BOD: SERVING ON THE VNSA BOARD OF DIRECTORS (CMNE 1110)**

Are you a leader at your school? Do you have what it takes to be a leader for your state? Come to learn all about being on the state Board of Directors! MANDATORY FOR ALL APPLICANTS!

## **CRITICAL CARE NURSING**

### **Dorrie Fontaine, RN, PhD, FAAN, Dean of UVA School of Nursing (CMNE G010)**

From one critical care nurse to another. This is where you can go to learn about being a real critical care nurse. Do you have what it takes?

## **LEADERSHIP UNIVERSITY**

### **Carol Lynn Maxwell-Thompson, RN, MSN, FNP-BC and Sandra Olanitori (CMNE 3020)**

Calling all faculty!!! Learn how to implement Leadership University at YOUR school! This is an initiative started by NSNA and we are here to show you how to get involved!

## **OB NURSING**

### **Maura Rodriguez (McLeod 5060)**

The exciting world of Obstetrics Nursing can be accessed here! From staying healthy to having babies, learn all you need to know here!

## **CARING FOR SELF**

### **Regina DeGennaro, DNO, RN, AOCN, CNL (CMNE 1120)**

The most important thing to do when taking care of others is to take care of yourself first! Learn the stress relieving strategies used by nurses everywhere!

# FOCUS SESSION 2 SYNOPSES

10:15am - 10:55am

## **NICU**

### **Denise Hill (CMNE 3020)**

Do really tiny babies excite you? Does having an impact on a family in the most meaningful and frightening time in their life make you want to go to work everyday? Come learn what it is like to work in a NICU!

## **INTERVIEWING SKILLS**

### **Theresa Carroll, PhD (CMNE G120)**

Learn how to dress, how to act, what to say, and what NOT to say. Interviewing 101 is here!

## **PHARMACOLOGY MADE INSANELY EASY!**

### **Sylvia Rayfield and Associates (CMNE G010)**

The most dreaded course in all of nursing history is made insanely easy. The inside scoop on how to remember all those impossible names and side effects!

## **GERIATRIC NURSING**

### **Ruth Fugee (CMNE 1110)**

In the world today, it is hard to be a nurse and not encounter the aging population. Just like pediatrics, geriatrics nursing is a specialty all its own. Come learn more about this important and exciting field of nursing!

## **TIPS AND TRICKS FOR CLINICAL ASSESSMENT**

### **Kathryn Haugh, PhD, RN, CNE (McLeod 5060)**

Every semester, on the first clinical day, the fear strikes again that you forgot how to do a proper and thorough assessment. Relieve some of the anxiety by taking a quick refresher course on Clinical Assessments!

## **CARDIAC NURSING**

### **Laura Manley (CMNE 1120)**

The heart is one of the biggest and most complicated organs in the body. It is also one of the most interesting! Come learn about being a cardiac nurse today!

# FOCUS SESSION 3 SYNOPSES

11:05am - 11:45am

## **GETTING YOUR LICENSE AND KEEPING IT**

**Gloria Mitchell, RN, MSN, MBA (CMNE G120)**

While the NCLEX brings fear to everyone's mind, this session will tell you how to go about getting your license and how to not lose it!

## **JUGGLING IN THE EMERGENCY DEPARTMENT**

**Tim Cunningham, RN, MSN (CMNE 1110)**

The chaos, excitement, and intensity of the ED gives some people the adrenaline rush of a lifetime. Come learn how to harness that energy and save lives!

## **SOARING TO BE A FLIGHT NURSE**

**Janice McKay, RN, CEN, CFRN (McLeod 5060)**

Does soaring above the clouds and nursing sound like a dream job to you? Come learn all about flight nursing!

## **CRITICAL THINKING AND TEST TAKING STRATEGIES**

**D&D Nurse Educators (CMNE G010)**

Test day can bring lots of stress and uncertainty to the minds of students everywhere, especially when there is always more than one right answer! Come learn some tools to help ease the pain!

## **LESSONS OF A NEW GRADUATE**

**Hershaw Davis, BSN, RN (CMNE 1120)**

When entering the "real world" there can be a lot of uncertainty. Keep Calm and take some advice from someone who has been there.

## **INTERNATIONAL NURSING AND SERVICE WORK**

**Audrey Snyder (CMNE 3020)**

# FOCUS SESSION 4 SYNOPSES

1:20pm - 2:00pm

## **JOINING PROFESSIONAL ORGANIZATIONS/ADVANCING YOUR CAREER**

**Loressa Cole, DNP, MBA, RN and Lindsay Cardwell (McLeod 5060)**

Learn the benefits of staying involved, even after graduation. Joining professional organizations never loses its benefits!

## **REALITY SHOCK**

**Whitney Smith (CMNE 1110)**

When the "real world" comes after graduation, and you're the big nurse, stay strong and listen to those who have gone before you. Come get some advice on what it is really like!

## **RESEARCH AND NURSING**

**Linda Bullock (CMNE 1120)**

In today's political climate it is important to stay on top of the policies and politics that will affect your everyday practice. Come learn about what is going on and how to stay involved!

## **APPLYING FOR GRADUATE PROGRAMS**

**Clay Hysell, MA (CMNE G010)**

As graduation nears and more students begin thinking about graduate programs, lots of questions arise. Come get some answers!

## **WOUND NURSING**

**David Mercer, MSN, RN, ACNP-BC (CMNE G120)**

Want to do something exciting and different? Want to have a lot of power as the nurse? Wound nursing is a very autonomous and interesting nursing field. Come learn more!

## **SPIRITUAL SUPPORT FOR PATIENTS**

**Suzanne Hilton Smith, Chaplain (CMNE 3020)**

Supporting our patients and families during their care can be difficult but rewarding. Come learn some necessary tools to really "be there" for your patients.



# FOCUS SESSION 5 SYNOPSES

2:10pm - 2:50pm

## WHEN ENOUGH IS ENOUGH

### **HURST (McLeod 2014)**

Too much fluid . . . too little fluid . . . how do you know when enough is enough? Come experience Hurst Review's nationally renowned approach to passing the NCLEX® as we review Fluid Volume Excess. You will leave this dynamic lecture with a new way of thinking that will introduce you to the tools essential for conquering the NCLEX® the first time.

## ONCOLOGY NURSING

### **Jeanne Erickson, PhD, RN, AOCN (CMNE G120)**

An important and evolving field of nursing is Oncology Nursing. So much research and information is coming out today about these patients. Come learn what you need to know!!

## PRISON NURSING

### **Samantha Taylor, RN, MSN, FNP, AANP (CMNE 1110)**

In a world all their own, learn about nursing for incarcerated patients. A nursing field that takes a big heart and an open mind. Do you have what it takes?

## GROWING RESEARCH FROM PRACTICE: A CLINICAL PROBLEM TO A RESEARCHABLE PROBLEM

### **Karen Stuart-Moss (CMNE 3020)**

The push for more evidenced based practice calls for a lot more research in the clinical realm from nurses. Come learn how to get involved!

## ARMY NURSING

### **CPT Jasmine Hogan (McLeod 5060)**

Are you considering joining forces and serving your country? Come learn more about nursing in the Army!

## CRNA NURSING

### **Elizabeth Talley Pe (CMNE G010)**

The highest paid and the most autonomous. Come learn if you have what it takes to be a CRNA!



A Special  
*Thank you*  
to...

Thank you University School of  
Nursing, Dean Fontaine and the Student  
Nurses Association of Virginia for  
sponsoring the 2012-2013 61st Annual  
VNSA Convention!





## A LETTER FROM *The President*

"Ipsa scientia potestas est"  
---Knowledge itself is power.

Hello VNSA,

First, I would like to personally thank all of the nursing students attending this amazing event! It has truly been a rewarding and humbling experience serving you all as your 2012-2013 VNSA President. Over the year I have learned so much about our organization, especially from attending NSNA's Annual Convention in Pittsburgh, PA and Mid-Year Conference in San Diego, CA. These events allowed the members of VNSA's Board of Directors and me to share ideas and themes with other nursing student leaders from all over the nation! This year was full of challenges and new innovative ideas, but it was all worth it for this moment at VNSA's 61st Annual Convention, "Evidenced Based Practice: Paving the Path to Nursing's Future".

This past year has been important, not only for us individually as nursing students, but for us all as a nation. We've all observed the transformation of our healthcare system which will ultimately affect how we care for our patients. The ever growing importance of practicing according to interventions with proven results is one of the main reasons why this convention received its theme; the other portion is that the "road" to nursing's future is still under construction. Nursing's future is a "road" you all are still building and shaping as healthcare providers. I feel as if you, Virginia's nursing students, need the best and most practical information for going forward in your careers. The members of the VNSA Board of Directors have worked diligently to bring together some of the most current and forward-thinking healthcare practitioners from all over the nation, all under one roof. This convention is full of opportunity, so make sure to take full advantage of all the available focus sessions to discover your hidden passions!

Remember, although laws and policies may change, one thing remains constant: the determination, compassion, and dedication that all of you have for healing and helping others.

Sincerely,  
*Tomaris J. Smith*  
VNSA President, 2012-2013

**VNSA BOARD DIRECTOR**



## LETTER FROM THE *1st Vice-President*

Welcome to the 61st Annual VNSA Convention Evidenced Based Practice: Paving the Path to Nursing's Future!

Welcome to the 61st Annual VNSA Convention Evidenced Based Practice: Paving the Path to Nursing's Future.

My experience serving as your 1st vice President over this past year has been positive and rewarding. I had the privilege of overseeing the planning of this year's Convention. The Board of Directors put in many long hours to make this Convention amazing because we want you to get the most possible out of your time here.

We are very appreciative to the University of Virginia for welcoming us again into their beautiful campus, and hosting for the second time, this year's VNSA Annual Convention. Bon Secours is our Platinum Sponsor for another year and Patient First is our Gold Sponsor! We cannot thank both them enough for their contributions and for making today such a great success. We are very grateful to Hurst for their contributions for our name badges and for hosting the mini NCLEX review. We have arranged the schedule to ensure that those attending this optional mini review will still have the opportunity to experience some of today's focus sessions.

There is a diverse array of topics covered this year that aim to broaden your view of the nursing world. The speakers have kindly offered up their expertise, experience and enthusiasm for our focus sessions. Nursing is such a uniquely diverse and exciting field. We know that the focus sessions will highlight for you some of the traditional and nontraditional paths available to you as a nurse.

Please visit the exhibit hall and learn more about the schools, employers and professional organizations who have traveled here to Charlottesville to meet with you. Stop by throughout the day and take advantage of the education, employment and professional opportunities these representatives have for you. By attending today you have demonstrated that you are dedicated to the nursing profession. Take the next step by running for the VNSA Board of Directors. Those interested in running are encouraged to attend the focus session "Serving on the VNSA Board of Directors" to learn more.

Today is for you and we listen to your feedback. Please take time at the end of the day to fill out and submit your Convention evaluation. This will help the Board of Directors ensure that next year's Convention is the best yet! When you turn in your evaluation this afternoon you will receive your certificate of attendance to put into your portfolio!

Look for a person wearing a green Board of Directors ribbon if you have any questions throughout the day.

*Shelby Courtney*  
VNSA 1st Vice President, 2012-2013

**VNSA BOARD DIRECTOR**





## A LETTER FROM THE *2nd Vice-President*

Greetings VNSA,

I have had the honor to serve as your Second Vice President for the 2012-2013 term. This year has been very busy but also very rewarding. I have had the opportunity to learn so many new things and get the chance to work with some amazing students. I hope each and every one of you here today are just excited as I am about convention. We have

planned so many wonderful things for you, and have worked so very hard. Please take the opportunity to absorb all that you can! We are thrilled that you all took the time out of your busy schedules to be here with us. This year's conventions theme is "Evidence Based Practice Paving the Path to Nursing's Future". I know you all hear a lot about evidence based practice throughout your programs and lectures but we hope to bring a new, fresh and positive outlook on it for you all and your bright futures. Please take full advantage of our breakout sessions they have so much valuable information to offer you. Lastly, I hope some of you have considered running for office. If any of you are interested in running for Second Vice- President feel free to ask me any questions that may come to mind. Once again thank you for being here with us today and ENJOY!

*Sincerely,*  
*Mandi Edwards*  
VNSA Second Vice- President, 2012-2013



## A LETTER FROM *The Treasurer*

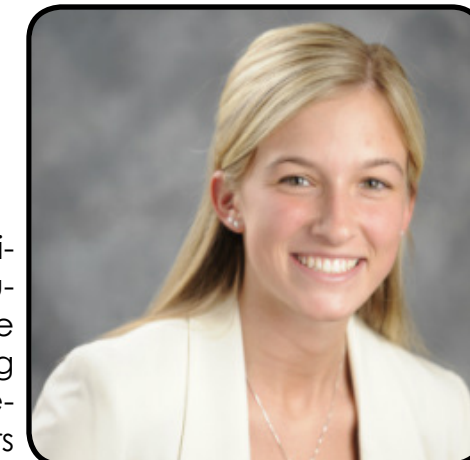
Hello VNSA!

Thank you so much for coming to VNSA Convention 2013! As treasurer, I'm very proud and honored that I have had the opportunity during the past year to represent Virginia's nursing students. It has been a demanding position, but in the end a very rewarding experience. I have met many great people through VNSA and have learned a lot throughout my term. VNSA BOD has made a point to improve VNSA this year including convention and wants to continue to do so with your involvement! I hope that you take advantage of all that there is to offer while you are here and build some great connections. Being here shows you are a serious nursing candidate and I promise you will walk away feeling more knowledgeable about nursing than before! If you should have any questions that I may answer please feel free to talk to me. And again thank you so much for supporting VNSA!

*Allison Beasley*  
VNSA Treasurer, 2012-2013

**VNSA BOARD DIRECTOR**

## A LETTER FROM *The Secretary*



Greetings VNSA!

Welcome to the 61st Annual VNSA Convention: Evidenced Based Practice— Paving the Path to Nursing's Future! Over the past year, I have had the opportunity to serve as your 2012-2013 VNSA Secretary. My experience serving as the VNSA Secretary has been both challenging and rewarding. The Board of Directors has put in many long hours

to make this year's Convention fun and worthwhile! Since last February, the Board of Directors has been planning and hosting our Breakthrough to Nursing Luncheon, which successfully took place on November 3rd at Virginia State University, and our Annual Convention. This year's theme for Convention highlights the need for nursing research and the importance of closing the gap between the research being conducted and the practice. Nurses play such an important role in determining and evaluating the best practices of care.

This past year was a great learning experience for me. Throughout my term as VNSA Secretary, I was able to attend conventions and events that broadened my view on the nursing profession. At the National Student Nurses Association's 60th Annual Convention in Pittsburgh, PA, I had a great time attending the House of Delegates' sessions and having the opportunity to vote on resolutions! That particular experience allowed me to learn more about our role as nursing students in voicing our opinion about health care topics and research. At the NSNA Mid-Year Conference in San Diego, CA, I very much enjoyed learning from other state officers about their association and how to better meet the needs of our constituents. I was also able to attend a Secretary's meeting on how to better fulfill my role as the VNSA Secretary and was able to share my ideas with the other state secretaries from across the country about our association in Virginia.

Now it is our turn as the Virginia Nursing Students' Association to come together as an organization to learn and experience our own Convention together! We, as your current VNSA Board of Directors, truly hope that you enjoy your day here in Charlottesville at the University of Virginia and have a positive and fulfilling day at this year's VNSA Annual Convention! If you have any questions or concerns throughout today please do not hesitate to find one of us from the Board of Directors to assist you! We are here to help you have an enjoyable and wonderful Convention experience!

Sincerely,

*Colleen Koletty*  
VNSA Secretary, 2012-2013

**VNSA BOARD DIRECTOR**





## A LETTER FROM THE *Torch Editor*

Hello and welcome to the 61st Annual VNSA Convention – Evidenced Based Practice: Paving the Path to Nursing's Future! My name is Melanie and I am a third year nursing student at Liberty University located in the beautiful city of Lynchburg, VA. I am so honored to have served as the 2012-2013 VNSA Torch Editor. My responsibilities included the creating and editing of the VNSA's publication The Torch that was sent out to the constituents across Virginia as well as the creation of this convention's Torch Edition. I had the opportunity to travel last April to Pittsburgh, PA for the Annual NSNA Convention as well to New York City, NY for the Northeast Leadership Conference in August. At these conventions I gained more insight about my role as the Torch Editor as well as had the opportunity to network with other nursing students and nursing professionals. I was able to take what I learned from the conferences and apply it academically and professionally.

This past year as Torch Editor, I had the blessing of working with such a wonderful and dedicated group of nursing students on this year's Board of Directors. We all came together and worked so diligently to ensure that you have the opportunity to network with other nursing students from various schools across the state of Virginia to learn more about numerous nursing topics that can help pave the way to a brighter Nursing future.

I want to thank each of you for coming to this convention and for taking the time to read over this edition of The Torch, especially because I am aware that nursing school is time consuming and demanding. From care plans, exams, Pathos, and clinicals, I know that you stay pretty busy. But, just taking a few hours out of your day to come to this Convention speaks volumes for you. It shows that you have a desire to be more than just a student but a student leader. We hope you are able to further develop your leadership skills and apply them to life, academics, clinicals, and soon: your nursing career! Please take advantage of the exhibit hall to learn about employment and academic opportunities. And speaking of opportunities, here is your opportunity to rise above and take on what it truly defines a student leader. Running for a board position or a committee position can help you along your journey of developing leadership skills, professionalism, and time management skills.

I would also like to thank Carol Lynn for being such a great faculty advisor to this BOD, as well as the members of the BOD! You guys have done an awesome job this year! In addition, I would like to thank the MANY sponsors, donations, speakers, exhibit hall representatives, and everyone who contributed to such a successful 2013 Convention!

Sincerely,  
*Melanie Fowler Compton*  
VNSA Torch Editor, 2012-2013

**VNSA BOARD DIRECTOR**

## A LETTER FROM THE *Director of Public Relations*

Hello VNSA!! Welcome to our annual convention at the beautiful University of Virginia.

It has been a great honor to serve as the 2012-2013 Director of Public Relations. Through this position, I worked closely with the rest of the Board of Directors to keep the most current and valuable information available to constituents on our website. If you have not been to our website, you should check it out! [www.VNSA.us](http://www.VNSA.us) is a great way to keep up with what VNSA has planned for the upcoming months. In addition to the website, VNSA has a Facebook group for members to post questions to the Board of Directors and for us to post reminders about future events! Our First Vice President, along with the Board of Directors, committee members, and faculty assistance, has worked for countless hours to put together the best VNSA convention yet! We hope that with our numerous speakers on nursing specialties, graduate schools, interview skills, and so much more, you can find breakout sessions that truly spark your interest. Be sure to check out the exhibitor hall for a chance to talk with hospitals across Virginia as well as graduate schools and NCLEX prep companies.

Before you leave today, please take the opportunity to let us know what you thought of your experience here. We are always aiming to improve, but we can't do that unless we know what you liked and what you didn't! Thanks so much for coming and we hope to see you again next year.

*Karissa Oldham*  
VNSA Director of Public Relations, 2012-2013



**VNSA BOARD DIRECTOR**



## A LETTER FROM THE *Nominations & Elections Chair*



Hello! My Name is Samantha Solomon and I am a senior at the Jefferson College of Health Sciences in pursuit of my BSN. I have been honored to serve VNSA as Nominations and Elections Chairperson. VNSA has helped me learn to work with a diverse group of students from other schools. The group has been great to work with and has really expanded my horizons. As Nominations and Elections Chairperson I am excited about the upcoming convention and seeing a new broad brought on so that they can have the same positive and rewarding experiences I had!

*Samantha Solomon*

VNSA Nominations and Elections Chair, 2012-2013

## A LETTER FROM THE *Historian*

Hello VNSA members! Welcome to our annual convention!

For the 2012-2013 year I have served as the VNSA Historian on the Board of Directors. As historian, I have attended VNSA events and meetings, and documented VNSA experiences through photographs, flyers and other documents. I have also worked with the rest of the Board of Directors to help plan convention, the BTN luncheon, and assist them with various tasks. I have greatly enjoyed serving in this position and gaining experience with team collaboration. I am so thrilled that you have travelled to the University of Virginia to expand your knowledge of the nursing profession.



We've been working hard to make this convention a wonderful experience, and hope you enjoy it! If you have any questions or suggestions about how to improve Convention or VNSA in general, please don't hesitate to contact one of the board members or simply come tell us at convention. Thanks again, and have a wonderful day!

Sincerely,

*Kathryn Giglio*

VNSA Historian, 2012-2013

**VNSA BOARD DIRECTOR**

## A LETTER FROM THE *Breakthrough to Nursing Director*

Welcome to the VNSA 2013 Annual Convention!

It has been a pleasure for me to serve as VNSA's 2012-2013 Breakthrough to Nursing Director. The Board of Directors kicked off the year by attending the 59th annual NSNA Convention in Pittsburgh, PA. Shortly after the Convention I began planning the 5th Annual Breakthrough to Nursing Luncheon, The Final Frontier: Uncharted Possibilities Through Nursing, which took place at Virginia State University. As the BTN Director my main objective is to increase and promote diversity within the field of nursing and serve as a resource for students interested in pursuing a career in nursing in the Commonwealth of Virginia through the annual Luncheon and community outreach.



My goal for the 5th Annual Luncheon was to provide Virginia's nursing students with an opportunity to learn more about their post-graduate options, whether it be pursuing a career in an ICU setting or obtaining an advanced degree. As the healthcare field advances and the economy continues to evolve it is important to understand the role nurses' have in today's society. There is currently a great need for more nurses to obtain there terminal degree, work as practitioners in primary care settings and the demand for nurse educators has spiked drastically. This year our keynote speakers were Dr. Janie Heath, Associate Dean for Academic Programs at the University of Virginia and Florence Jones-Clarke, a former ANA Director-At-Large. Our breakout session topics included oncology nursing, pediatric nursing/PNP, information about AAMN, PhD vs DNP, how to prepare for a nurse externship, nurse anesthesia and much more. Thank you to all who attended, I hope the day was as fun for you as it was memorable for me!

As my time comes to an end I just want to express my appreciation for having the opportunity to serve on the Board of Directors. VNSA promotes and develops leaders throughout the state of Virginia and I look forward to meeting you all at Convention.

*Leah Lankford*

VNSA Breakthrough to Nursing Director, 2012-2013

**VNSA BOARD DIRECTOR**



## A LETTER FROM THE



## *Member at Large*

Dear VNSA,  
Welcome to the VNSA Annual Convention! My name is Lilay Gebreselassie, I am the Director at Large of VNSA (2012-2013). It has been a great pleasure serving the Virginia Nursing Students Association Board of Directors for the past two years. I am proud to say that we have had great participation and commitment from nursing students throughout the state. However, it's not to say our job is done. As student leader in nursing, we hope to influence those who have not had the opportunity to participate in their local or state level

leadership opportunities and we applaud all of you who have been empowering other nursing students at your school chapters.

I believe your leadership role as student nurses will pave your path to a successful career and future educational endeavors. As leaders of VNSA, we promote diversity in the field of nursing and facilitate great networking opportunities for nursing students in the state of Virginia as well as nationally. I am a firm believer that the success of an organization is determined by the engagement and dedication of its leaders. Therefore, I encourage you to stay engaged and invested in your nursing organizations by designing and implementing your innovative ideas. It is also significantly important to mentor prospective student leaders who will be the future leaders in nursing!

Lastly, I would like to thank you for giving me the opportunity to serve you on VNSA board.

It has been a great privilege working with nursing students throughout the state of Virginia. I encourage each of you to become active in your organization and explore the immeasurable opportunities nursing has to offer. I wish you great success as you become the Nurse of the Future!

Sincerely,

*Lilay Gebreselassie*  
VNSA Director at Large, 2012-2013

## *RN Advisor*

*Arwen Quinn*  
VNSA RN Advisor, 2012-2013



**VNSA BOARD DIRECTOR**

## A LETTER FROM THE



## *Faculty Advisor*

Welcome VNSA members and faculty,  
Let me take this opportunity to welcome you to the University Of Virginia School Of Nursing. During the past several weeks, our Virginia Nursing Student Association (VNSA) board has been working diligently on preparing for this convention. I have been impressed by the hard work and commitment of this VNSA board. You will have the opportunity to hear many experts from pediatric nursing to flight nursing to international nursing, etc.

We want to thank Dean Fontaine for her generosity in allow-

ing us to use the UVA School of Nursing for our convention. We thank all the nurses, faculty, staff and others who have contributed their time and expertise in making this convention a success. I would encourage all of you to attend the National Student Nurses Association (NSNA) Convention which will be held in April in Charlotte, North Carolina. Further information is available on [www.nsna.org](http://www.nsna.org) the NSNA convention offers an exceptional experience with nursing speaker speaking on many topics and trends in nursing. This convention promises to impact your professional nursing career.

VNSA is joining forces with NSNA and other state and local NSNA chapters in promoting leadership and service in nursing students. Serving on the VNSA board is a tremendous experience. The VNSA board successfully implemented the VNSA Breakthrough to Nursing Luncheon. Many students from across Virginia attended this luncheon at Virginia State University (VSU) in Petersburg, Virginia. VSU and VNSA were partners in planning this event. Thanks to the faculty advisor, Ms. Frances Montague, other faculty and the student chapter of NSNA, the event was a tremendous success.

Starting with the election of the new VNSA board, we will also be electing students to committees. Please encourage your nursing students to apply for the VNSA board as well as the committees. These committees will be a great opportunity for nursing students to contribute and to learn more about VNSA and NSNA.

I encourage each of the faculty to offer "Leadership University" at your schools. This was started by NSNA to promote leadership and service in nursing students. This elective gives students incentive and academic credit to be involved with leadership activities. There are examples of syllabi on the NSNA website at [www.nsna.org](http://www.nsna.org) as well as my syllabus is available at [www.vnsa.us](http://www.vnsa.us).

Again, I thank for you attending the VNSA convention. Have a great time and hope to see you in Charlotte.

Best,  
*Carol Lynn Maxwell-Thompson*, RN, MSN, FNP-C  
Faculty Advisor for VNSA



A Special  
*Thank you*  
to...

Thank you Bon Secours Richmond Health System for being a Platinum Sponsor and for helping to ensure the success of the 2012-2013 61st Annual VNSA Convention!

A large photograph of a smiling woman with long brown hair, wearing a blue shirt. Overlaid on the image is a white graphic with the text 'good help...' in blue, with 'good' on the top line and 'help...' on the bottom line. Below this, in smaller text, it says 'begins with great nurses'.

At Bon Secours, we know good help™ begins with good people. We offer a unique work environment filled with compassion, trust and teamwork.

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**Summer Nurse Externship Program**

- Full-time, eight-week, paid summer program
- Runs from June 3 - July 26, 2013
- Applications currently being accepted through Friday, February 8, 2013. Please apply online at [careers.bonsecours.com](http://careers.bonsecours.com) for your facility of preference.

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**BON SECOURS HEALTH SYSTEM**

Good Help to Those in Need®



It's time for a...

# Lunch Break

11:45am-1:15pm

There are various restaurants on the corner available for you to choose from today! Many are offering you discounts, as well.

Restaurants on the Corner

- |                           |                            |
|---------------------------|----------------------------|
| Bodos Bagels              | Mellow Mushroom            |
| The Virginian             | Jimmy John's               |
| No. 3                     | Take it Away Sandwich Shop |
| Trinity Irish Pub         | The biltmore               |
| Littlejohns New York Deli | Christian's pizza          |
| Qdoba                     | Revolutionary soup         |
| The White Spot            | Lemongrass                 |
| Boylan Heights            | Baja Bean Company          |

DIRECTIONS

Leaving McLeod Hall take a right past the Medical Education Building towards the light. At the Corner underneath the light and Health Sciences Library Bridge, turn right and head up the sidewalk. Take that road to the end facing University Baptist Church. Cross the street and turn left. The first restaurant will be Jimmy John's on your right and the rest of the restaurants will follow either on the main road or on the side roads.

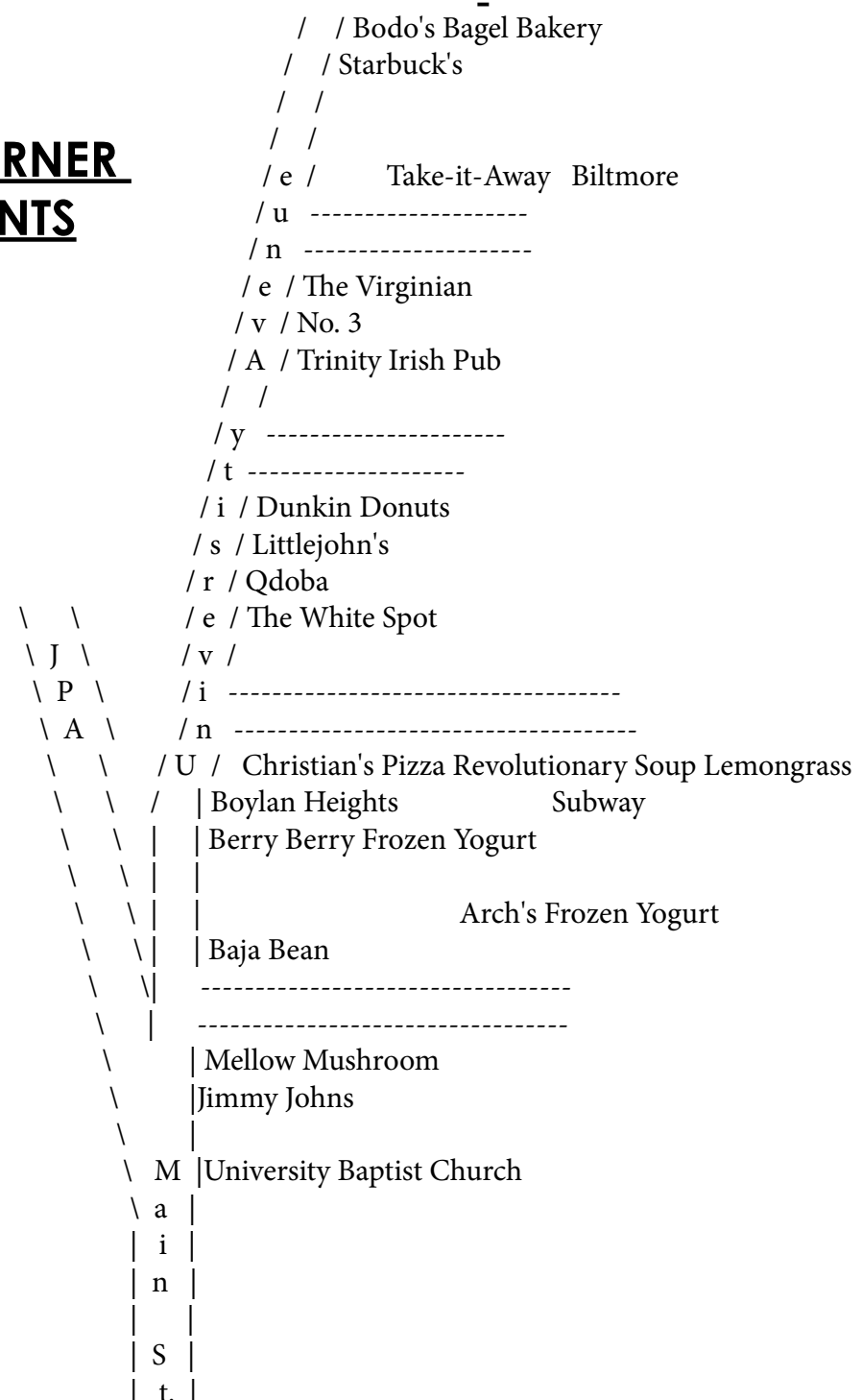
Leaving Claude Moore Nursing Education Building turn left past the Medical Education Building towards the light. At the Corner underneath the light and Health Sciences Library Bridge, turn right and head up the sidewalk. Take that road to the end facing University Baptist Church. Cross the street and turn left. The first restaurant will be Jimmy John's on your right and the rest of the restaurants will follow either on the main road or on the side roads.



DIRECTIONS BACK

From the Corner head up University Avenue in the direction towards Jimmy Johns. At University Baptist Church cross the street and head down the sidewalk towards the Health Sciences Library Bridge and light. Go underneath the bridge and turn left towards the Medical Education Building and the Nursing Education Buildings. McLeod Hall will be on your left and Claude Moore Nursing Education Building will be on your right.

MAP OF CORNER RESTAURANTS



If you are having difficulty locating your way back, please feel free to ask a volunteer!!

# 2012-2013 VNSA CONVENTION EXHIBITORS

Culpeper Regional Hospital  
D & D Nursing Educators  
Elsevier

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# MAIN VNSA SPEAKERS



## *Keynote* SPEAKER

### **Janie Heath, PhD, APRN-BC, FAAN**

Dr. Heath has made numerous contributions to advance nursing leadership and public health in numerous areas, including tobacco control in acute and critical care nursing. She is currently the Chief Academic Officer at the University of Virginia. Dr. Heath has published numerous articles and manuscripts, worked in many areas to improve smoking

cessation, and has received numerous awards throughout her career. She graduated with her Associates degree and Bachelors of Science degree in nursing from Cameron University in Lawton, Oklahoma. She received her Masters of Science degree from the University of Oklahoma, her post-masters certificate in adult and acute care nurse practitioner from the University of South Carolina, and her Ph.D. in nursing from George Mason University.

## *Endnote* SPEAKER

### **Diana J. Mason, RN, PhD, FAAN**

Dr. Mason is Editor-in-Chief of the American Journal of Nursing and co-author of Policy and Politics in Nursing and Health Care. Dr. Mason travels nationally and internationally lecturing about health policy and politics for nurses. Dr. Mason is involved in many other facets of nursing research, health policy and politics, and numerous other areas. She

has received various awards for her work including fellowship in the American Academy of Nursing, the Pioneering Spirit Award from the American Association of Critical Care Nurses, and many others. She is a graduate of West Virginia University where she earned her BSN, St. Louis University for her MSN, and New York University for her PhD.



# Host a Bone Marrow Drive at Your Nursing School



## Delete blood cancer by hosting a bone marrow donor drive at your school.

- Every 4 minutes someone is diagnosed with blood cancer. Every 10 minutes blood cancer takes a life.
- In the U.S., blood cancer is the second leading cause of all cancer deaths and kills more children than any other disease.
- Bone marrow transplants provide life saving treatments for patients with blood cancer or blood disorders.
- 70 percent of patients needing a bone marrow transplant rely on the bone marrow registry to find an unrelated donor.
- Because there aren't enough registered donors, the probability of finding a match is very low. This is why every new donor counts!



**Organize a bone marrow drive today and help save a life!**



# HOUSE OF DELEGATES

## Opening Session Agenda

Charlottesville, VA

President---Tomaris Smith

Virginia Nursing Student's Association Annual Business Meeting  
University of Virginia  
Saturday, February 2, 2013  
10:15- 11:45am

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 Agenda

Charlottesville, VA

President---Tomaris Smith

Virginia Nursing Student's Association Annual Business Meeting  
University of Virginia  
Saturday, February 2, 2013  
12:30 - 2:00pm

1. RECONVENE
2. 2013-2014 BOARD OF DIRECTORS ELECTIONS
  - a. APPOINTMENT OF TELLERS
  - b. CANDIDATE PRESENTATIONS
    1. CANDIDATE SPEECHES
    2. QUESTION & ANSWER
3. ANNOUNCEMENTS
4. ADJOURNMENT





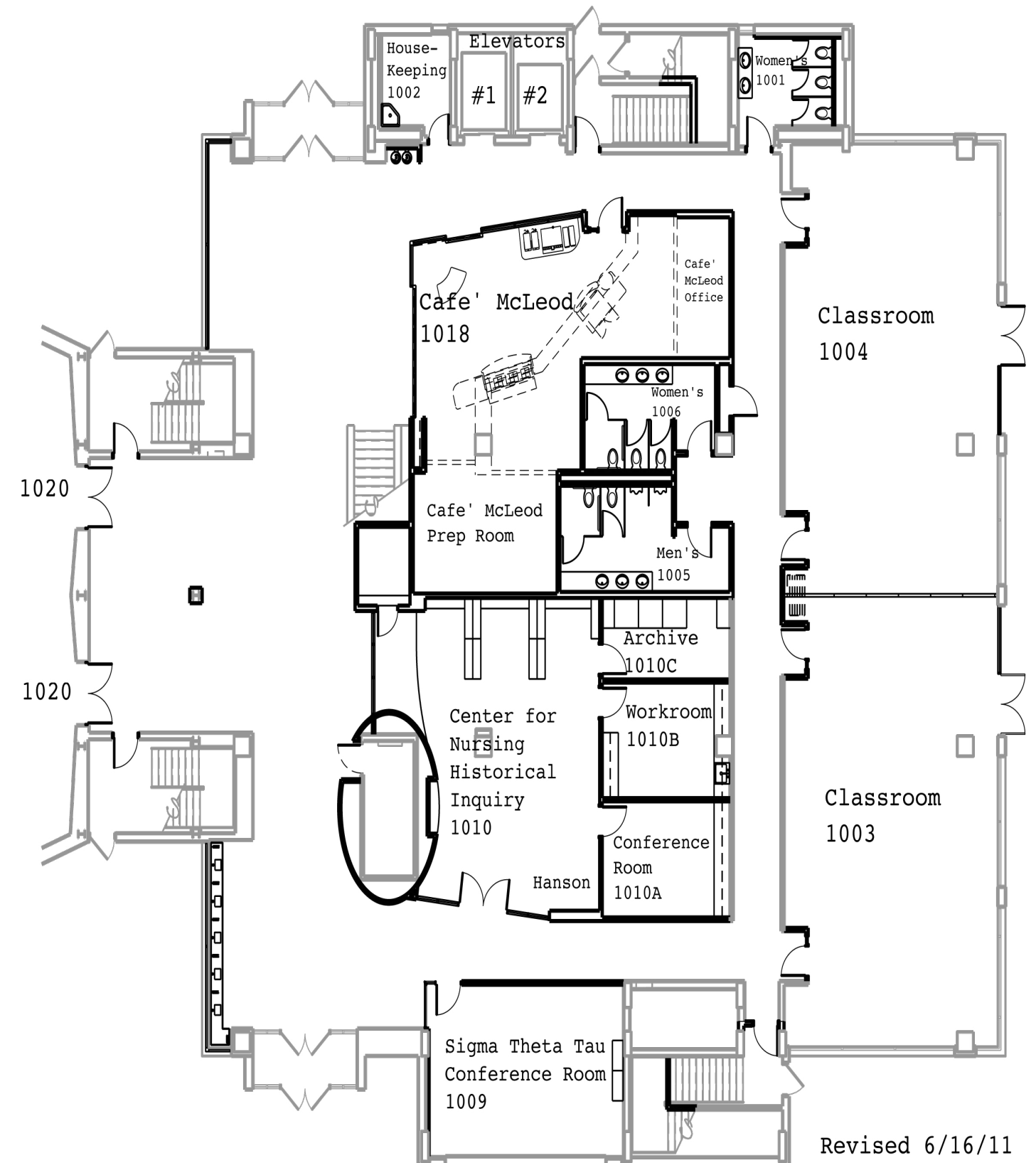
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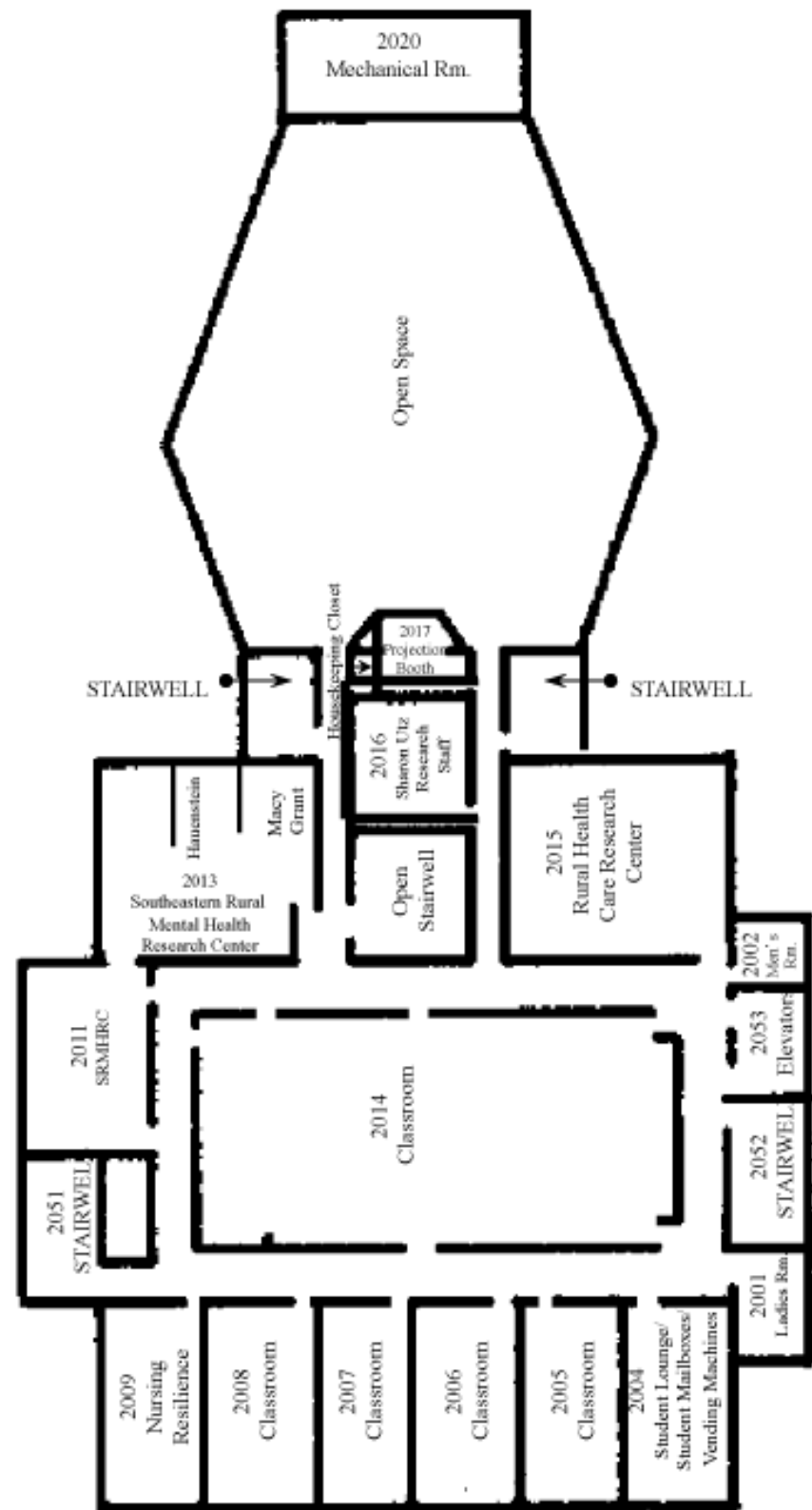


## MAP: University of Virginia School of Nursing 1st Floor Mcleod Building

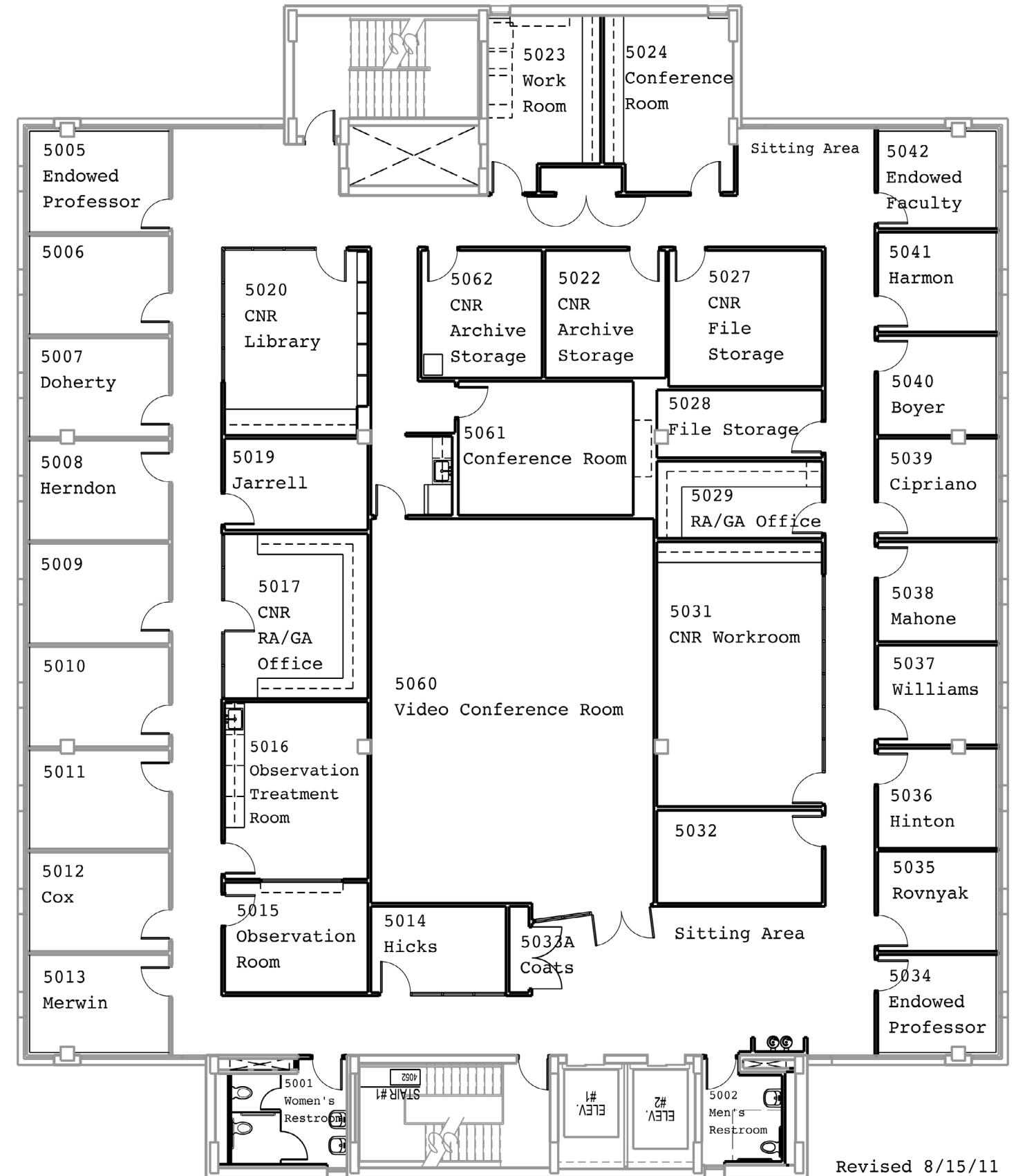


Revised 6/16/11

**MAP: University of Virginia School of Nursing**  
2nd Floor Mcleod Building



**MAP: University of Virginia School of Nursing**  
5th Floor Mcleod Building

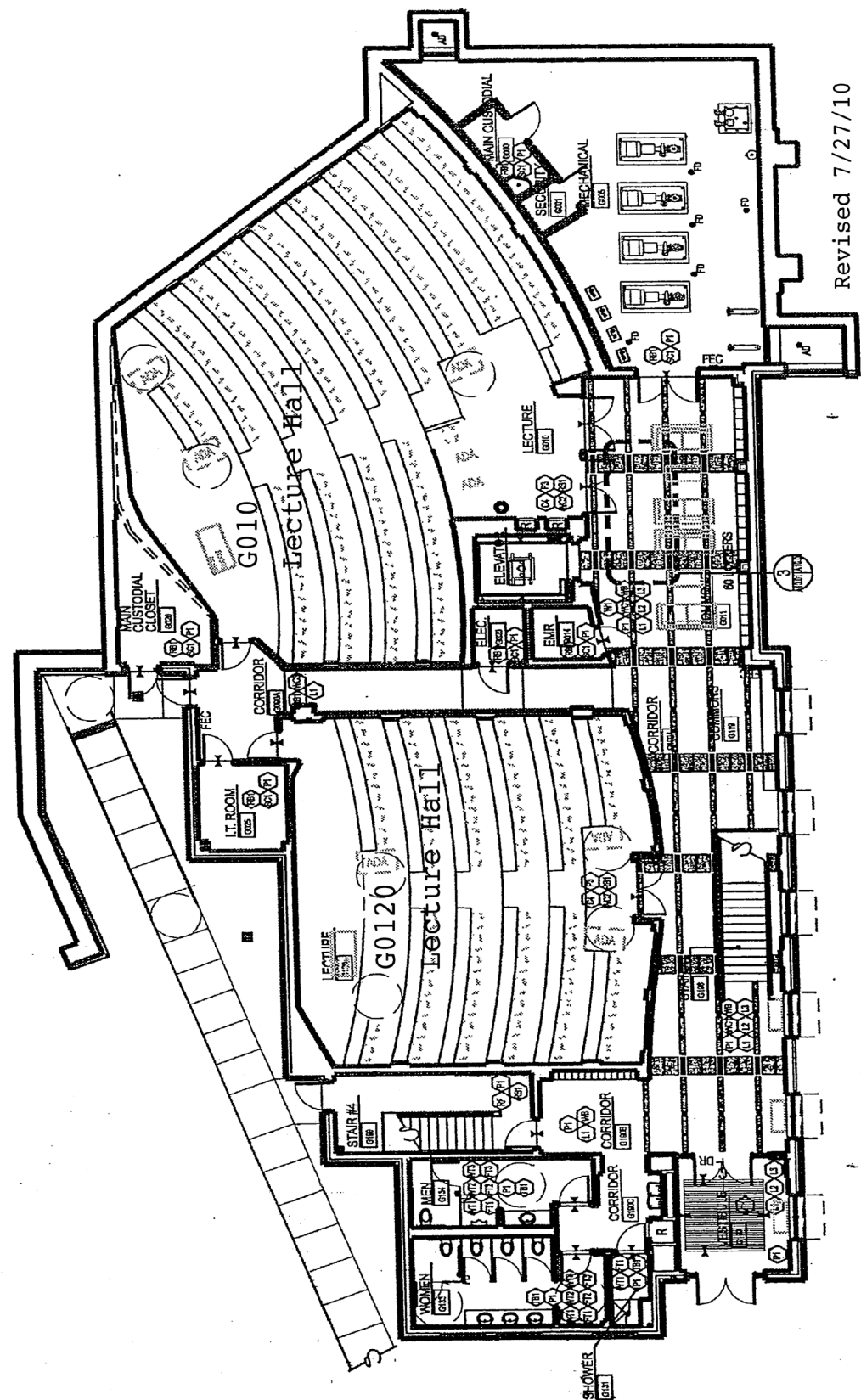


Revised 8/15/11



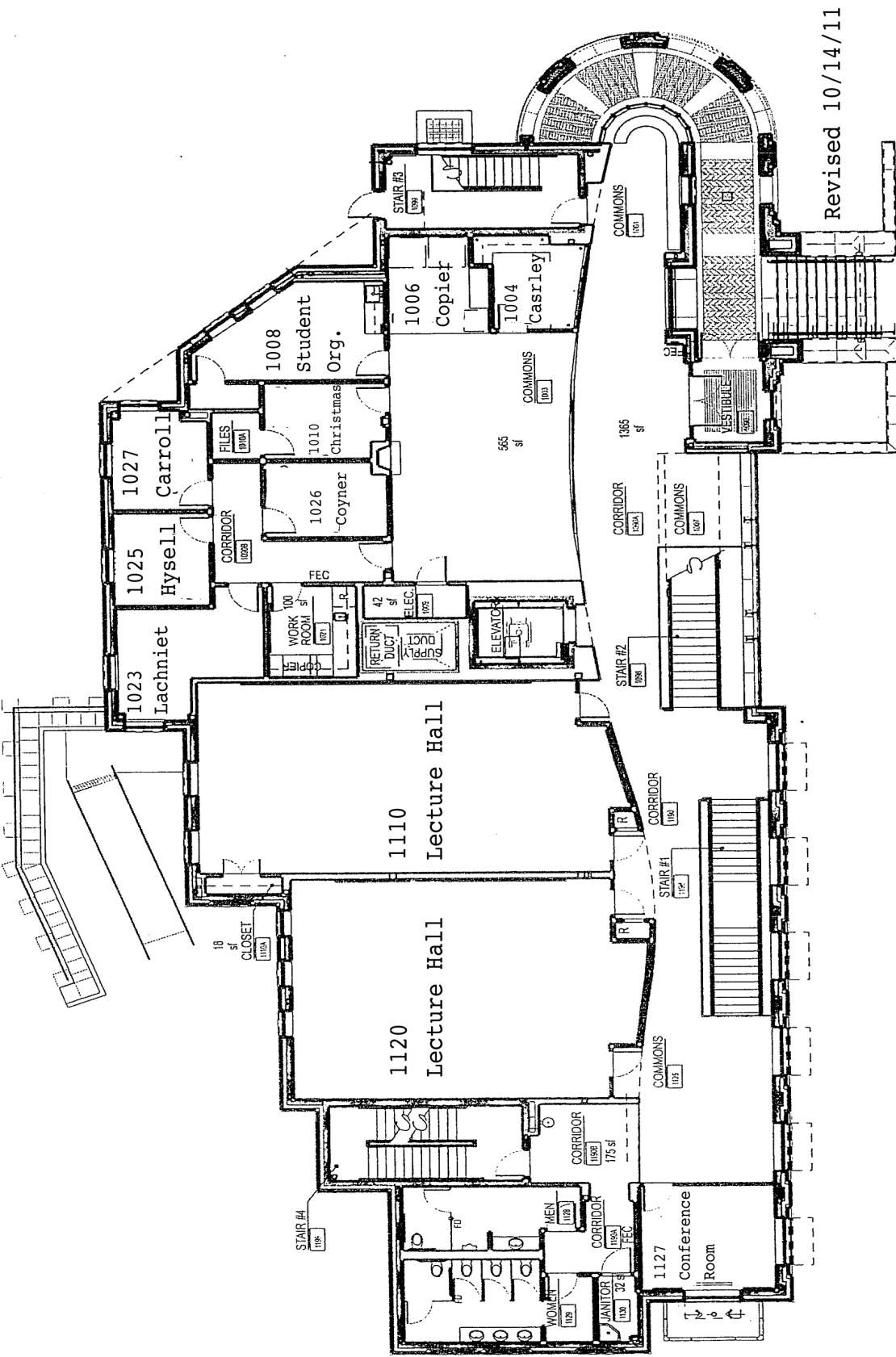
# MAP: University of Virginia School of Nursing

## Ground Floor Claude Moore Student Center

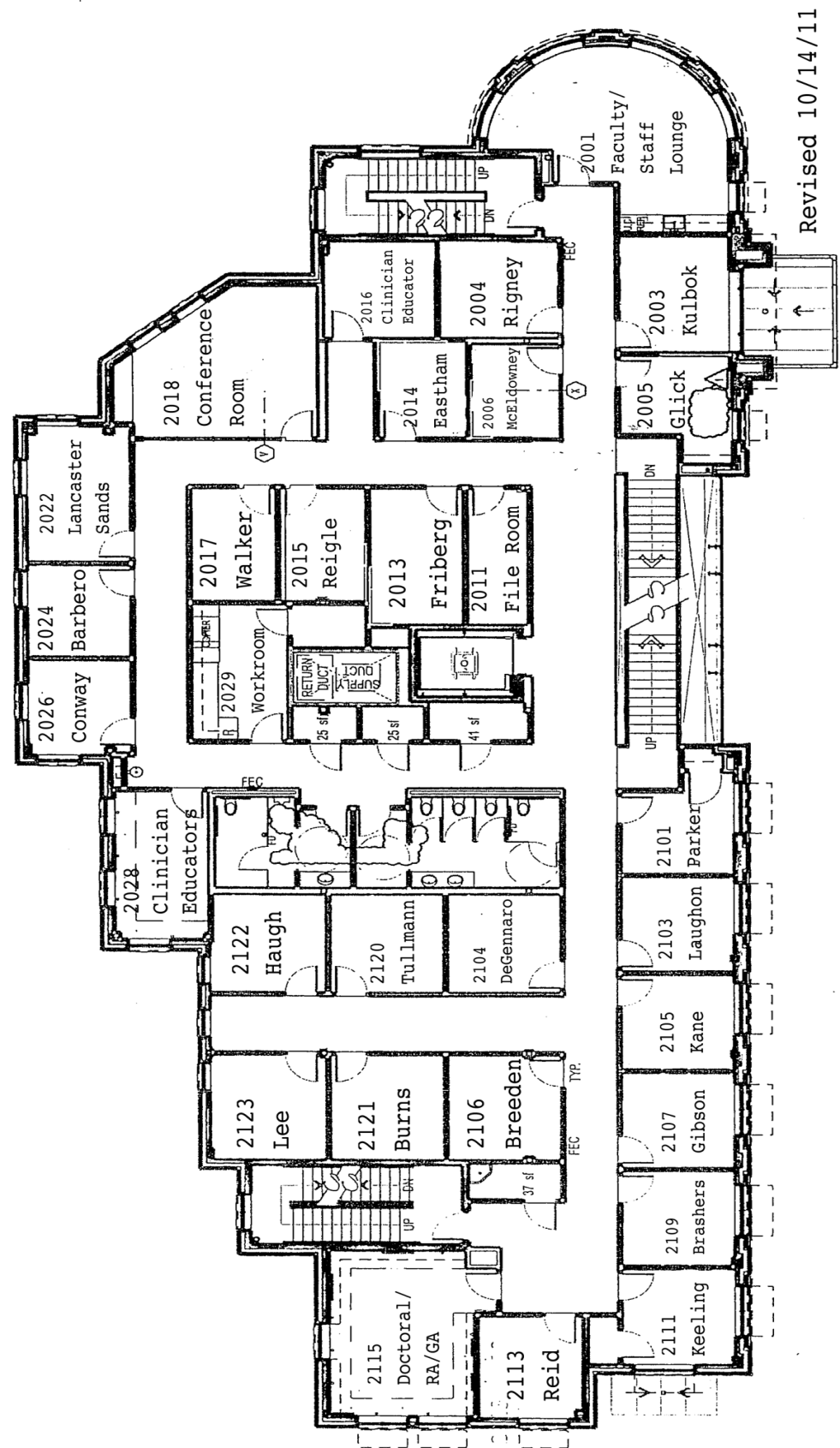


# MAP: University of Virginia School of Nursing

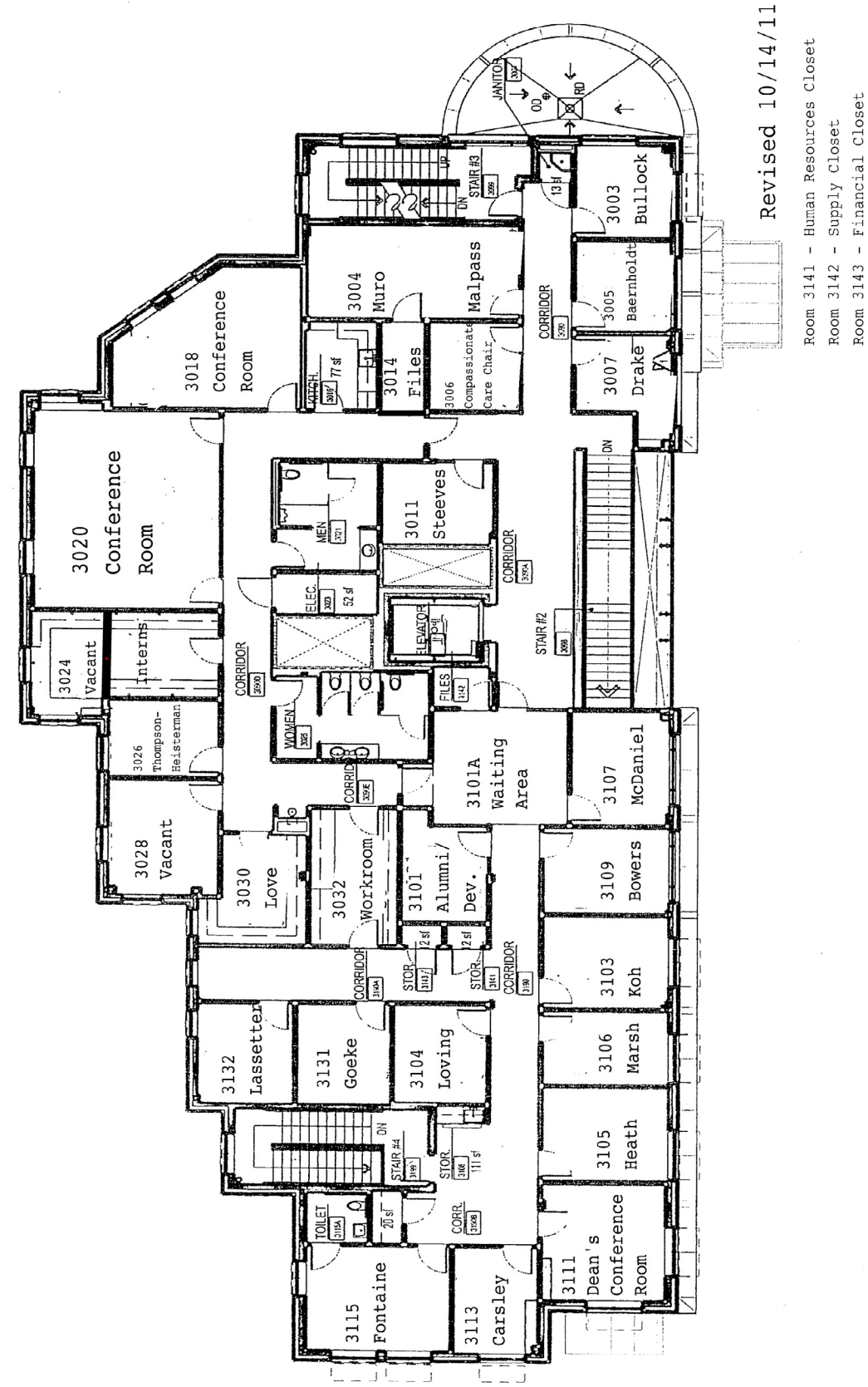
## 1st Floor Claude Moore Student Center



MAP: University of Virginia School of Nursing  
2nd Floor Claude Moore Student Center



MAP: University of Virginia School of Nursing  
3rd Floor Claude Moore Student Center





# VNSA WANTS YOU!

LEADERS WITH A PASSION FOR NURSING

## RUN FOR VNSA BOARD OF DIRECTORS

If you would like to run for the Board of Directors, you must fill out an application and attend the VNSA BOD: SERVING ON THE VNSA BOARD OF DIRECTORS Focus Session during **the first focus session 9:25 am - 10:05 am in CMNE 1110.**

For more information, please speak with Samantha Soloman, Nominations and Elections Chair.



**OPEN POSITIONS: PRESIDENT, 1ST VICE PRESIDENT, 2ND VICE PRESIDENT, SECRETARY, TREASURER, POLICY AND INITIATIVES DIRECTOR, BREAKTHROUGH TO NURSING DIRECTOR, DIRECTOR AT LARGE, TORCH EDITOR, HISTORIAN, NOMINATIONS AND ELECTIONS CHAIRPERSON, PUBLIC RELATIONS DIRECTOR, AND COMMITTEES.**