



THE STATUS POST

A PUBLICATION OF THE NURSING STUDENTS' PRESS
OF THE HUNTER-BELLEVUE SCHOOL OF NURSING
VOLUME VII, ISSUE III SPRING 2014

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HEALTH HEADLINES

BIONIC HAND WITH A SENSE OF TOUCH

by Dong Say Tan

LifeHand 2 Project was the mission that researcher Silvestro Micera and his team worked on for 15 years. In February 2013 they accomplished a prosthetic that allowed an amputee the feeling of touch in his hand. The prosthetic hand turned the tension from artificial tendons into electrical currents that stimulated implanted electrodes, which when attached to nerves on an arm allowed the wearer to control his prosthetic limb. The electrical currents were translated into understandable stimulation of the electrodes that constructed the “sense of touch.”

Dennis Abo Sorensen lost his hand in fireworks accidents during a 2004 New Year’s Eve celebration. In March 2013, the artificial hand was tested for the capability of touch after multiple preliminary tests. Dennis was

blindfolded while researchers placed random objects, such as cups and packs of gauze into his prosthetic hand. The results were astonishing: he was able to describe the shapes and the textures of the different objects. He described the moment, “Suddenly you could see my left hand was talking to my brain again and it was magic...I grabbed the object in my hand and knew it was round. It was a baseball” (USA Today, Bionic Hand Allows Amputee to Feel Again). Dennis was able to feel what he was touching; his brain understood the signals from a prosthetic hand and was able to make the hand do what his brain ordered.

As amazing as this technology is, sensory enhanced prosthetics will not be available for many years. Due to the safety restrictions in clinical trials, the electrodes were removed from



Photo Credit: <http://i2.cdn.turner.com/cnn/dam/assets/140205153125-bionic-hand-story-top.jpg>

Sorensen’s arm after 30 days. LifeHand 2 Project’s next step is to conduct clinical trials where electrodes will be implanted for months or even years to test for safety, efficiency and possible side effects of using such technology. In addition, the technology in making the prosthetics needs to be advanced requiring smaller and portable sensory prosthetics. The possibilities are endless; someday there may even be prosthetic feet.

Source: Bowerman, M. (2014, February 05). Bionic hand allows amputee to feel again. USA Today, Retrieved from <http://www.usatoday.com/story/news/nation/2014/02/05/bionic-hand-amputee-feels/5229665/>

Artwork by Keisha Pilos



LINKING SLEEP & DEPRESSION IN TEENS

by Ha Eun Kim

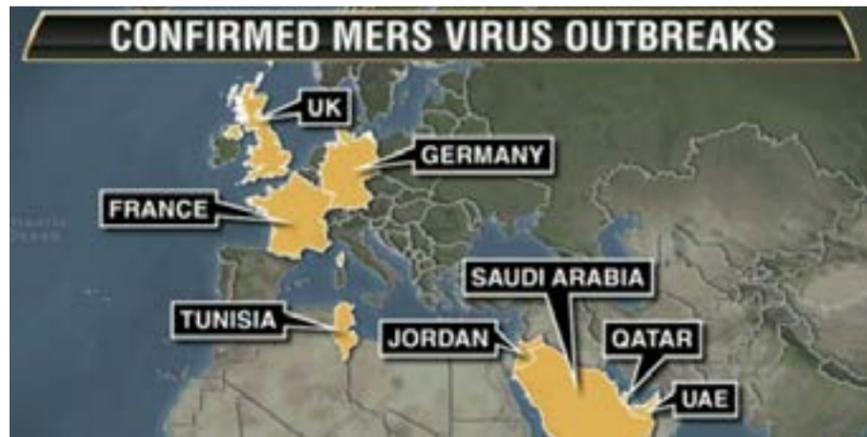
It is no surprise that teens these days are lacking sleep. With enhanced technology and an increasing amount of time spent in cyberspace, there are just not enough hours in the day. Before all of these upgrades in high tech industrial science, adolescents went to sleep and woke up in a timely manner, but now abnormal and irregular sleeping patterns have become the norm. The Centers for Disease Control and Prevention advises nine to ten hours of sleep per day, but 70% of teens do not get adequate sleep. Researchers have discovered a strong and convincing relationship between the lack of sleep and the occurrence of depression and suicide in teenagers. Wasserman, the director of National Centre of Suicide Research and Prevention, designated these groups of sleep-deprived adolescents as the “invisible risk group” because parents and teachers frequently failed to notice that teens in this group were “hurting.” Evidence reveals that while overuse of the internet and lack of sleep can cause depression, already

depressed teens can use the internet to “avoid social interaction” or to “seek out help.” At this particular stage in life kids are struggling so much with an increased load of schoolwork, job responsibilities, and maintaining their social status, that sleep seems to be the farthest from their worries. However, if adults can detect sleep deficiency early on, assistance can be provided before things get worse.

Singh, M. (2014, February 06). [Web log message]. Retrieved from <http://www.npr.org/blogs/health/2014/02/06/272441146/less-sleep-more-time-online-amp-up-teen-depression-risk>

MERS-CoV: A PANDEMIC IN THE MAKING

by Sarah Roth



Ready or not, here it comes. In September 2012, a new virus was discovered in Saudi Arabia in a patient who suffered pneumonia and renal failure. Since then the virus, known as MERS-CoV, has multiplied, reaching 170 tested individuals and killing 73 of them. Very little information is known about this fatal virus that threatens to become pandemic. Researchers concluded, however, that MERS-CoV shares clinical manifestations with SARS-CoV, a deadly virus that has infected thousands worldwide. In an effort to discover more about this encroaching illness, 114 patients in 3 ICU's in Saudi Arabia were tested for MERS-CoV; only 12 of those patients tested positive for the new virus. Investigators followed these 12 cases and determined that the disease manifested as severe hypoxemic respiratory failure. Most of the patients also experienced shock, acute kidney injury, thrombocytopenia, or other extrapulmonary manifestations. It was noted that MERS-CoV is more common in those with comorbidities such as diabetes, renal disease, and heart disease. Additionally, since 3 of those 12 individuals were health care workers, the virus is thought to be transferred via human-to-human contact. Editorialists, Trish M. Perl, MD, from Johns Hopkins University School of Medicine and Bloomberg School of Public Health in Baltimore, Maryland and her colleagues, commended the researchers of MERS-CoV for their

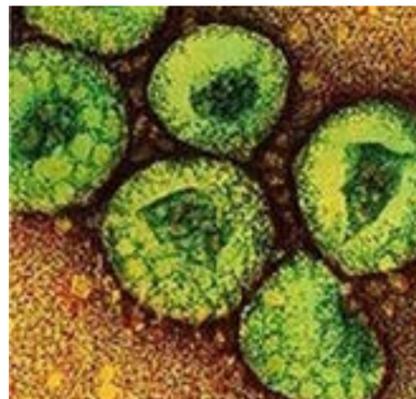


Photo credit:
Top: <http://www.pentagonpost.com/wp-content/uploads/2013/05/mers.jpg>
Bottom: <http://itsinterestingdotcom.files.wordpress.com/2013/05/mers-cov.jpg?w=614&h=345>

work, affirming that, "focus on the health care setting may prevent continued human-to-human transmission among at-risk patients" (Barclay, 2014). Further research considered the prevalence of MERS-CoV in already sick individuals (those in the hospital setting) and the human-to-human contact rampant in healthcare centers. Of the 12 individuals diagnosed with MERS-CoV in the study, only 5 lived past 90 days. MERS-CoV is a disease that demands attention, taking the lives of its victims in more than 50% of studied cases. Various treatments such as antivirals, convalescent serum therapy, and therapeutic drug options, will need to be developed to prevent future casualties.

Source: Barclay, M. (2014, January 27). [Web log message]. Retrieved from <http://www.medscape.com/viewarticle/819763>

ATTENTION NURSES!
CDC UPDATES ADULT
IMMUNIZATION
SCHEDULE

by Emilie Dabrowski

There is a new 2014 adult immunization schedule. The Centers for Disease Control and Prevention (CDC) has an Advisory Committee on Immunization Practices (ACIP) that reviews CDC's Recommended Adult Immunization Schedule to make sure it reflects current clinical recommendations. The following vaccine recommendations have been changed.

- Influenza: Can use RIV or IIV in people with hives-only reaction in allergy to eggs (since no egg protein).
- Td/Tdap: For unvaccinated people 11 years and older, single dose of Tdap, and Td booster every 10 years afterwards.
- Zoster and HPV: Healthcare workers are not indicated for vaccination.
- Hib: Recommended to unvaccinated adults at increased risk for Hib, with exception of HIV individuals (since have low risk for Hib infection). Individuals with successful hematopoietic stem cell transplant are recommended three doses of Hib vaccine 6 - 12 months after transplant (prior Hib vaccination status disregarded).

Take an in depth look at the full ACIP recommendations at: <http://www.cdc.gov/vaccines/hcp/acip-recs/index.html>

Source: [Web log message]. (2014, February 05). Retrieved from <http://news.nurse.com/article/20140205/MS02/302050006>

'AVONTE'S LAW': Pushing for Closer Monitoring of Autistic Children

by Anna Liefshitz



Subway riders in New York City heard about him for weeks during the winter of 2013. His name was Avonte Oquendo "last seen wearing..." The nation searched for the missing boy who had autism and was non-verbal for over three months after he walked out of school in October 2013. His remains were found and laid to rest in January 2014. It took his death to mobilize a proposal to use existing technology to track children with autism who wander or run away from safe spaces or adult supervision. According to research, wandering behavior is common among children with autism. It was also documented that those who go missing are in danger of drowning, injuries related to traffic accidents and death. In addition, the behavior of running away places significant stress on families of individuals with autism; this increases their fear for their child's safety and decreases their interaction with the outside environment, promoting further isolation from the community. Senator Charles Schumer of New York State has proposed "Avonte's Law," which would expand on an existing Department of Justice program that provides tracking devices for people with Alzheimer's. The new law would help fund a program to provide electronic monitoring for children with autism. The fund would allow those parents who are interested in the device to access the equipment for free. According to Senator Schumer, this new program could be "a high-tech solution to an age-old problem."

Source: Nir, S. S. (2014, January 26). Schumer proposes 'avonte's law' to protect children with autism. *New York times*. Retrieved from http://www.nytimes.com/2014/01/27/nyregion/schumer-proposes-avontes-law-to-protect-children-with-autism.html?ref=health&_r=2

Photo Credit:
Top left: <http://www.icare4autism.org/wp-content/uploads/2014/01/20140126-avonte-law-schumer-petrsvab-1318-676x450-300x199.jpg>
Top Right: Avonte Oquendo <http://www.metro.us/wp-content/uploads/2013/10/Avonte-Oquendo.jpg>
Bottom: Guardian Bracelet <http://www.digitaltrends.com/wp-content/uploads/2013/10/Guardian-bracelet-on-wrist.jpg>

Correction: It has come to the attention of NSP that articles published on page 5 [Nursing News] in the Winter 2014 issue had the wrong names printed. "Community Hospital Saved by Protesters" was written by Sarah Roth. "Bellevue Nurses Vote 92-18 in Victory Election" was written by Maria Ponce.

New York State Granted \$8 Billion

by Yael Palgon

The Obama administration decided to give an eight billion dollar Medicaid adjustment to help stabilize hospitals in Brooklyn and help make the delivery of healthcare more efficient. Governor Andrew Cuomo lobbied to receive these grants, and stated that other states received requests for grants, while New York State has not. Cuomo originally requested ten billion dollars, but the White house agreed on eight billion. This Medicaid waiver would allow the state to allocate funds differently. Cuomo stated that this was a positive step and should help the state

of hospitals in Brooklyn. Joanne Peters, a federal spokeswoman, said that she is excited to work with New York State in achieving reform in the allocation of healthcare in New York State. Senator Schumer, who made a deal with Kathleen Sebelius, the secretary of health and Human services, said this would help keep certain hospitals open. It's unclear how the money will be allocated. There is hope that the money will be used to keep hospitals such as Interfaith Medical Center and Long Island College Hospital in Brooklyn. Mayor de Blasio believes the waiver can help keep hospitals open,

but he is not providing details on how he would actually like to put the money into effect. He's open to making Long Island College Hospital into a combination of a "free-standing emergency room, clinic services and affordable housing." There is hope among New York politicians that this will stop New York City hospitals from closing. Hopefully this money will be put to good use by helping to prevent more hospital closures in New York City.

Source: Hartocollis, A. (2014, February 13). Federal agency and new york state are in accord over \$8 billion medicaid waiver. *New York times*. Retrieved from <http://www.nytimes.com/2014/02/14/nyregion/federal-agency-and-new-york-state-are-in-accord-over-8-billion-medicaid-waiver.html>

H B S O N : Newly Elected Officers!

HBSNA President: RAY ANTHONY GEJON

As president I hope to work with the other officers to live up to and exceed the expectations of those who voted us into office. During my term, I want to bring the students of HBSON closer together as well as provide them with opportunities to give back to the greater community. I also want to hear what YOU have to say because your input can enhance nursing education and make it a fun, interactive, and enriching experience. - Ray Anthony Gejon

HBSNA Vice President: RUDOLF RAMOS

While I'm in office I hope to strengthen the bonds between us – the STUDENTS. We come from all walks of life, but I truly believe we are a family and I want us to be able to help each other out. We may have been accepted separately, but we're learning and graduating together. - Rudolf Ramos

HBSNA Treasurer: ALICE YAU

As the newly elected HBSNA Treasurer, I have big plans to first work with the current treasurer to determine my exact duties. Secondly, I would like to implement some great fundraising initiatives, combining fun and money (my two biggest passions after nursing). I plan to host HBSNA's first PowderPuff Football Tournament in the spring, as well as a couple of date auctions. It is very important to me that nursing students remember to have some fun alongside their studies. Again, I am so thrilled to be taking on the role and responsibilities of HBSNA's new Treasurer! - Alice Yau

HBSNA Secretary: NANCY NGOK

I was the secretary for The Young Entrepreneur's Association at Brooklyn Technical High School, which provided me with the experience needed for this secretarial position. I'm detail-oriented and extremely organized – traits that I'm sure are crucial for a secretary to have. I can assure you that you have elected someone who will not only support the other officers but will also provide feedbacks and ideas to better ensure that you receive the best benefits from being a HBSNA member. In office, I will be working closely with all officers especially the President, Communication Director, and Community Health Directors to see that we are providing you all with the latest information about our school, board meetings, and our community health projects. - Nancy Ngok

NSP President: AMIRAH YASIN

I hope to make the newspaper more widely read and keep it interesting and informative. As the NSP president, I will ensure everyone has equal opportunity to share their thoughts through the paper! I have a lot of new ideas to keep the newsletter fresh, educational, and fun. I look forward to working with everyone to keep HBSON a well-read, expressive, and informed nursing student body! - Amirah Yasin

NSP Vice President: JENNY KIM

I am extremely excited to take on further responsibilities as NSP Vice President to bring relative and interesting nursing news to our school. I will work assiduously and cooperate with fellow officers to provide fun and creative newspapers. Please continue to support and participate with NSP, and thank you again for all your support! - Jenny Kim

NSP Treasurer: DANIEL CHOI

With my new position as NSP treasurer, I will work readily with other officers to continue the success of NSP. As the treasurer, I will budget and allocate meticulously in order to keep the paper available and perhaps increase the frequency of issues. As part of the team, I would also love to start events, such as the idea our new secretary proposed: ice cream! - Daniel Choi

NSP Secretary: MARIA PONCE

During my elected year as the secretary of NSP, I hope to increase student involvement in NSP as well as the circulation of the newsletter to nursing students and prospective students. My main goal is to uphold the NSP newsletter to a high standard of reference of the HBSON community and commitment. - Maria Ponce

DIRECTORS

Communications Director: MEREDITH SERBANICA

Thank you all for voting me your new Communications Director! I plan to improve the efficiency of our Facebook group by increasing its organization, pinning updates every Sunday night in regard to upcoming activities for that week, and encouraging all of you to post pictures and announcements in order to enhance community participation. I look forward to supporting the President and Secretary in executing correspondence and ensuring that all parties involved are made fully aware of the details of our events and activities. - Meredith Serbanica

Community Health Director: KRISTINE SY

I have always had an affinity to work with women and children. I plan to incorporate that passion into community health initiatives as the Community Health Director next year. I plan to get as many students informed and involved as possible so that the HBSON community can make a huge impact on local and international community health needs. Lastly, I want to make the Community Health Committee successful by collectively planning and participating in a variety of exciting events. - Kristine Sy

Hand-in-hand for the Philippines

by Daniel Choi

The Hand in Hand benefit concert was held at the Bowery Electric on Saturday, March 1st in order to raise funds for the College of Nursing at the University of San Carlos in the Philippines after the devastating raze of Typhoon Haiyan, also known as Typhoon Yolanda. The event attracted upwards of a 150 attendees. Powerhouse performances from Phil Cohen, Ray Anthony Gejon, Lawrence Joseph, Sarde Gumalo, and the Lucky Chops brass band consisted of renditions of Michael

Jackson's Billie Jean, Beyonce's Crazy in Love, and a number of heart-wrenching originals, filling the venue with melodious voice and heart-thumping music. The artists teamed together in order to assist with the Philippines' recovery process after the wake of Typhoon Yolanda, which ravaged the country back on November 8th of 2013 and killed at least 6,201*. Four organizations came together in order to establish and sponsor the event: the University of San Carlos -- College of Nursing

Alumni Association, Sigma Theta Tau - Alpha Phi Chapter, the Hunter-Bellevue Student Nurses' Association, and the Nursing Students' Association of New York State. Approximately \$1,200 was raised from raffling off dates with some of the artists, collecting entrance fees, and from generous donations. A small bake sale during the event also contributed to the total, raising \$67 by selling delicious, home-made cupcakes and brownies.

Source: National Disaster Risk Reduction and Management Council, (2014). Effects of typhoon yolanda (104). Retrieved from NDRRMC Proactive website: [http://www.ndrrmc.gov.ph/attachments/article/1125/Update Sitrep No. 104 Effects of TY YOLANDA.pdf](http://www.ndrrmc.gov.ph/attachments/article/1125/Update%20Sitrep%20No.%20104%20Effects%20of%20TY%20YOLANDA.pdf)



Photo Credit: <http://violagophoto.tumblr.com/>

Hunter Nursing Students Get Certified in Dementia Care

by Ayla Winkler

It is estimated that as many as 5.1 million Americans may have Alzheimer's disease. The disease is also among the top 10 leading causes of death in the United States. Considering these statistics, it is extremely important that future nurses stay educated and learn the proper techniques necessary to care for persons affected by the disease.

Thanks to a grant from the Rudin Foundation, Hunter nursing students had an opportunity to enhance their knowledge and skills in caring for patients with Alzheimer's disease and dementia. On two separate occasions, representatives from the Alzheimer's Foundation of America (AFA) visited

the Brookdale campus for an all-day training session. The training provided the students with essential information on how to safely and effectively care for individuals with Alzheimer's disease and related dementias.

Throughout the day students learned the principles of dementia care with a focus on providing patient-centered care and the importance of effective communication. Since individuals with Alzheimer's or dementia may lose the ability to perform basic living skills, the students split into groups and completed an exercise that taught methods of managing activities of daily living such as dressing, feeding, and

bathing. The students were taught how to handle the behavioral changes that often result from dementia as well. Upon successfully completing the training program, students were certified as AFA Qualified Dementia Care Providers.

Although the training was an all-day affair, it was interactive, which encouraged participation and helped the students open up about their thoughts and experiences. The event was truly worthwhile and provided the students with the tools to become well-rounded caregivers.

Source: About alzheimers. (2014). Retrieved from <http://www.alzfdn.org/AboutAlzheimers/statistics.html>

DIRECTORS

Pre-Nursing Liason: FELIPE ARAYA

I first want to thank everyone for the opportunity to be the new HBSON Pre-Nursing Liaison. I'm sure we all remember being incredibly anxious and confused during the application process for the nursing program. I want to be available to any new undergraduate student who is looking to find more information about this amazing program. I would also want to represent the program at the undergraduate nursing info sessions whenever possible to share personal experiences and insight about the program. - Felipe Araya

Director of Professional Development: ANA WHITE

As the Director of Professional Development, I hope to prepare all Nursing students for the professional realm, including the responsibilities and roles that they are capable of performing. I will hold events to prepare them for interviews, resumes, and interactions with possible employers. - Ana White

THE
STATUS POST

A Publication of the
Nursing Students' Press

Room 525 West
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New York, NY 10010

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Spring 2014
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Staying Healthy Pays Off

by Renata Berrios

It is undeniably true that we exist in a society governed by the notion that “bigger is better” and that the most expensive is automatically the best. Thus, receiving more medical interventions and spending more time in the hospital becomes desirable as a measure of better care. However, we have been constantly told that the healthcare industry in the United States is moving away from intensive hospital or “sick” care, to preventive care.

Dr. Marco Huesch, assistant professor at the University of Southern California Price School of Public Policy and the Duke University Fuqua School of Business, claimed in a interview that this shift toward preventive care will lower overall healthcare costs. By encouraging healthier behaviors, health professionals would avoid expensive medical interventions for their patients. Dr. Huesch also suggested that a financial incentive for patients with healthy behaviors is a viable reality, and that physicians may be reimbursed by avoiding unnecessary tests and referrals. People would benefit by staying healthy and institutions would benefit from lower costs.

Keeping people healthy and reducing the preventable, chronic conditions that plague our current society is certainly an appealing ideal; however, is our society ready for such changes? Would these measures be so successful to the point that the incidence of costly procedures would truly be lowered? Would potentially beneficial, complex diagnostic tests be discouraged based on cost management? What about socioeconomic differences? Would people with less access to healthcare be harmed?

In a society where social, economic, and political dynamics are so complex, obtaining such results from this new perspective may not be an easy task. People’s access to healthcare and the business-like tendency of healthcare agencies must be taken into consideration. Preventive care will certainly continue to evolve, but the extent to which it will impact healthcare costs and true disease prevention remains to be seen.

Source: Szczerba, R. J. (2014, February 06). Why your insurance company will pay you to take your medicine. *Forbes*. Retrieved from <http://www.forbes.com/sites/robertszczerba/2014/02/06/why-your-insurance-company-will-pay-you-to-take-your-medicine/>



Artwork by: Yoomi An



Photo Credit: <http://thefeministwire.com/wp-content/uploads/2012/03/health-care-money.jpg>

CVS Quits: Pulls Cigs from Shelves

by Tyre Hodges



Artwork by: Nehrin Hussain

CVS, the largest drug store chain in the U.S., is making an unprecedented move by slowly phasing out tobacco products. All CVS pharmacies, which exceed 7,600 in number, will be completely tobacco-free by October 1st of 2014. As a pharmacy, CVS sells medications and other products to help patients treat a wide array of diseases, such as diabetes, hypertension, and heart disease, so the idea of a pharmacy selling cigarettes is becoming more and more absurd these days. Dr. Troy Brennan, CVS’s chief medical officer, said that it is “really antithetical...to have a product [tobacco] in our store, which actually causes these kinds of diseases which we provide treatment for.” Pharmacies such as CVS now offer more patient counseling, outreach

services, and wellness programs than ever before, including having a primary care provider on staff to see patients and answer their questions.

Dr. Brennan brings up an interesting point; how can CVS promote wellness, but peddle products like cigarettes, which only work against a person’s health and wellness? I can imagine many an ironic transaction when a cashier rings up a bottle of multivitamins, a warfarin prescription, and a carton of cigarettes. CVS should be applauded for this decision to remove tobacco products from their shelves, but I should point out that one may still pick up plenty of other unhealthy vices there like candy, potato chips, and beer. While I agree with the company’s decision to pull tobacco, I am not sure that this will do much to get people to



CVSquitsforgood



Photo Credit:

Top: <http://www.mommyknowsbest.com/wp-content/uploads/2014/02/CVS-Tobacco-Free-MommyB.png>

Bottom: <http://www.councilforresponsiblegenetics.org/blog/image.axd?picture=2010%2F10%2Fcvcs.jpg>

stop smoking, or stop people from ever starting, which is the greater issue here. The CVS in town won’t sell cigarettes, but there is always the supermarket, the convenience store, and the wholesale tobacco store. I can only hope that more businesses will follow CVS’s lead and pledge to stop selling tobacco products.

Source: Krans, B. (2014, February 05). Cvs pharmacies to pull cigarettes from their store shelves. *Healthline News*. Retrieved from <http://www.healthline.com/health-news/addiction-cvs-stores-to-pull-tobacco-products-020514>

NSANYS 62nd Annual Convention:

by Alisa Jaganjac

Over three hundred participants packed the Holiday Inn Hotel in Midtown New York City for the Nursing Students' Association of NYS on February 22nd, 2014. The convention brought together students, faculty, and nursing leaders from across the state. The program schedule was packed with informational nursing sessions for students, including Jennifer Whalen Scholar winners, a fundraiser for Promoting Health in Haiti, resume review opportunities, and over 20 exhibitors.

OPENING CEREMONY & KEYNOTE SPEAKER



Linda Bulone, RN, OCN, CCRC, a Research Nurse Manager for Mt. Sinai Hospital at Queens Hospital Cancer Center, guided students along research trials and lessons learned in her nursing career. She expressed the importance of keeping an open mind to where your career may lead you.

Ms. Bulone also noted how important it is to not be afraid to take risks with opportunities of growth. If she hadn't taken risks on accepting different job positions, her career would not have bloomed as much as it did, and she would not have been able to make the effect she has in oncology research.



HBSON student attendance at convention was strong.



JENNIFER WHALEN SCHOLARS



Jennifer Whalen served as 1st Vice President for NSANYS while in nursing school and worked as an Emergency Department nurse at Elmhurst Hospital. Jennifer lost her battle with pancreatic cancer in December 2013. Jennifer will truly be missed. NSANYS presented the 2014 Jennifer Whalen Scholarship award to three nursing students. Recipients demonstrate promise of future professional contributions to nursing through strong academic standing, involvement in student nurse organizations, and community outreach activities related to health care.

BOARD OF DIRECTORS

Next year's NSANYS board of directors were voted in by delegates who represented various nursing schools in New York.



There R.N.'dless Possibilities

DAILY EVENTS!

There were an assortment of speakers paneling and sharing their knowledge and successes in the nursing profession. The first, and most popular panel of the day consisted of six nurse recruiters and nurse managers. No matter the title, all of these experienced panelists shared the "do's" and "don'ts" of resumes and interviewing. After the buffet lunch, breakout sessions offered information about how to get involved in professional organizations and the benefits of being involved. Specialty nurses shared descriptions of different nursing options and answered questions about their unique and intense specialties. Nurses working outside of the hospital shared information about their career paths away from the hospital, giving the nursing students insight into the possibilities outside of the generic acute-care hospital units.



EXHIBIT HALL & RESUME REVIEW



Students packed the exhibit hall to network with health care recruiters, schools of nursing, and publishers, among others. The exhibits are one of the biggest draws for students, who often bring business cards to the hall and are ready to speak with potential employers and graduate schools! In addition to gaining information and insight on further education and employee opportunities, the students were given the chance to review their resume with professional nurse recruiters, nurse managers, and successful nurses.



PROMOTING HEALTH IN HAITI



Promoting Health In Haiti (PHH) is a not-for profit organization whose mission is dedicated to educating nurses in Haiti. With higher educated nurses, they will be able to provide enhanced and complex care for the citizens of Haiti. Thanks to all of our participants' donations, NSANYS was able to fundraise over \$100 to donate to this wonderful organization. Your donation will have a tremendous impact on the life of a fellow nursing student.



Photo Credit: All images are property of NSANYS.



Hello everyone! It is such an honor to be given the opportunity to share my life after graduation with you. Exactly 8 months ago, May 2013, I graduated from HBSON. This has been one of the greatest accomplishments in my life. I initially decided to become a nurse because I grew up in a country where preventable and curable illnesses would often result in death, and I wanted to have a hand in changing that. I am proud to be a nurse and I am very excited to walk through the numerous doors of opportunity that await me, knowing the many lives I am going to touch through my passion for caring and my desire for change.

I currently work at NewYork-Presbyterian Hospital, Columbia Medical Center as a Staff Nurse on a general medicine unit. We care for patients with various conditions including Kidney and Liver related issues. We are also the only unit that practices peritoneal dialysis and photopheresis.

I would like to encourage you all to continue to follow your passion. Don't allow anyone tell you otherwise. There is a job out there and you will find one. The timing may vary from person to person but don't allow anyone discourage you. Nursing is a special profession and it is blessed to have you on board. Go out there and make an impact. Make sure your patients' remember your name and the quality care you gave to them. Be an advocate; never be afraid to speak up. I look forward to working side by side with you all very soon!



Oluwatobi Fashola, BSN, RN

After graduating from HBSON last May, I was fortunate enough to get hired at NewYork-Presbyterian Cornell, my dream hospital, on a 16-bed bone marrow and stem cell transplant unit. I'm currently in my sixth month on the job, and while the first months as a new nurse have been full of tremendous growth, it has proven to be very challenging, yet very rewarding. Going into a specialty is very hard as a new grad, but it is definitely possible! I had 4 weeks of orientation on the unit, but even after orientation someone is always there to help and answer questions. There is no "typical" day on my unit, as my patients' needs change with every lab result that comes back. I generally have 3-4 high acuity patients per shift, and for these patients, I administer blood products, chemotherapy, electrolyte repletions, PRNs for everything from nausea to pain, all in addition to the patients' scheduled meds. My shifts tend to go very quickly because I'm so busy, and being very organized is essential—no matter how much I have going on, I make sure to write everything down as it happens. My advice to all of you graduating is: don't expect to be a super nurse in a day. It takes a lot of time and the senior nurses make it look so easy, but you will get there too. Also, make sure you have a good support system in place. The first few months are a rollercoaster ride and you need people to support you when you want to cry and when you need to let loose and have fun. It is an amazing time and I hope all of you have an amazing experience in your first job like I am having! Good luck class of 2014!!!



Dianna Assalone, BSN, RN



Malaikah Abdul-Rahmaan, BSN, RN



Angela Plasencia, BSN, RN

My name is Malaikah Abdule-Rahmaan and I graduated from Hunter Bellevue School of Nursing in May of 2012. As many of you are aware, nursing school was (and probably continues to be for many of you) a long and challenging journey. It has its ups and it has its downs, but I can tell you with confidence that the sacrifice is 100% worth it. I was fortunate to have graduated one of the salutatorians of Hunter College and the valedictorian of HBSON. In June of 2012 I was hired by NYU Langone Medical Center and in July I took and passed the NCLEX. I began working in August. During the 18 months I have worked, I have been promoted to senior staff nurse as well as one of my unit's charge nurses. I am also currently one of the BE NICE champions on my unit for my hospital's Bullying Task Force, which aims to eliminate bullying in the work place. I also recently joined the Resuscitation Committee. I am now back at HBSON in the ANP/GNP NP program. My ultimate professional goal is to obtain the DNP degree from Columbia University and work in an under-privileged community, making primary care and prevention a priority.

I wish all of you the best and am confident that each and every one of you will be successful in all of your endeavors.

After an exhausting 14 hours of traveling from Xela to Semuc, I am writing to you from a wooden swing near Semuc Champey in Guatemala—scrambling to finish before the wifi goes out again, but I wouldn't have it any other way. Thanks to a volunteer trip organized by previous NSP President, Vanessa Buyo, I was very much inspired to travel instead of finding a (traditional) nursing job right away after NCLEX.

Luckily this profession makes it easy to find nursing work anywhere you go and so I've been able to do both traveling and nursing at the same time. So far I've worked in research with an IV drug using community in Tijuana, Mexico and with the indigenous communities of the Palajunoj Valley in Quetzaltenango, Guatemala. I've learned a lot about myself as a nurse and about the culture of others. I've realized how these two things can greatly impact care. In a couple of days I head to Chiapas, Mexico where I'll be volunteering at a hospital in rural Altamirano.

Taking this trip was the best decision I've made in a long time, and so I encourage everyone to think about where they want to be post NCLEX. For me it was an easy decision. I'll be working as a nurse for the next forty-something years so taking a year off to travel and to volunteer as a nurse was right for me.

“The Biggest Loser”: Winner Loses 155 Pounds

by Teuta Berisha

Rachel Fredrickson, the winner of “The Biggest Loser” started the program at 260 pounds. At the end of the reality show, Fredrickson shed the weight down to 105 pounds and lost 59.63 percent of her body weight. As extraordinary as that sounds, when one considers that healthy weight loss is 1 to 2 pounds per week, Fredrickson’s 155-pound weight loss over a seven and a half month period is even more astounding and perhaps even frightening. According to Kelly Hogan, a clinical dietitian at The Mount Sinai Hospital in New York, Fredrickson is “actually pretty significantly underweight”. It is important to understand that having a BMI at either end of the spectrum puts Fredrickson at risk of health problems. Skinny does not equal healthy. Although weight loss in a relatively short period of time is not ideal, Kylene Guerra, a registered and licensed dietitian in the state of Ohio states, “If it’s done in the correct way with supervision, it could be okay.” But losing weight is different than maintaining weight. While at the ranch, contestants of “The Biggest Loser” engage in high levels of physical activity approximately 5-6 hours a day and drastically restrict their calorie intake. The question becomes, will Fredrickson succeed in the long-term maintenance of her weight loss in her post-ranch life? Previous contestants have gained some of their old weight back. Hogan suggests that it is, in fact, possible to maintain long-term weight loss if one makes permanent lifestyle changes which include good eating habits and daily physical activity.

Source: Castillo, M. (2014, February 05). “biggest loser” 60 percent weight loss: Is it healthy?. Retrieved from <http://www.cbsnews.com/news/biggest-loser-60-percent-weight-loss-is-it-healthy/>



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LANGUAGE BARRIERS



by Kharolann Pierre