

The Monthly Shot... Injecting Sac State's Nursing Program With Information

Nursing Plates Tabled- *"pending further investigation"*

by David Malarkey

"Tools of the Trade"

T-shirt and

CSUS Nursing

Sweatshirts available

Contact Katie and Jolie

fundraising@cnsa-csus.org

Upcoming Meetings

3/18 @1630

4/15 @1630

ON CAMPUS THIS MONTH

A lecture on Desperate Housewives?!	3/16
Ancestral Memories (Dance recital)	3/16-20
Cloud Tectonics (Theatre)	3/17-20
Women's Crew Challenge	3/19-20
Hornet Track Invitational	3/26
Zion-I concert	3/30
<i>It's Women's History Month!</i>	



As discussed in the February issue of *The Monthly Shot*, Sac State presented a resolution to create Special Interest Nursing License Plates at the annual CNSA State Convention February 25-27. We presented the resolution to the House of Delegates on Friday, and it was met with much support from the other delegates and the Board members. However, when it came time to vote on Saturday, many voting members expressed their concerns.

Some were concerned that a nursing license plate would oblige them to stop at an accident. Others were concerned with the appropriation of funds.

One member was unclear on the legislation process necessary to create the plates. Though the House was very excited about the idea, and believed that CNSA should support such a project, it was moved that the resolution be tabled, pending further investigation, until the next CNSA State Convention, taking place this fall.

Needless to say, we, as the authors, were quite disappointed by this turn of events. The verbal support we received preceding the vote

had falsely reassured us that the resolution would pass with flying colors. Thankfully, the

new Board of Directors decided to form the committee for investigation at Sac State, so we can continue our work. Check the next *Monthly Shot* for an update.

**For information on the resolu-*

*tions that did pass and how they affect you, keep reading!**



For Your Health— Too much stress, too little sleep

It seems like some co requisites to nursing school are stress and pulling all-nighters. Besides leaving us tired and grumpy, these habits are making us really unhealthy. Remember back to first semester, talking about pathophysiology, and how stress can cause a flare up of lupus or arthritis, or any

other autoimmune disease? Well, stress causes our autoimmune system to take a nose dive as well. So try to relax, work in groups so the tasks aren't so daunting, take time for yourself, and make sure you're eating well and taking vitamins to keep your immune system up. As for sleep, it's not always possible

to get that elusive 8 hours a night. Some tips to help you sleep better are stop drinking caffeine at noon, and no alcohol within 3-4 hours of going to bed. As you progress through the program, your sleep cycle gets more and more disturbed. Do what you can to maintain it; it'll help with stress, too.

A Heated Day in the House

by Andrea Perry

Congratulations to...

Kara Kidd, COCR North representative
December Stroble, Convention Director
Cyndy Coats, CNSA Member of the Year
Denise Wall, Faculty of the Year

The next CNSA State Convention will be held here in Sacramento! December will be coordinating much of this affair. We're all excited about this, and expect the CSUS chapter to be out in full force!

Along with our resolution, 5 others from various schools were presented at the State Convention. One, authored by Biola University, supported improved education of health information technology for nursing students. Another, authored by Chico State, supported the adoption of an "RN" patch for nurses and coordinated attire. The third, written by CSU Fresno, supported the creation of a standard nursing mentorship program in California hospitals. The Maureen Church Coburn School of Nursing wrote a resolution to support education regarding Metabolic Syndrome, and USF wanted to increase education regarding the incidence of childhood obesity.

In short, the resolutions from Biola, Maureen Church Coburn, and USF were passed. There was some very heated debate on the resolution on Chico State's topic- the statements were flying as we all fought against the "coordinated attire" issue.

Of those that passed, the Health Information Technology and Metabolic Syndrome resolutions were the two being considered to present at the NSNA conference in Utah. Your CSUS representatives were a vital piece to ensuring that the HIT topic was the one addressed at National Convention. It was a crazy day in the House.

Chico State and Maureen Church Coburn are both planning on submitting their resolutions to NSNA independently.



Your CSUS reps and CSUSD volunteers

Coming to a School Near You- Breakthrough to Nursing!

By December Stroble, BTN Director

BTN talks to students about the different jobs that nurses do, salary, what it takes to get into nursing school, clinical experiences, financial aid and addresses questions.

The Adopt-A-Student Project was created to provide high school students who are interested in nursing with a one-on-one experience

with a nursing student mentor. Currently, our program has 63 mentors working with students at Encina, Burbank and Rosemont High Schools.

On February 23, Chris Wong, Wing Watson, Sarah Sanderson and December Stroble attended the Luther Burbank H.S. Career Day.

We spoke to over 150 kids and answered lots of questions. We met community members, including the American Lung Association, Kaiser Permanente, and Sacramento Metro Fire.

On March 11, Holly Olmsted, Sarah Sanderson and December Stroble spoke to 30 students from the Future Nurses Club at Encina High

School. Most of these students have done shadowing experiences in local hospitals.

Upcoming High School Presentations

March 17- Galt High School at 2 pm
April 18- Folsom High School at 8 am



Spring Break is almost here! If you're anything like me, Spring Break is not only time to catch up on sleep and attempt to have a social life- it's also time to catch up on the piles of schoolwork accumulating on your desk. Enjoy your break, but don't spend the whole thing, or even HALF, on homework. Let your brain take a breather. Work on your tan. Catch up with friends. That's important, too- Andrea

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