



Winter NewsLetter

ohiostudentnurses.org



# A Better You in 2020

Everyone makes a new year's resolution. It's a tradition in my family to say your resolution out loud at dinner to announce your commitment to yourself for the new year.

If your family went around the table to say your resolution, what would yours be?

Whether it's working out, eating healthier, or even picking up a new hobby, how long do you maintain your new year's resolution? Are you still working towards your goal, or have you completely dismissed it altogether?

New Year's resolutions can be daunting and sometimes can even cause more stress than you would have if you hadn't made one. What is your strategy to stick with your resolution instead of casting it aside?

If your goal is to run a half marathon, start with a mile. A mile is still a mile that you wouldn't have done before! This mile-by-mile mindset for a Marathon can be used for all resolutions. Breaking up your goal and accomplishing small things one-by-one, day-after-day, can relieve the stress and weight of one massive goal that you may have made.

Prioritizing mental health is very important as we begin a new decade. Some people choose to focus their resolutions on being mentally happier. If that's the case for you, start journaling at the end of your day. Before you go to bed, write down five things, you were grateful that day. You'll be amazed at how difficult it is to write down five things because you could quickly write a page full! There is so much to be thankful for at the end of the day.

If your resolution is to study harder, read the newest NSNA's Imprint magazine article about tried and true study tips! Whitney wrote in, "take notes from your readings in one color and take notes in a different color from lectures. This way, when you study for exams or the NCLEX, all your notes are in one spot!"

I hope you all feel a little better about your New Year's Resolutions and continue to accomplish at them! You made a resolution to improve yourself from last year, so put the work in and succeed! You deserve it.

Good luck student nurses, I can't wait to see what all you accomplish this year.

Has your chapter done something worth sharing? Are there topics of interest you'd like to read about? Email us at [ohiostudentnursesassociation@gmail.com](mailto:ohiostudentnursesassociation@gmail.com)

From left to right: Dr. Kathy Fernandez, ONA Liason; Kayla Diekmann, Secretary; Miranda Cochran, COSP; Kaitlyn Cantu, Health Policy and Advocacy; Christine Smothers, NEC; Taylor Pellam-Obbish, President; Halle Turner, Vice President; Taylor Longenette, ONA Graduate Student Advisor. Not pictured: Adrienne Jackson, BTN; Ayla Starcher, Membership; Ina Verija, Treasurer; Kali Clark, Population and Global Health; Drea Blau, Mentor to Public Relations

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Editors: Drea Blau & Taylor Pellam-Obbish

Contributors: Kaitlyn Cantu, Kali Clark, Miranda Cochran, Taylor Longenette, Halle Turner, Ina Verija

# Meet the 2019- 2020 Board of Directors

President



Taylor Pellam-Obbish  
Mount Carmel College of Nursing

Vice President



Halle Turner  
Mount Carmel College of Nursing

Treasurer



Ina Verija  
Chamberlain University

Secretary



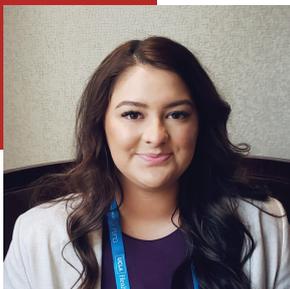
Kayla Diekmann  
Capital University

Population and Global Health Director



Kali Clark  
Mount Carmel College of Nursing

Health Policy and Advocacy Director



Kaitlyn Cantu  
Case Western Reserve

Membership Director



Ayla Starcher  
Chamberlain University

Convention Planning Director



Marissa Kimbler  
Chamberlain University

Breakthrough to Nursing Director



Adrienne Jackson  
Chamberlain University

Council of School Presidents Director

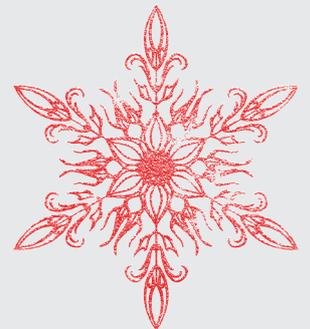


Miranda Cochran  
Capital University

Nominations and Elections Director



Christine Smothers  
Case Western Reserve

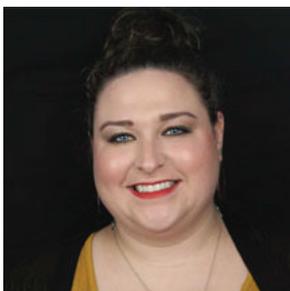


ONA Liason/Consultant



Dr. Kathy Fernandez  
Capital University

Graduate Student Advisor



Taylor Longenette  
Capital University

Mentor to the Public Relations Director



Drea Blau



# Upcoming Events

**February 2nd, 11am- 1pm at Capital University-** we are hosting a self defense class for nursing students! “Learn tactical ways to defend yourself in the world of nursing protecting yourself and your patient”

**February 18th, 5pm at La Scala in Dublin, OH-** Mid Ohio District Nursing Association (MODNA) is hosting a free event for senior nursing students for what to expect, and how to set yourself up for success as a newly graduated nurse. The first 50 people are guaranteed a spot, please contact [smfunt@modna.org](mailto:smfunt@modna.org) to register. Registration deadline is February 11th.

**March 11th, starting at 9:30am in Columbus, OH-** Nurses Day at the Statehouse! Your President, Taylor Pellam-Obbish, will be speaking during this event. Please register at [ohionurses.org](http://ohionurses.org) to guarantee a spot before this event sells out!

If you have any questions, please reach out to us. We hope to see you at all of our upcoming events!

Please Note: OhSNA is diligently working on more events for the next few months so keep checking back in with us for the most up to date information!

## Spotlight on Mount Carmel College of Nursing

### STOP THE BLEED

Student nurses association of Mount Carmel hosted Stop the Bleed on November 25th. Stop the Bleed is a national campaign from the US Department of Defense that provides vital information to stop uncontrolled bleeding in emergency situations. Mount Carmel East Hospital’s EMS Nurse Coordinator, Trauma Denice Wurschmidt taught the course. Franklin County Public Health spoke at the event as well. Over 45 students, faculty, staff and public were certified in stop the bleed.



<https://www.stopthebleed.org/>



Emily Hirth, Taylor Pellam-Obbish, Denice Wurschmidt, Halle Turner, Cameron Duke, Kali Clark



Photos credit of Taylor Pellam-Obbish

# Ethics and Governance Committee

Hey all! The Ethics and governance committee here. We wanted to take the time to introduce ourselves. The 2019-2020 committee consists of Halle Turner, Christine Smothers and Kayla Diekmann. The ethics and governance committee have a lot going on and we plan to keep it that way. The House of Delegates passed new bylaws and bylaw revisions at the 2019 Annual Ohio Convention. These new changes can be found at [ohiostudentnurses.org](http://ohiostudentnurses.org), under the "publications" tab. Go check them out! New changes will be voted on, at the next Annual State Convention in 2020. It will be here before you know it.

The committee last met at the annual board retreat, in January. We had a full day of productivity and had lots of ideas brainstormed in order to make the bylaws better. Christine drafted some new sections to help better explain certain board positions as well as explaining committees. Another great committee member, Kayla, went through and helped with the details such as formatting issues and grammar. (These things matter, people!) As the year goes on, we will make changes as necessary and fitting to the constituents.

Please, if you are bored and don't already have enough homework, go through and read the bylaws, ha! But seriously and let us know of any changes that could help better serve you. Also, if you have any questions about your own local chapter's bylaws, we would love to help answer those questions. They can be tricky. On behalf of the ethics and governance committee, we wish you all the best with school and your other endeavours.

Signing off,  
The Ethics and Governance Committee.

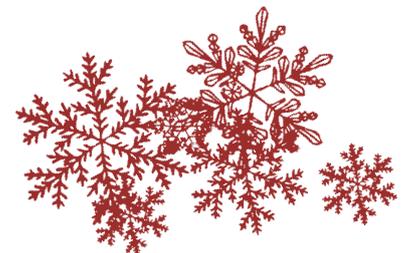
## Population and Global Health

Currently in OhSNA, there is a lot being planned so the Population and Global Health Committee can have a successful year! The director, Kali Clark, has been focusing on planning several events to promote population and global health in a variety of ways. The first event is a workshop created in collaboration with the Breakthrough to Nursing committee. It will be taking place on February 2nd, from 11am-1pm, at Capital University. The workshop is free and will aim at educating nurses/future nurses/healthcare professionals on how to de-escalate a potentially dangerous/violent encounter with a patient. It will focus on the best way to keep both the nurse and the patient safe. Two other events are currently being planned and more information will be sent out as they are developed! They will focus on important subjects such as mental health, as well as human trafficking and how it effects nursing practice. It is planned for snacks and drinks to be provided at all of the events discussed. For more information or questions, please feel free to reach out at <https://www.ohiostudentnurses.org/contact>. Follow OhSNA on instagram @ohiosna and be on the lookout for the #Greentiptuesday posts, a new initiative launched this year by NSNA that OhSNA has adopted, focusing on promoting environmental health.



The 2019 - 2020 BOD hard at work in committies planning out the year

Photos credit or Taylor Longenette



# Council of School Presidents

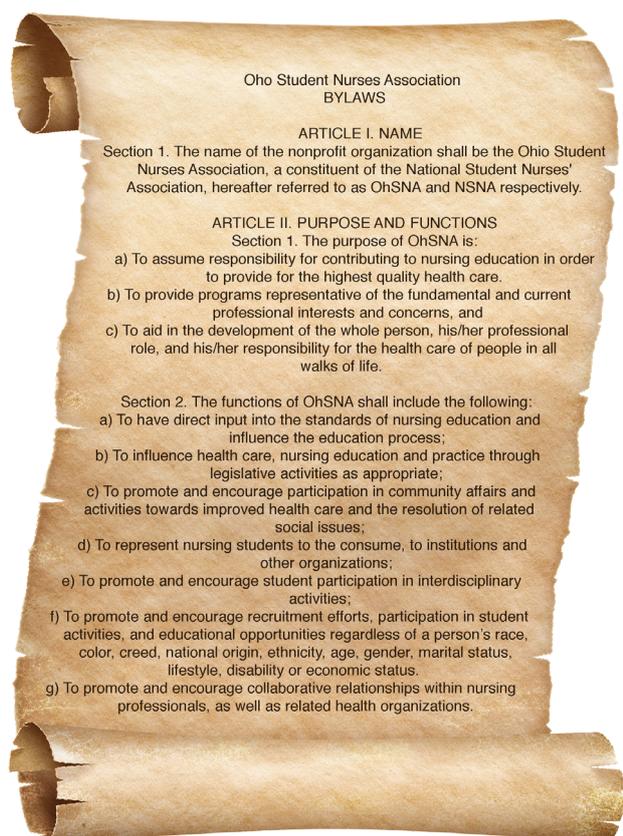
The committee for the Council of Student Presidents is working closely with the Membership committee to put together an updated contact list for current OhSNA chapters. We are reaching out to all nursing schools in Ohio to compile current chapter president and faculty advisor contact information so we can better reach our active schools. Our goal is to keep this list updated to promote better communication between the school chapters and OhSNA in order to foster more collaboration. It is also our goal to educate our active chapters of the assistance and support that OhSNA can provide. In addition, we are working together with Membership committee to plan times to meet with students who are looking to establish NSNA chapters at their schools in hopes to increase NSNA membership statewide.

## Office of the Treasurer

The treasurer's office is off to a great start and within the budget set at the beginning of the term. We have found ways to cut unnecessary spending and instead give the money to charity and OhSNA events to benefit the state. Income primarily comes from membership dues. We are over halfway to our goal for the number of memberships we have. Current planning is focused on NSNA Annual Convention and OhSNA Annual Convention. The finance committee is working closely with the convention planning committee to ensure we have a convention that is cost effective and memorable!

## What's New With the Bylaws:

The Bylaws and Policies committee has been revisiting and reviewing our Bylaws. Clarifying roles and responsibilities for each board position and committee is one topic that we are looking into and willing to make changes in. Defining and outlining the travel reimbursement for the Board of Directors is something that we would like to visit. We are continuing to review and assess the Bylaws for any changes that could be made or areas that could use improvement or redefining



## A Message From the President

Hello student nurses of Ohio! I am Taylor Pellam-Obbish; your 2019-2020 President. I am a senior nursing student at Mount Carmel College of Nursing in Columbus, Ohio at which I've held executive board member positions for the past three years at my local chapter, where I am also currently the President!

I am elated to have the opportunity to serve and represent all of you at a state and national level.

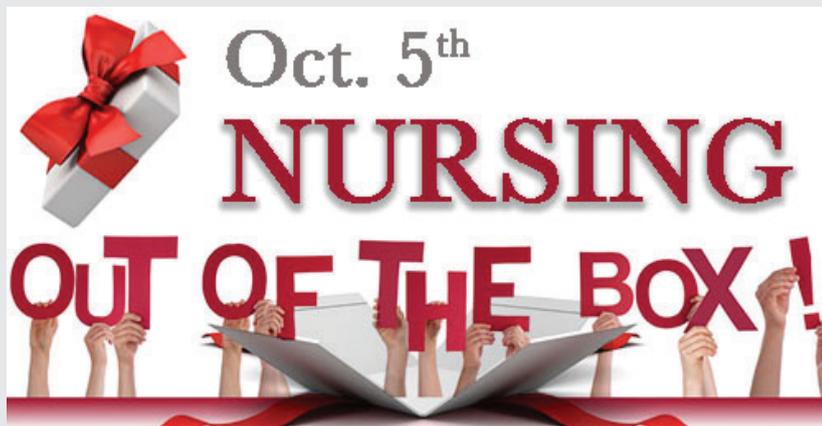
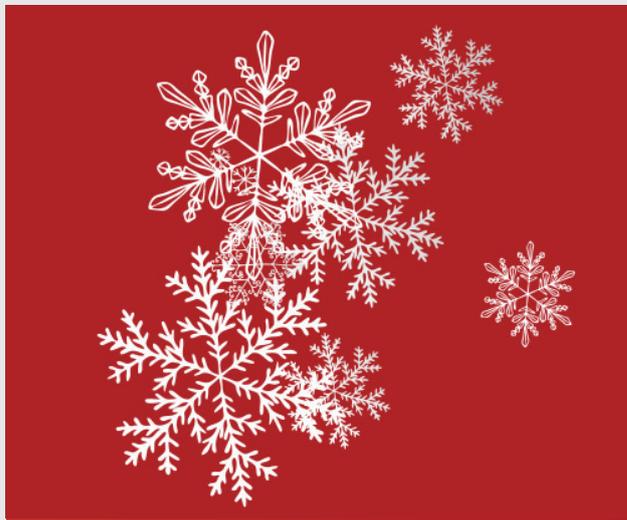
Recently, I have been lucky enough to attend the Mid-Ohio Nursing Association (MODNA) meetings, where I've given input on how to create a better environment and life surrounding nursing students.

Throughout this year, I will push my board to work hard in their positions. I am extremely proud of everything I put my name on, and I work hard to ensure perfection. Some of our 2020 accomplishments include planning Breakthrough to Nursing events, submitting a resolution for National Student Nurses Association Convention, planning Population and Global Health events as well as the continuation of our weekly Health Policy Instagram posts. All of which was done at our annual retreat in early January. To have already accomplished such a long list of things in the first few weeks of the new decade makes me so incredibly proud of my board of directors.

Throughout the rest of my term, I will continue to represent OhSNA honestly and authentically. I look forward to our events, and I hope to see you all there! Please reach out to me with any questions, comments or concerns. Good luck with everything this year nursing students!

Best,  
OhSNA President, Taylor Pellam-Obbish  
ohiosnaboard@gmail.com

# 2019 Annual OhSNA Convention:



Another year, another successful state convention. The 2019 Annual OhSNA Convention was once again held at Capital University where students gathered to network and attend the days program of events. The 2019 - 2020 Convention Committee is already hard at work planning next years convention, 2020 Year of the Nurse! Watch our Facebook, Instagram, and website for more information as it becomes available.

**OHSNA 2019 ANNUAL CONVENTION** 

**Recycle Art Project** 8:00a-4:00pm  
Turn plastic medical "waste" into art

**Exhibit Hall** 9:00am-4:00pm  
Network with potential employers, nursing programs, and professional associations

**Opening Remarks and Award Ceremony** 9:00am-10:00am  
A warm welcome from the Interim Dean of Capital University, Dr. Dunnington, and ONA President, Brian Burger, accompanied by coffee and bagels.



**OHSNA 2019 ANNUAL CONVENTION** 

*Concurrent Sessions 10:00am-11:00am*

**Non-Clinical Showcase**  
Listen in on alternative nursing careers such as education, school nursing, military nursing, etc.

**Finance Discussion**  
Provides information on financial next steps during and after college—loans, money management, etc. (age 18+)

*Concurrent Sessions 11:00am-12:00pm*

**Clinical Showcase**  
Explore a day in the life of nursing inside hospital walls

**LGBTQ + Nursing**  
Learn how to provide the best care in any situation, to every patient



**OHSNA 2019 ANNUAL CONVENTION** 

*Concurrent Sessions 12:00pm-1:00pm*

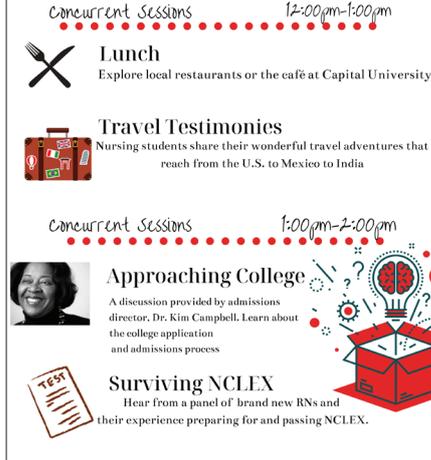
**Lunch**  
Explore local restaurants or the café at Capital University

**Travel Testimonies**  
Nursing students share their wonderful travel adventures that reach from the U.S. to Mexico to India

*Concurrent Sessions 1:00pm-2:00pm*

**Approaching College**  
A discussion provided by admissions director, Dr. Kim Campbell. Learn about the college application and admissions process

**Surviving NCLEX**  
Hear from a panel of brand new RNs and their experience preparing for and passing NCLEX.



**OHSNA 2019 ANNUAL CONVENTION** 

*Concurrent Sessions 1:00pm-3:00pm*

**House of Delegates**  
All delegates must attend, session is open to the public as well.

*Concurrent Sessions 2:00pm-3:00pm*

**Tweet at Your Own Risk**  
Learn from nurse attorney, Jan Lanier, just how much social media can affect your present and future job opportunities

**SN to RN Transition**  
New nurses are here to tell you their stories about their transition and how you can make it easier!



**OHSNA 2019 ANNUAL CONVENTION** 

*Concurrent Sessions 3:00pm-4:00pm*

**Project DAWN -- Narcan Training**  
Project DAWN (Deaths Avoided With Naloxone), is a community based overdose education and Narcan (naloxone) distribution program.

**Council of School President's Annual Meeting**  
All school president's are welcome to attend this meeting to discuss successes and trials of leading their SNA chapters

*Concurrent Sessions 4:00pm-5:00pm*

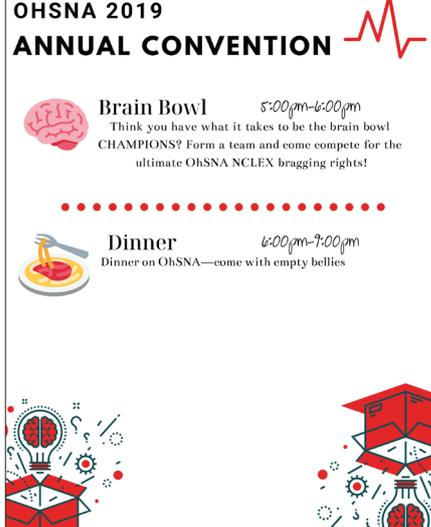
**Closing Ceremony**  
Terry Pope has been a nurse of many talents. From working at the bedside, to becoming an Executive Director. Listen to her inspiring story as a nurse.



**OHSNA 2019 ANNUAL CONVENTION** 

**Brain Bowl** 5:00pm-6:00pm  
Think you have what it takes to be the brain bowl CHAMPIONS? Form a team and come compete for the ultimate OhSNA NCLEX bragging rights!

**Dinner** 6:00pm-7:00pm  
Dinner on OhSNA—come with empty bellies



# 2019 Convention Memories

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Photos credit of Taylor Pellam-Obbish

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## Mobile Stroke Unit 1



Photos credit of Taylor Longenette

Thank you to William Longenette (father of graduate Advisor Taylor Longenette), the Columbus Division of Fire, Ohio Health, Mount Carmel, and The Ohio State University Wexner Medical Center, and the Mobile Stroke Unit 1 for stopping by our Annual State Convention at Capital University to give nursing students and faculty the opportunity to tour the mobile stroke unit and learn about the Paramedic role and the Stroke Unit's Nurse Practitioner's role in taking care of a stroke patient on the street!

# STUDY TIPS 2019

Use dry erase boards! I use all sizes and have them all over my house. It helps me memorize things because I am always looking at it.

With multiple choice questions, if two answers are the same but possibly worded differently, they are BOTH wrong.

I also watch YouTube videos that focuses on nursing studying tips. In the videos, there are so many tips and tricks to help you remember answers quickly.

- Mary Keenan, student  
New Mexico Junior College  
Hobbs, NM

I use note cards/Post-it® notes and place all over my house. When I walk down the hall, I can see "electrolytes" taped to the light switch and I will mentally say them, then flip the card to check if the answer is correct. I stick note cards with types of incontinence, the Bristol bowel chart, and pharmacology medicine cards for bowel/bladder in the bathroom. Things that affect temperature control (e.g. thyroid storm, Tylenol) are taped around the air conditioner control, and medicines for relaxation/sleep in the bedroom. Even when I could not remember what a medical or disease card said, the memory of its location clued me in on what it affected.

- Mary Keenan, student  
New Mexico Junior College  
Hobbs, NM

The best way to study that has worked for me is to pay attention during class—that means closing your laptop and really listening—and record the lecture. When you get home, type up the PowerPoint while listening back to the lecture recording, adding key points as you type along. It sounds like a lot, because it is a lot. But the more you expose yourself to the information, the better you'll remember it. Once I have the lecture all typed up and organized, I print it out (two copies per page), read the book, and fill in whatever needs to be added to the content with different color pens. I also do a lot of highlighting. After that, I can focus on only studying my notes at hand, because I know I have all my notes in one place. It comes very useful when studying for finals.

- Candalynn Marquez, student  
Long Beach City College  
Long Beach, CA

TAKE NOTES FROM YOUR READINGS IN ONE COLOR AND TAKE YOUR LECTURE NOTES IN A DIFFERENT COLOR ON THE SAME SHEET. THIS WAY WHEN YOU GO BACK TO STUDY FOR YOUR FINAL OR THE NCLEX, ALL YOUR NOTES WILL BE IN ONE SPOT. NO NEED TO REREAD YOUR TEXTBOOKS!

- WHITNEY ACCOBEE, STUDENT,  
NORTHWEST TECHNICAL COLLEGE,  
BEMIDJI, MN

Set a timer for 10 minutes. Do five practice questions. Review the answers. Read the rationales for the correct and incorrect responses. Watch YouTube videos on the subject. Get three index cards and go through PowerPoint slides or lecture notes—highlight three key points on those cards. Bonus: Keep them on your coffee table or fridge and review them aloud during a commercial break. Usually by the end of these 10 minutes, I'll get into groove and continue studying. If not, I studied for 10 minutes, which is better than none!

- Adeyinka Bello, student  
Samaritan Hospital School of Nursing  
Troy, NY

NSNA. (September/October 2019). Study Tips. *Imprint*, 66(4). Retrieved from <http://viewer.zmags.com/publication/a9e3fdeb#/a9e3fdeb/50>

*“Healing yourself is connected with healing others.” - Yoko Ono*