

# The Nightingale



Spring/Summer Issue

The Official MaSNA Newsletter

June 11, 2010

## President's Corner

Dear Readers,

Thank you for taking the time to read the second edition of our newsletter, *The Nightingale*! To all Massachusetts student nurses, I hope that the close of your spring semester was smooth. To all new graduates, MaSNA wishes you the best of luck in your future nursing career and congratulations on your great achievement!

MaSNA had an extremely successful year thanks to its dedicated members and hardworking Board of Directors. I would like to personally thank Dr. Mahmoud Kaddoura, Beth Kinsella, and Catherine Ferreira of MaSNA for their hard work this year and their pivotal role in the success of our many projects and undertakings. Also, a big thanks to MARN for making our spring conference a success!

As the term of my presidency comes to a close, I am saddened to leave MaSNA but am excited for the future. I am pleased to announce the election of our 2010-2011 Board of Directors, whose names can be found on page 2 of this issue.

I would also like to inform you of an exciting opportunity. Please consider joining MaSNA and me on a Nursing Service Trip abroad this August. This is a great opportunity to give back to others whose healthcare needs have been underserved. If you are a new graduate looking to strengthen your resume and nursing experience, this is a *great* opportunity to do so and impress future employers! If you are a nursing student, this is a great way to continue your learning and gain nursing experience while exploring a foreign country!

*Fundraising efforts will be planned as a group to offset costs as much as possible.* This trip will be run through a company called International Service Learning (ISL). There are no specific trip destination or dates selected as of today, but is tentatively planned for the month of August 2010. Once a group of interested individuals is formed, destination and dates will be decided together. *Please reply as soon as possible to me at [christinaab689@aim.com](mailto:christinaab689@aim.com) to notify MaSNA of your interest in the trip or ask any questions.* Further details can be provided upon request! Looking forward to hearing from you!

Please remember to check our website regularly for valuable information, including events and updates regarding student nurse events and hot topics. Students can refer to the website as well to view job offerings. We are a student-based organization, designed to meet the needs of our members and would welcome any input!

- Christina Buettner,  
Massachusetts Student Nurses' Association President 2009-2010

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# ***2010-2011 Board of Directors***

**We are proud to announce the 2010-2011 MaSNA Board of Directors!**

## **Executive Board**

**President – Jessica Pires**

Massachusetts College of Pharmacy and Health Sciences, Class of 2011

**Vice President – Sabianca Delva**

Boston College Connell School of Nursing, Class of 2011

**Treasurer – Sarah Gramstorff**

Massachusetts College of Pharmacy and Health Sciences, Class of 2011

**Secretary – Jacqueline Lydon**

Brockton Hospital School of Nursing, Class of 2011

## **Committee Chairs**

**Regional Chair 1 – Cassandra O'Connor**

Simmons College, Class of 2011

**Regional Chair 2 – Anne Timson**

Cape Cod Community College, Class of 2011

**Newsletter Chair – Maryam Maurer**

Springfield Technical Community College, Class of 2011

**Community Outreach/Health Chair – Rhiannon Doherty**

Massachusetts College of Pharmacy and Health Sciences at Worcester, Class of 2011

**Breakthrough to Nursing Chair – Melissa Sylvain**

University of Massachusetts at Boston, Class of 2010

**Fundraising Chair – Martha Mace**

Brockton Hospital School of Nursing, Class of 2011

## **Consultants**

**Faculty Advisor – Dr. Mahmoud Kaddoura, PhD, RN**

**Congratulations and good luck during your term!**

# *Thank You to MARN*

We sincerely thank you for your guidance and support during our term, especially in executing our spring convention and annual meeting. We had an excellent turnout and an energetic meeting that promises the beginning of a vital new year.

As a well-established and successful organization, MARN provides a role model for MaSNA and sets a high bar of excellence to aspire to. This year, we aimed to raise MaSNA to a level that emulates the professionals pervasive in MARN. With your benefaction and example, we MaSNA has evolved to its current state of success.

We thank you again for your advocacy for our organization and the fervor for the nursing profession that you emanate. It was our honor to collaborate with you this past year and we are elated that MaSNA will continue to hold your esteem and benefit from your partnership in the future.



[www.marnonline.org](http://www.marnonline.org)

# Recent Events

## Nursing Students Encouraged to Become Politically Active at MARN's 2010 Legislative Breakfast By Beth Kinsella MaSNA Secretary 2009-2010

On February 5, 2010, MaSNA attended MARN's 2010 Legislative Breakfast at the State House on the theme of "Advocacy beyond the Bedside: Nurses Influencing the Political Process in Massachusetts". On the heels of major health care reform, the event emphasized the vital need for nurses to be politically engaged. The eloquent words of state representatives Mary Grant, RN; Kay Kahn, RN; Jennifer Callahan, RN; and Christine Canavan, RN urged MaSNA and MARN members to become involved in local/national healthcare legislation. Highlighted ways to effect legislative change included: 1) knowing who your state representatives/senators are, 2) familiarizing yourself with the local/national health care issues, and 3) politely presenting your opinion to your local legislators. Those in attendance were, also, further challenged to consider political careers to ensure that nurses are not only consultants on health care reform but are present to affect final decisions on critical healthcare issues. For further ways to get involved in legislation, MARN invited MaSNA members to join the MARN Action Team (MAT) which provides advocacy training and assistance contacting legislators. On behalf of all of us at MaSNA, we would like to thank the four nurses in the MA House of Representatives (Grant, Kay, Callahan and Canavan) for their tireless efforts and leadership in protecting nursing and safe healthcare delivery for patients throughout the MA health care system.

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# Recent Events

## 2010 MaSNA Annual Spring Convention

By Catherine A. Ferreira

MaSNA Vice President 2009-2010

On April 17, 2010, MaSNA held its joint annual spring convention with MARN. The theme of the convention was Lateral Violence in Nursing. MaSNA President, Christina Buettner, represented the voices of students who have experienced lateral violence. In the afternoon, Gino Chisari, RN, MSN of MARN's Action Team (MAT) addressed MaSNA members and explored the role of the nurse legislator. The 2010-2011 MaSNA Board of Directors elections were held. Additionally, attendees returned home with valuable prizes, including an Operation Smile gift basket, a Kaplan NCLEX review course and gift cards to popular scrub website, Scrubadoo.com.

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## NSNA Conference

By Sabianca Delva

MaSNA Vice President 2010-2011

This past April, I went to the 58th annual National Student Nurses Association Convention in Orlando, Florida. It took place at the Disney Coronado Springs Resort and Convention Center. I went with two other KILN scholars Jessica Fenty-Scotland, Shiva Moshtagh and six Boston College Student Nurse Association members. There, I met nursing leaders, professors, students, and even an editor from Lippincott Publishing. The theme this year was "Experience the Magic of Nursing" and looking back on the trip, I realize how nurses can miraculously touch people's lives.

We all had the privilege of having breakfast with the President of AARP, Boston College alumna, and keynote speaker Jennie Chin Hansen. She spoke to us about her career path and offered us general advice we need in life. She also shared with us her experience as an undergraduate at BC. For example, she said that it is a good idea to take a Public Speaking course because no matter what career path we choose, we will always need to speak in front of an audience. I actually took her advice and when I returned to BC, I signed up for a Public Speaking course.

Another highlight of my trip was the plenary session featuring speakers: Beverly Malone, PhD, RN, FAAN, Chief Executive Officer of the National League for Nursing; and Marybeth Farquhar, PhD, RN, Vice President of Performance Measures at the National Quality Forum in Washington, DC. After they spoke, members from the audience were allowed to come forward and ask them questions about the Health Care Reform Bill and how it affects the nursing discipline. Rebecca Patton, MSN, RN, CNOR, President, American Nurses Association served as the moderator. I thought the audience had good questions and the speakers did a great job at answering them.

I went to several focus sessions, which among them were Acing Nursing School Exams, Managing Complex Medical Issues Through the Application of Rehabilitation Nursing, Landing Your Right Job, Graduate Nursing Program: Exploring Your Options, Make Your Voice Heard-Rockin' Nurse Advocacy, Creating Your Leadership Legacy, Making It Count- Ultimate Money Skills, Documentation-Avoiding Malpractice. I actually went to a Pharmacology focus session since I am currently taking Pharmacology. I felt more confident coming out of the session than I did going into it. We learned various mnemonic devices on how to remember medication side effects and nursing interventions. In general, the convention was a great experience. Next year, it will be held in Salt Lake City, Utah and I look forward to go again and experience the Magic of Nursing.



Photo Courtesy of Katherine Reicher

# *Guest Submissions*

**Now a Nurse**  
**By Nicolette Piaubert**  
Atlantic Union College

**Some did not think we'd make it.  
Indeed we could have failed.  
But others placed us on a pedestal  
and hoped we would rise and sail.  
We worked so hard to be here  
though at times we doubted the call.  
The faith of those who loved us  
is what carried us through it all.**

**I close my eyes and think of it,  
the journey that brought us here.  
For some it was quite simple,  
But for others not so clear.  
So many hours we labored  
with heart in hands we pled,  
that we would make the grade we need  
and reach this very end.**

**The purpose for it all,  
to care for those we love,  
to touch the ones who need us most  
to please the Lord above  
To change a life, or save a life  
birthing or, deceasing  
To touch a heart, appease a mind  
longing and beseeching.**

**Find a little girl in wretched state  
and make her whole again.  
Give a grandfather his dignity  
and make him yet a man.  
Restore a young man's buoyancy  
grant him the will to live.  
Prove a mother's sanity  
show her she's love to give.**

**The field is open wide to us  
to test our very fate.  
Where we shall go no one knows,  
but for sure we will be great.  
In God we trust, we will not fail  
our paths are set so true.  
The products of Atlantic Union  
now bids to you Adieu.**

**My Life as a Nursing Student**  
**By Sylvia Brienza**  
Laboure College

When I first started my actual nursing course, I thought to myself "Oh this is going to be a breeze". I had been a medical assistant for 6 years prior to starting my first nursing semester. Well, I was in a total shock my first Saturday of clinical. It was nothing like I expected. It was more responsibility, more interaction, more hands on than I ever expected.....It was great.

When I was accepted into Laboure College, I was told from everyone, "You cannot do this if you work full time". While I knew that working part time was not an option for me, I made it a strong point to prove to school, teachers, friends and family that, yes, it is possible to do it all. It's hard; I am not going to lie to anyone who asks me that. I have made sacrifices and missed out on important events to those that I love. It's hard breaking promises and seeing the look of sadness in my niece and nephew's eyes, but it's a temporary sacrifice that will offer me a tremendous outcome....being an RN.

I lost my father unexpectedly last year to a heart attack. I was his "medical" daughter while my sister was the "financial" daughter. I kept afloat of all his medications, his appointments and tests that he needed. I took great pride in knowing that he was trusting his "young adult" daughter with his life. I felt like a grown up and knowing that someone, especially my dad, was trusting me with helping him get better.

I work as a medical assistant in my local ER and love it. I love being challenged with a wide array of patients and not knowing what I am going to be presented with. I love the teachers that I call nurses, who show me what compassion and knowledge are. I was once told by an elderly patient that was in the ER that I take the anxiety out of being a patient. That touched my soul to know that the little things that I did for this particular

# Guest Submissions

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patient, e.g., getting her a warm blanket, a cup of tea, and listening to her stories really helped alleviate her anxiety and fear that she was experiencing.

I don't know how the calling of wanting to be an RN came about exactly, but I know that my father was the true reason. I want to have someone feel that they can place their trust in me that I want the best for them. I want to help them heal and soothe their pains. I want them to look at me as my dad did and say "That's my nurse right there". With that, I am dedicating this writing to you Pa. I hope that you are looking down and smiling. Know that I am getting through nursing school, despite the challenges that have been thrown at me. ♦

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**Words of Wisdom from Nurses  
Who Have  
Been There...Done That!**  
**By Myra F. Cacace, Trish Bowe &  
Cammie Townsend,**  
Massachusetts Association of  
Registered Nurses

I remember my first few years as an RN with no small amount of anxiety. Although I tried to garner as much knowledge and experience as possible during school, the amount that I did NOT know upon graduation was vast! Couple that with getting married and moving from New York to Massachusetts 2 days after graduation...STRESS! Plus in my day, taking the nursing boards meant two days of fill-in-the bubble tests in five subject areas sitting in a giant warehouse, knowing absolutely nobody. It was 5 months after graduation before I received my scores. I tell you all this in order to show you that the more things change, the more things

# *Guest Submissions*

remain the same. We all got through the through those tough times...so can you!

It may take you a few years to really be comfortable in your nursing skin, but remember all that you have done already! You are novice nurses and each experience you live through will be permanently stored in your memory banks. Your capacity to learn and assimilate knowledge and think critically will see you through. So here are a few Words of Wisdom from a few old nurses who still remember what it is like to be where you are now.

1. Never let anyone make you feel inadequate. Nursing is a profession that offers an infinite variety of experiences. If you have not yet had an experience there is no shame in saying so. Simply say "I haven't had that life experience yet, but there is no time like the present to learn!"
2. As long as you know where to look it up you are fine. You don't have to waste precious brain space memorizing facts. You have the technology and you know how to use it!
3. Always remember why you wanted to be a nurse in the first place, especially on the really tough days.
4. Rely on your colleagues...don't be afraid to ask for help when you need it.
5. Always be willing to offer help if you can.
6. Don't be afraid to ask questions...much less stressful than trying to BS your way through a situation.
7. Plan to do something for yourself every day...keeps you centered.
8. Even if you cannot be active in your professional nursing organization, your financial support helps others who are active advocate on your behalf.
9. Always keep an open mind.
10. Ask questions.
11. Seek guidance.
12. Come prepared and be on time. This shows enthusiasm and a commitment.
13. Don't join in the gossip whirlwinds. Give yourself credit for being able to form your own valid opinions.
14. Remember we are all humans and make mistakes.
15. Listen to your patients. They will teach you.
16. Invest in yourself. I know that you have student loans, credit card debt, want a better vehicle, and are dreaming about a vacation or a house. That first paycheck is already spent! Now, select your agency's retirement vehicle and put in at least the minimum amount to get the match. In about 25 years you will thank me.
17. Think about what it is you want to do, and evaluate if the job you are pursuing will help you get there. Your first job doesn't have to be ICU or trauma in an academic teaching center in a major metropolitan city. Real nursing isn't what you see on television (House, Scrubs, ER).
18. Don't take yourself too seriously.
19. Always remember why you wanted to be a nurse in the first place.
20. Join MARN so you can always be associated with excellent nursing professionals.

We wish you all good luck in your studies and careers and look forward to seeing you in the workplace soon!♦



# *Guest Submissions*

## **Primary Care and the Next Generation of Nurses**

**By Marissa Fratoni**  
Fitchburg State College

According to the United States Census Bureau, over 50% of the population in the U.S. will be over the age of 65 by 2020. As student nurses, we know that the need for qualified health care professionals will increase as a result. Nurses will continue to be in great demand over the next decade and beyond. The United States Bureau of Labor Statistics projects that the nursing shortage could reach 1 million by the end of the decade. However, nursing is not the only area of the health care profession arena anticipated to experience a shortage. The American Association of Medical Colleges projects a shortage upwards of 150,000 physicians by 2025, with the greatest impact being in primary care at an estimated shortage of 46,000.

With all of the above data reviewed, it is certainly baffling that the American Medical Association (AMA), the largest physician organization in the U.S., would denounce advanced nursing practice by questioning the adequacy and quality of advanced nursing training. The American Medical Association made a call to legislators, analysts, and nurses to investigate the quality of advanced nursing training, specific to nurse practitioners, in an effort to determine whether advanced nursing practice is safe and beneficial to the primary care community. There is plenty of evidence to prove not only the safety of advanced nursing practice, but the efficacy as well. As the population ages, it would be detrimental to the community as a whole to lack accessible primary care practitioners.

The AMA is concerned with scope of practice issues as they pertain to the practice of nurse practitioners. Answer to this concern as a student nurse: We carry our American Nurses' Association *Scope and Standards of Practice* with us as we undergo our training and education. Here's a thought - How many exam questions do we come across where the best answer is "call the physician?" The scope of nursing practice is a vital concept that student nurses and professional nurses alike have an in-depth understanding of. If only this fact would quell the concerns of the AMA.

As student nurses, we are not only committed to advocate for our profession, we are also committed to working with a diversified team of health care professionals that includes physicians, physical therapists, occupational therapists, and pharmacists to name a few. Health care continues to evolve and it is imperative that we as the future of nursing continue our education to help relieve the primary care practitioner deficit, thereby increasing quality and safety of patient care. In addition to evident benefit to the community, nurses that choose to continue their education experience greater career satisfaction and professional growth.

Intrigued? Thought you might be. So, what do you need to know about continuing your education? For starters, whether you are completing a licensed practical nursing program or a Bachelor of Science degree program, you know that admission into nursing programs across the board is competitive. Tell you something you don't know? Okay. Let's look at admission requirements for Master of Science degree nursing programs in MA state colleges. This is the program one must complete if a career as a nurse practitioner is desired. Most Massachusetts state college programs require at least one year of experience as a registered nurse, although experienced nurses may tell you that 3-5 years of experience is best. Your nursing license will need to be current for admission into the pro-

# Guest Submissions



gram. Keep your undergraduate GPA up; most master degree programs at Massachusetts state colleges require an undergrad GPA of 3.0 for admission. You will also need several letters of recommendation, so be sure to develop positive relationships with your fellow nurses, supervisors, and professors. You will need these associates to write on your behalf. These letters of recommendation are to include an explanation of your professional competency, academic ability, and personal integrity. You will need to take the Graduate Record Examination and receive a score designated by the college for entry into the program. Known as the GRE, this examination allows graduate schools to assess your readiness for graduate-level studies. Contact the college you are interested in attending to find out what score is necessary for entry into the program. Finally, there is a pre-admission interview. This is your opportunity to truly sell yourself, to state your career plans and goals, and to indicate to the interviewer (typically a member of the committee that will determine which prospective students get accepted) why you are a great candidate for the master's degree program at XYZ College.

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In this ever-changing healthcare community, there is only opportunity for nurses: Opportunity for career and professional advancement, opportunity to bring balance to the community by filling the gaps in primary care, and an opportunity to be a part of the generation that promotes effective, efficient, and cohesive teamwork amongst all healthcare professionals. It is time we as health care professionals work together, not against each other. In doing so, we will develop a healthier community of not only patients, but health care professionals. ♦

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# News & Updates

## Statement of Correction

In our 2010 fall/winter issue, we included a set of NCLEX® review questions from the 2009 edition of *Practice questions for NCLEX-RN* by Thomson Delmar Learning. The medical-surgical question and answer, found on pages 7 and 8, respectively, include content about RN delegation to LPNs.

The answer states that “A licensed practical nurse cannot perform tasks that involve developing, assessing, or implementing. Those are tasks that only the registered nurse can perform.” It has come to our attention that the LPN responsibilities suggested in this answer directly contradict LPN responsibilities according to state regulations.

Please refer to the following document from the Massachusetts State Board of Nursing website, particularly section 3.04: Responsibilities and Functions – Practical Nurse, which defines the role of the LPN in Massachusetts: <http://www.mass.gov/Eeohhs2/docs/dph/regs/244cmr003.pdf>

Contrary to the answer that was published in our last issue, official Massachusetts regulation states that LPNs in Massachusetts do “assess” clients, as well as “plan...implement and..evaluate” nursing care. We apologize for the confusion and would like to clarify that the question selection from *Practice questions for NCLEX-RN* does not express the beliefs or opinions of MaSNA, nor do we claim to hold this selection as a reflection of state protocol. We apologize for any offense and/or confusion we have inadvertently caused.

## Congratulations to Massachusetts Recipients FNSNA Promise of Nursing Scholarship 2010

Amy Caporello, Northeastern University, Bouve College of Health Sciences  
Alison Daley, Northeastern University, Bouve College of Health Sciences  
Sarah Ickes, Northeastern University, Bouve College of Health Sciences  
Elizabeth Kinsella, University of Massachusetts at Boston  
Kayleigh McDonald, Northeastern University, Bouve College of Health Sciences  
Erica Nadeu, Northeastern University, Bouve College of Health Sciences  
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Rachel Regonini, Northeastern University, Bouve College of Health Sciences  
Danielle Savoie, Northeastern University, Bouve College of Health Sciences  
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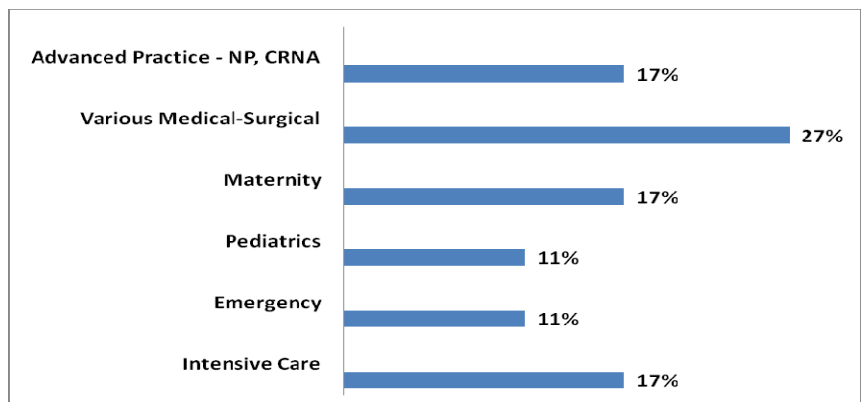
## Upcoming Events

**July 30, 2010 8:30 am - 4:00 pm:** Annual Northeast Leadership Conference; Mt. Sinai Medical Center, NY

**November 4-7, 2010:** NSNA MidYear Convention; Cincinnati, Ohio

## Poll Stroll Results

What is your preferred nursing specialty?



## NSNA and MaSNA Membership

Becoming a member of the National Student Nurses' Association allows nursing and pre-nursing students enrolled in state-approved nursing programs leading to licensure as a registered nurse to ally with other nursing students and reap benefits of membership in a pre-professional organization. NSNA members share the commonality of nursing education and, in turn, an inherent bond unique to the nursing profession. Pre-professional involvement prepares students for an enriching professional career and importantly, the opportunity to network with professionals who present valuable career options. Many NSNA members serve on the board of directors of his or her respective chapter, thereby building professional development and leadership skills. In addition to the innate professional benefits of NSNA membership, there are valuable perks provided by the NSNA to students, including the following:

- Imprint—NSNA's magazine geared specifically toward its student nurses
- Access to select specialty organizations at a discounted rate
- Scholarships through the NSNA Foundation
- Opportunities to engage in NSNA-sponsored competitions
- Discounted study tools for classes and the NCLEX
- Barnes & Noble discount
- Free access to Critical Portfolio—an online portfolio generation program
- Health and Accident, and Malpractice Insurance at a discounted rate
- Option to participate in NSNA credit card program
- Awards and recognition from NSNA for outstanding involvement
- Discounted nursing journal subscriptions
- Discounted nursing apparel
- Potential to earn academic credit for NSNA participation through NSNA Leadership U

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# The Nightingale

Spring/Summer 2010

Editor: Catherine A. Ferreira, BSN

Design: Catherine A. Ferreira, BSN &  
Adriana McKean

### 2009-2010 Board of Directors

President—Christina Buettner, BSN

Vice President—Catherine A. Ferreira, BSN

Secretary—Beth Kinsella, ADN, BS

*Congratulations 2009-2010 Board of Directors on your graduation! Thank you for an amazing term and best of luck with your future endeavors.*

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MaSNA is a pre-professional organization for pre-nursing and nursing students enrolled in Massachusetts accredited diploma, associate, and baccalaureate degree programs.

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**Disclaimer: The content of guest submissions does not reflect the opinions or beliefs of MaSNA. The guest submission section of the publication is intended solely to provide opportunities for our members to share their voices.**