



Missouri Nursing Students' Association

THE PULSE

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IN THIS ISSUE

WELCOME.....PG 1

MARK YOUR
CALENDAR.....PG 1

RESOURCES TO BE
SUCCESSFUL.....PG 8

NURSING NEWS.....PG 10

HOW TO
REACH US.....PG 11

WELCOME

Welcome to the September edition of *The Pulse*. As a nursing student, September should always be an important month because it means that you have survived another month in nursing school, but this September is even more special because we are nearing our 65th Annual Convention! In this newsletter, we will be focusing on our upcoming Annual Convention, what you need to do to prepare, and what you will expect. The newsletter will also feature some resources that you can use to be successful in your academics!

MARK YOUR CALENDARS

MONSA Convention: October 19th-20th

This year's MONSA mid-year convention will be held at Springfield, Mo at the University Plaza Hotel and Convention Center on October 19-20, 2017.

We are tremendously excited to have you all attend this convention at Springfield, MO. To get you even more excited, we will highlight some of the key features to look forward to.

During this two-day convention, we will have speakers, specialty nurses, exhibits, NCLEX reviews, and so much more. Check out the agenda below to see what we have in store for you! Also as you continue to read, be sure to acquaint yourself with some of the speakers attending.

- **Day One Keynote Speaker: Lydia Zager**

- Lydia Zager is the Co - Executive Director and Consultant for Leading Learning LLC and former Director for the Amy V. Cockcroft Leadership Program located in the College of Nursing at the University of South Carolina (USC). She is a retired clinical professor at USC and is certified as a Nurse Executive Advanced.

Lydia earned her MSN in nursing administration with a minor in education from the University of Texas Health Science Center (UTSC) in San Antonio, Texas and her BSN from Pittsburg State University (PSU) in Pittsburg, Kansas. She was the Director of the Center for Nursing Leadership for South Carolina from 2004 – 2010 and is a retired Lieutenant Colonel from the Army Nurse Corps. She is a sought after



resource for faculty and leadership development and has made numerous national, international and state presentations. Her expertise is in developing nursing faculty particularly in the areas of conceptual teaching, clinical reasoning, new generation of novice learners, item writing, and evaluation to meet patientsafety, NCLEX® and Joint Commission Standards in both the classroom and clinical. Lydia is the co-author of four books. Her most recent book published in 2017 is the “Eight Step Approach to Teaching Clinical Nursing”. Other books include the “Medical Surgical Nursing Concepts Made Insanely Easy: A New Approach to Prioritizing Nursing” (2014), “Concepts Made Insanely Easy for Clinical Nursing” (2014) and “The Eight-Step Approach for Student Clinical Success” (2011). She wrote two chapters on leadership and the multigenerational student for the book, “Mastering the Teaching Role: A Guide for Nurse Educator” (Penn, 2008). She co-developed and implemented a concept curriculum. Lydia was awarded the 2006 SC Palmetto Gold recipient of the top 100 nurses in SC, was a recipient of the USC College of Nursing’s Outstanding Undergraduate Teaching Award, the Amy V. Cockcroft Outstanding Leadership Award and the 2007 Sigma Theta Tau Alpha Xi Founders Awards. She also was selected by PSU and UTSC for the Outstanding Alumni Award. She is a 2004 graduate fellow of the Amy V. Cockcroft Leadership Development Program.

- **Day Two Keynote Speaker: Cynthia Ann Fleck**

- Dr. Cynthia Ann Fleck is a Leading Author, Worldwide Speaker, Business Owner, Clinician, Researcher, Expert Witness, Volunteer and Activist for the American Diabetes Association and Ambassador and Board of Director’s member for the Save a Leg Save a Life Foundation, a Philanthropist, Endowed Scholarship Creator and a former Mrs. Missouri.

Cynthia Fleck has presented over 600 seminars and programs throughout the world. A sought-after speaker, key-note presenter, author/writer, researcher, creative thinker, conference chair, key opinion leader, executive level manager, leader, sales & marketing expert and consultant, and medical/surgical liaison, she has been an invited lecturer at university, national and international programs and symposia throughout the world. She has written over 400 articles and manuscripts for various peer reviewed clinical publications as well as chapters. She has edited one textbook. She has served in multiple leadership capacities for national associations and not-for-profits. She was recently named the #1 industry executive that was most instrumental in pushing the wound management business forward.



Cynthia has a Bachelor of Science degree in nursing with a minor in nutrition from Southeast Missouri State University. She has her Master of Business Administration degree from Fontbonne University, her Doctor of Philosophy from the University of Monterrey, she graduated with her Wound, Ostomy and



Continence Nurse specialty through M.D. Anderson and the University of Texas and is a member of the prestigious nursing honor society, Sigma Theta Tau. She is certified through the American Board of Wound Management as a board certified wound specialist, the Dermatology Nurses Association as a Certified Dermatology Advanced Practice Nurse and the Wound, Ostomy and Continence Nurses Certification Board as a Certified Foot and Nail Care Nurse.

Cynthia worked as an intensive care nurse, educator and as an industry executive, moving up to the “C” level for many years and now owns her own consulting company. She was instrumental in launching the iconic REMEDY advanced skin care line revolutionizing the way patients’ skin is cared for all over the world. She lives a jubilant life in St. Louis, Missouri and is passionate about inspiring others, Cynthia is happily married to her loving husband Randall Barker, an agriculture & data analytics business owner and daughter of her best friend, Clayton, Missouri native, her Chief Financial Officer of her company, beauty queen and philanthropist, Judith Fleck who is here with us today. Cynthia was Mrs. Missouri 2016 and 5th Runner-up at Mrs. USA; promoting Diabetic Foot Care Awareness and Amputation Prevention as her platforms and launching her own national campaign, “Show Me Your Sole #ShowMeYourSole!”. She also just received the United States President’s Volunteer Service Award Gold Medal for volunteering over 500 hours in a 12-month period. This afternoon, she will be talking to you about her passion, amputation prevention and how you can help!

Hurst, being one of our platinum sponsors, is bringing along a very special guest. Kelley Johnson, will be speaking on day two of our convention during the General Session titled “Why We Chose Nursing and How Nursing Continues to Choose Us”.

- **Kelley Johnson** represented the Miss Colorado Organization across the nation as Miss Colorado 2015. Kelley also competed for the title of Miss America 2016 and was awarded second runner up. Kelley graduated Summa Cum Laude from Nursing School at Grand View University, where she was also valedictorian. As a Registered



Nurse, she hopes to obtain a Doctorate in Nursing Practice beginning classes in the spring of 2017. Her year as Miss Colorado included appearances on the Ellen DeGeneres Show, Dr. Oz, The Doctors, E News, various other television and radio studios and speaking engagements across our country. Currently, Nurse Kelley lives and works out of Los Angeles as the Brand Ambassador and Nurse Advocate for United Staffing Solutions Inc, a travel nursing company in Torrance, California. Nurse Kelley is also a spokeswoman for Hurst Review, a nationwide NCLEX Review Service, and continues to host and emcee television shows and pageants across America. Through her participation in the Miss America Organization, and performing her nursing monologue for the talent portion in scrubs and a stethoscope, Kelley drew national attention to nursing sparking the #NursesUnite campaign. Now, Nurse Kelley spends her time publicly speaking about the nursing profession and serving various nursing communities through direct care, advocacy, and education.



Towards the end of the convention, Hurst will also be providing a mini NCLEX review titled “Fluid Overload: Hurst Review’s Step by Step Approach to NCLEX Success.

- **Fluid Overload: Hurst Review’s Step by Step Approach to NCLEX® Success** - Come experience Hurst’s nationally renowned comprehensive approach to passing the NCLEX® as we review Fluid Overload. Using our steps of reviewing must know content, developing critical thinking and application skills, incorporating NCLEX® specific testing strategies, and practicing high level NCLEX® style questions; let us introduce you to the tools essential to conquering the NCLEX® the first time!



DAY ONE AGENDA
MISSOURI NURSING STUDENTS' ASSOCIATION
65TH ANNUAL CONVENTION
 University Plaza Hotel
 Springfield, Missouri
 October 19-20, 2017

DAY ONE
THURSDAY, OCTOBER 19, 2017

<u>TIME</u>	<u>EVENTS</u>
11:00-5:00 P.M.	REGISTRATION
12:00-1:00 P.M.	Welcome & Opening Ceremony Adrienne Emma, President General Membership Meeting
1:00-2:15 P.M.	Keynote Speaker Lydia R. Zager, MSN, RN, NEA-BC Education Consultant Sylvia Rayfield & Associates ICAN Publishing, Inc. Topic: “The Five Minute Insanely Easy Approach to Pharm and Medical-Surgical Nursing!”
2:15-2:45 P.M.	Networking Break
2:45-4:30 P.M.	“Nursing Specialty Showcase” A panel of nurse's who specialize in various specialties will be available for Interactive Q&A session.
4:30-6:00 P.M.	Nurse Leader Session “Leader2Leader: Making the Transition to Professional Nursing” Facilitated by: Lydia Zager, MSN, RN, NEA-BC
6:00-8:00 P.M.	Networking Reception Meet the Candidates Silent Auction Begins
8:00	Dinner on own. Enjoy Springfield

Note: The agenda is subject to change

DAY TWO AGENDA
MISSOURI NURSING STUDENTS' ASSOCIATION
65th ANNUAL CONVENTION
 University Plaza Hotel
 Springfield, Missouri
 October 19-20, 2017

DAY TWO
FRIDAY, October 20, 2017

<u>TIME</u>	<u>EVENTS</u>
6:30-A.M.	Exhibitor Check In & Set Up Candidates Booths Open
7:30-A.M.	Registration Begins Exhibits Open/Silent Auction Continental Breakfast MONSA Store Open
8:15-9:30 A.M.	Welcome Adrienne Emma, President General Membership Meeting Introduce Candidates/Elections
9:30-10:15 A.M.	Energy Break Visit Exhibitors/Network/Silent Auction
10:15-11:30 A.M.	General Session/Keynote Kelley Johnson, BSN, RN “Why We Chose Nursing and How Nursing Continues to Choose Us”
11:30-12:45 P.M.	Leadership Awards Luncheon Silent Auction Ends Visit Exhibits & MONSA Store
12:45-2:00 P.M.	Keynote Speaker Cynthia Ann Fleck, PhD, MBA, BSN, RN, APN/CNS, CWS, DNC, CFCN “Show Me Your Sole”
2:00-2:30 P.M.	Election Results/Installation of Officers
2:30-4:00 P.M.	Presentation by Hurst Review Services Pam Hargett, MSN, RN Regional Director
	“Fluid Overload: Hurst Review’s Step by Step Approach to NCLEX® Success”



If you have not registered for the 65th Annual MONSA Convention, be sure to visit our webpage at monsa.org and click on the tab “events” to gain access to the registration forms!

T-Shirt Design Contest: September 20th

[Submit your entry](#)



By designing a shirt, and submitting it here, you will offer MONSA fresh ideas for a shirt that'll be the center of attention in all upcoming events. If your design is chosen to be among the top three designs, we will go to the polls and allow other students to vote for the one they like the most. After all votes have been tallied, the winner will be chosen and announce on our social media pages and on our webpage.

Voting will be done on our official Facebook page when the top three have been chosen by the Executive Board.

This contest is intended to be fun, but we ask that all shirt be appropriate yet depict nurses as they are in reality.

So, what are you waiting for? Get creative, and send us your best t-shirt design! Email prdirectormonsa@gmail.com with your design NOW!

Design Submission Deadline: September 20th, 2017.

Winning t-shirt design prize:

- * Winner will receive 1 free t-shirt
- * Winner will receive free admission to the 2017
MONSA Convention
- * MONSA holds the right to alter the t-shirt design voted as 'winner'.



Running for Election: October 19th



Letter from Jen Jensen:

“Hello fellow nursing students!

My name is Jen Jensen, and I serve the MONSA Board of Directors as the Current Nomination and Elections Chair. My job is to help all of YOU get involved with other like-minded individuals who want to be leaders in a demanding, yet rewarding career as Nurses.

I feel very strongly that as a MONSA Board Member, you are given a platform to practice your leadership skills, and share ideas with other students and nurses from across the country.

If you are interested in running for a position, or have any questions at all, please give me a shout on here or by emailing me at necmonsa1@gmail.com. We look forward to meeting you at our Annual Convention in Springfield, MO this upcoming October!”

Find the election packet by visiting our webpage at monsa.org, and by clicking on the “Nominations and Elections” tab.

To be considered a "pre-slated" candidate, you must turn your completed packet into Jen Jensen, or Desma Reno during morning Registration at 11:00 am October 19th, 2017.



Attend our student nurse socials, And explore your future with BJC HealthCare.

As a nurse at BJC HealthCare, you have the opportunity to make a real impact on patients' lives, brighten days, ease fears and change lives for the better. We'll encourage you to make the most of your knowledge, creativity and skills and join fellow caregivers at BJC who share your passion for excellence.

Come join us for one of two student nurse socials, which offer an opportunity to meet our hiring managers, hear from our nurses about why they chose BJC, and learn about our outstanding patient care areas.

Bring a nursing school friend and receive a gift!

Both events will include hors d'oeuvres and chances to win a variety of prizes.

TUESDAY, SEPTEMBER 19 | 4 - 7:30 P.M.

BJC Institute of Health at
Washington University-Lobby
425 S. Euclid Ave. | St. Louis, MO 63110

THURSDAY, OCTOBER 26 | 4 - 7:30 P.M.

BJC Learning Institute-Lower Level
8300 Eager Road | St. Louis, MO 63144

RSVP today! BJC.org/NurseSocial

BJC HealthCare is one of the largest nonprofit health care organizations in the nation. BJC has 15 hospitals, five with Magnet® designation, and multiple community health locations across the greater St. Louis, southern Illinois and mid-Missouri regions.



John, RN, BSN
Oncology
Barnes-Jewish Hospital

BJC HealthCare

Your career. Made better.

I Choose BJC

"I am tied to the community.
I am tied to the mission.
I am tied to the purpose."

Kimberly, RN, BA
Neurology/Orthopedics
Christian Hospital

EOE

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RESOURCES TO BE SUCCESSFUL

How to be successful in nursing school:

Study tips and tricks to help make passing those exams a little less stressful



Written by: Kristina Duraski

- MEET WITH YOUR RETENTION COACH/NURSING ADVISOR: find out what way YOU study best by meeting with the Retention Coach at your school. They will give you a little questionnaire which helps determine what ways you learn best. This helped tremendously to make my study time more efficient and effective.
- Does your instructor offer extra credit opportunities? If so take advantage of them! It won't help you pass but it will at least help benefit your grade if you are already passing.
- Save all power points and label them with whatever semester you are in.
 - o Ex.) 1st Semester Skin Integrity and Wound Care
 - o Ex.) 2nd Fluids and Electrolytes Part 1
 - o Ex.) 3rd Semester Upper GI Adult
 - o Ex.) 4th Semester Neuro
- Record lectures if you have permission: this one is tough because it seems like more and more instructors refuse to be recorded unless they have to because of a disability. I want to touch a little more on this, and I kind of feel like it can be a little taboo to discuss, so here I go. I just want to let other students know, that if you have a disability there is usually an office at your school that will help you in any ways they and your doctor see fit. When I started nursing school I had a meeting with the retention coach and she brought this to my attention because I do have ADD/GAD/MDD. I was skeptical about using it but I am so glad I did because it helped. The process at my school was that I had to have my psychiatrist/psychologist fill out some paper work and send it back to school and then I had a meeting with an advisor at school to discuss my accommodations. That was pretty much it and now I am allowed to record and take a test in a quiet, semi-private room with extra time. The only thing I am



trying to advocate for here is that if you have a disability that you see a medical professional for then this accommodation might benefit you and that is nothing to be ashamed or embarrassed about.

- I don't hand write very fast and plus after a 3 hour lecture my hand would be so sore. So my intervention was to bring my laptop to class and type my notes. I would open the PowerPoint up and type in the "notes" section what was said. *If you are allowed to record: I would then go home and re-listen to the lecture and type all the things they said that I missed. So then at that point I have now heard the lecture once during class and now for a second time.

- Know the math: these one should be easy points, with math it's either right or wrong you either know it or you don't. With nursing questions it can be tricky to pick the BEST answer but with math those ones should be freebees ;)

- Starting in 3rd semester I started making my own versions of "concept maps" they don't totally qualify as regular concept maps, but THEY WORK FOR ME! So how do I make them:
 - 1st I go through the PowerPoint and kind of make an outline of what the PowerPoint is teaching, that way when I am making my study sheets/concept maps I have a general idea of the "whole picture"
 - 2nd I then just begin by starting at the beginning of the PowerPoint and making the study sheets. So for an example: first thing on the outline says, "Normal Immune Response", so I make my first study sheet about the normal immune response. I use colors in any way I can and I try to use the same colors for similar things. Ex.) My concept map of Allergic Disorders, I typically use a pink color to signify nursing "stuff" so any interventions, assessments, management, priorities. I usually make labs/diagnostic tests a blue color, orange is usually used to symbolize treatment related information. I try and do this for most of the maps/sheets so I remember without even really reading, oh that's under the blue section so it's a lab/diagnostic test. I do this for all of the PowerPoint slides.
 - Note about this process: it is time consuming. I used to make flash cards, and I would spend hours making them but never looked at them again. Occasionally I will make 1 or 2 with a certain formula or lab value but these are my new "flash cards". These I actually study and read, plus I think the work it takes to actually make them helps drill it in. They are colorful and bright and instead of having to flip through each slide while studying I am able to see the "whole picture".
 - Once I have finished all the study sheets for the PowerPoints then I will use those study sheets and make sure I have in some way touched upon what the test objectives are. So say my page about allergic disorders answers number "12" on the test objectives (usually provided within syllabus) then I stick a little post it sticker on there and label it "12". This helps me make sure that I have covered everything the instructor might be testing on, and sometimes it's a good thing I do because for this last test I almost forgot to read up on the 5 different immunoglobulins so by doing this I was able to say, "Whoops I didn't make a study sheet on the 5 immunoglobulins so I better take a look at that."
 - Then I go back through and record myself answering/talking about each objective using the study sheets I have made.
 - And you guessed it... then I LISTEN to them. Over and over again. This is kind of a nice way to review the material in a faster manner as opposed to re-listening to the lecture AND I can be studying while making dinner or sorting laundry.



- I also try and do lots of practice questions. The more practice questions the better you will do. Even when you don't really know the material yet it is still good to do them because you are still learning by reading the rationales.
- Tackling the test: I always use a stress ball for when I feel really anxious. I also will stop and close my eyes and take a few deep breaths whenever I encounter questions that are really frustrating me or freaking me out
 - o When I am answering the questions I always read it like 3 times. After I read through it once I then read it again and try and figure out what the question is actually asking me.
 - o Pay attention to the wording- does it say what is the priority assessment or what is the best response... if it has those words in there then that's a clue that perhaps all the answers are right in a way but you need to decide which is the BEST answer. Usually for these if I am not 100% sure I will think about airway, breathing, circulation. Then if that doesn't seem to apply I think about safety stuff and Maslow's Hierarchy of Needs.
 - o There are some other clues I have learned over the past few semesters- if one of the answers says any of the following then that answer is wrong
 - telling the patient not to worry
 - telling the patient to ask the doctor
 - suggests leaving the patient
 - do nothing
 - if there is an answer involving something you have NEVER heard about chances are it's probably wrong (be careful with this one, I suppose if you didn't study then it would make sense to never have heard of some big word no one can pronounce)
 - o For Select All That Apply Questions: remember to read each statement like a True or False Question. These ones can be tricky and don't be too hard on yourself if you find these ones challenging, we all do.
- After Unit Test: go home and take all the papers you compiled during that unit and file them in a HUGE binder that will hold all the semester's units so at the end of the semester when it's time to study for the final you have everything all organized by unit
- Now start this process all over again for the next unit!

This is how *I* study, just one way out of the millions of different study methods out there. I have friends that study and prep completely differently and do very well on exams. It truly is about finding what works best for *you*. It took me a good year of nursing school to determine what works for me. I am starting my last semester of nursing school and who knows maybe I will find other approaches to studying that work even better. It's important to have an open mind about change. The nursing industry is always changing the way we do things so be open minded to changing the way you study. Don't be afraid to say ok this used to work for me and it's not anymore, but that's ok. Try something new! Good luck!

NURSING NEWS

"Utah Nurse Arrested Over Blood Draw: This Shouldn't Happen Again

"The Utah nurse whose videotaped arrest provoked nationwide outrage says Salt Lake City police must work to win back public confidence" <https://www.nbcnews.com/news/us-news/utah-nurse-arrested-over-blood-draw-says-shouldn-t-happen-n798556>



HOW TO REACH US

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