

Pulse Point

Volume 3, Issue 2

Summer 2004

Congratulations New Graduates!

ONSA wishes you success in all of your endeavors as a Registered Nurse!!

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Mary Foley to Speak at 2004 Convention

The Oklahoma Nursing Student Association has an informative and exciting convention planned to kick off on **October 13 at 5:30 pm**, and at the closing session on October 15, the end-note speaker will be Mary Foley, MS RN, immediate past president of the American Nurses Association. Ms. Foley will be speaking on the topic of Healthcare Policy, and serves as the Associate Director in the Center for Research and Nursing Innovation at the University of California, San

Francisco (UCSF), where she is also a PhD student in nursing policy. A registered nurse for over 30 years, Foley has been active in the health care policy arena. She continues to write and lecture about health care policy, improving the workplace, promoting safe care, and worker health and safety. Foley was named for the second year as one of the top 100 "most powerful" in US healthcare system by Modern Healthcare, and remains one of the few nurses on the

list. She was appointed to the California Tuberculosis Elimination Task Force in the Department of Health Services from 1993 to 1994, the Mayor's HIV Task Force for the City of San Francisco in 1989, and California's RN Special Advisory Committee on the Nursing Shortage for the Department of Consumer Affairs in 1989. She is a member of the Glide Clinic Oversight Board. She also serves as a project consultant for the

(See MARY FOLEY, p. 5)

ONSA Wants YOU!

ONSA would like to encourage all members to consider running for a state office. Serving as a state officer is an exciting and rewarding experience that will allow you to have a more active role in your state organization. The easiest way to run for an

office is to be pre-slated. This means that you have already filled out the application and are on the ballot for your choice of office. The application will be available online August 16, along with the details of what each office entails. Big responsi-

bility Equals Big Rewards! Please take the time and fill out our application and return it to the Director at Large, Adriane Strait, by September 23. You can reach Adriane for any further questions at adriane413@yahoo.com.

A Letter from Your President

Dear Fellow Students,

The health care industry, which we all have grave interest, constantly undergoes various aspects of change. We find focus points in our industry in which we are prepared to proceed with changes as well as those areas that we tend to resist. As future nurses we know that we must quickly adapt to situations that may confront us professionally, academically, and personally.

The Oklahoma Nursing Student Organization has been in the process of several changes. As a state organization, the Board of Directors (BOD) has used the foundation of our nursing education to address these changes. We, as an organization, have **Assessed** our situations, **Planned** directions in which we will move, **Implemented** structural components within the Board of Directors, and will continuously **Evaluate** our progression.

I, Ann Fant, have currently assumed the role of president of ONSA. I find it a privilege and honor to serve you in this capacity. I, as well as the ONSA BOD, am committed to ensuring that while we are pursuing projects to better suit your needs, that we also continue to fulfill the requirements of our office. We are excited about our first independent convention to be held in Tulsa, OK in October. Our theme for the convention is "Breaking the Mold".

I would like to thank you for your continued support and involvement with ONSA. Our monthly meetings are open to your appointed chapter liaison. Please visit our website for continuous updates on upcoming events, or for submission of questions, comments, or concerns.

Respectfully,
Ann Fant
President
Oklahoma Nursing Student Association

Spring Workshop 2004 a Great Success!

Spring Workshop 2004: "Evolving from Student to Professional" was held on Saturday, April 17 at the University of Central Oklahoma in Edmond. Over 80 students attended, making this the most successful workshop in ONSA history! Students were in-

formed on a variety of topics, including resumes and portfolios, interviewing and test-taking techniques, and information about the board of directors. Speakers featured were Betty Walters, SWOSU, Kristy Baker, SWOSU, and Dr. Joseph Catalano, ECU.

A special thanks goes out to all of our members who made this workshop a success, and our Director at Large, Adriane Strait, for organizing such an informative and fun workshop! Be sure to mark your calendar for fall workshop on September 11, 2004!

What is a resolution?

A resolution is a written statement that, when adopted by the House of Delegates, is the basis for the policies and actions of the Oklahoma Nursing Student Association. Resolutions are presented on matters of importance to ONSA, its members and constituent associations, nursing, and the health needs of the public. Resolutions should be regional or national in scope, and should fall within the purposes and functions stated in the ONSA Bylaws.

A resolution is composed of two

parts: "whereas" clauses that summarize, with documentation, the reasons and rationale for the resolutions; and "resolved" clauses that contain the position to be taken on the issue and/or actions to be taken by ONSA, its constituent associations, and its members. ONSA encourages constituents to use a resolution to submit stands on issues to the House of Delegates. The discussions at Resolutions Hearings and on the floor of the House insure that the issue, its costs and implementation, have all

been carefully considered by the delegates prior to voting. Resolutions may be submitted at any time prior to the last meeting of the House of Delegates. To view current ONSA resolutions, please visit the website at www.oknsa.com. To submit a resolution or obtain more information, e-mail Valerie Jump, Legislative Director and Resolutions Committee chair at legislation@oknsa.com.

A Message from the Oklahoma Nurses Association

Hilda Crane-Smith
ONA Consultant

ONA, the professional association for registered nurses in Oklahoma, was founded in 1908. Its mission is to serve the educational, informational, professional and advocacy needs of all nurses. ONA promotes public policy to best serve the nursing profession, the health care community and the public. It protects nursing practice by promoting a high standard of practice, ensuring nursing priorities are incorporated in legal and regulatory

decisions, safeguards and promotes nursing licensure as well as the right of the profession to define nursing practice.

Be sure to mark your calendar for Fall Workshop on September 11, 2004 at OU Health Sciences Center. More information will soon be available on our website, www.oknsa.com.

ONA also addresses the practice challenges nurses face today. This is done by promoting workplace safety and advocating an environment foster-

ing safe and effective patient care.

The ONA is a powerful political advocate. It provides and supports guidance on legislation impacting the nursing profession. The ONA lobbyist as well as its executive director (Vickie White Rankin and Jane

Nelson) are constantly educating lawmakers and other policy makers. ONA members can be seen at Legislative Day at the state capitol, volunteering for Nurse of the Day, talking with their district legislatures and working on election campaigns. As members of the OSNA, you already are aware of some of the benefits of belonging to a professional organization. I hope you will continue to be part of your professional organization after graduation to help shape the future of nursing. New graduates receive a discount on ONA membership. For more information or a membership form go to www.oknurses.com or call the ONA office 405.840.3476.

National Convention Reflections

Jan Emory
OLN Consultant

Throughout the academic year, students and faculty alike are very directed in their actions and responsibilities. Everyone is so busy that time is precious. It is difficult to identify what opportunities nursing provides and what a privilege it is to be a college student in nursing during this time. At the NSNA convention, the opportunity arises to see nursing's future in action. Students are separated from their immediate responsibilities and thrust into

a new environment. The enthusiasm and excitement that surrounds the convention is almost palpable. As an educator and consultant, this environment reminder of why I volunteered as the OLN consultant to the ONSA. The students inspire an upbeat and positive attitude.

The ONSA board of directors had a specific goal in mind this year during the national convention. They sought out peers and mentors to discuss the requirements necessary to host a separate convention from the

parent organization, ONA. Upon returning from this forum, the board is equipped with many ideas for the upcoming ONSA convention in October. Much work is needed for the convention to be a success. If any students would like to volunteer their time to assist the board of directors in this endeavor, please contact ONSA through the website at www.oknsa.com. We appreciate any amount of help, and encourage members to seek rewarding leadership and volunteer experiences.

Tobacco Tax Will Go To A Vote

On May 21, 2004, the Oklahoma State House and Senate passed the Tobacco Tax Bill (HB 2660), allowing the issue to go to a vote of the people in November. If passed by a vote of the people, this bill will allow for an additional 0.55 tax on tobacco products in order to fund Oklahoma healthcare, expected to raise an additional \$140 million dollars. The majority of this money raised would be matched by federal dollars, making as much as \$400 million more available for our state healthcare. According to Governor Brad Henry's office, "The funds would provide premium assistance to businesses to help cover workers, create a world-class cancer research center, enhance trauma care, and raise reimbursement rates for health care providers, among other things." The funding will be distributed as follows:

- \$ 50 million for premium assistance to business to help provide medical coverage to employees
- \$50 million for health care provider rates to better compensate medical personnel for treating patients
- \$ 8.5 million for trauma care
- \$ 7 million for debt service to create a \$75 million world-class cancer research center
- \$ 4 million for OSU telemedicine initiative
- \$ 3 million for indigent care in Tulsa
- \$ 6 million for expansion of adolescent substance abuse treatment
- \$ 5 million for reimbursements to city/county hospitals
- \$ 2 million for increased reim-

The funds would provide premium assistance to businesses to help cover workers, create a world-class cancer research center, enhance trauma care, and raise reimbursement rates for health care providers, among other things."

bursements to ER physicians to 90% of Medicare

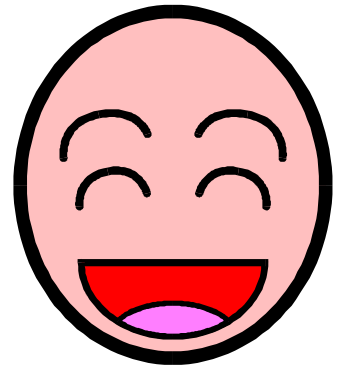
- \$ 2.5 million for implementation of the "Katie Beckett" waiver for developmentally disabled children
- \$ 1 million for youth tobacco cessation efforts

We applaud all of our state legislators who have allowed this issue to be voted upon by Oklahomans. This legislation is especially important to ONSA members, as it will fund so many healthcare initiatives. If you are not already registered to vote, please do so, and vote "YES" for this bill in November. Thank you to all that worked for this bill, it could not have been passed without your diligent efforts.

Source: <http://www.governor.state.ok.us>

Top Ten Reasons to Become a Nurse

- 1) Pays better than fast food, though the hours aren't as good.
- 2) Fashionable shoes and sexy white uniforms.
- 3) Needles: "Tis better to give than receive"
- 4) Reassure your patients that all bleeding stops...eventually.
- 5) Expose yourself to rare, exciting and new diseases.
- 6) Interesting aromas.
- 7) Courteous and infallible doctors who always leave clear orders in perfectly legible handwriting.
- 8) Do enough charting to navigate around the world.
- 9) Celebrate all the holidays with your friends- at work.
- 10) Take comfort that most of your patients survive no matter what you do to them.



Mary Foley to be Endnote Speaker at 2004 Convention

(cont.)

Training for the Development of Innovative Control Technology (TDICT) Project, which brings together health care workers, product designers, and industrial hygienists to better design and evaluate medical devices and equipment. The TDICT Project is also a partner with the ANA.

Foley has held numerous elected and appointed positions with the ANA at both the state and national levels. She currently serves on the ANA Political Action Committee as Vice Chair, and has been elected ANA/C Vice President. She served as ANA's second vice president from 1994 to 1996 and as first vice president from 1996 to 2000. She was chairperson of the Constituent Assembly from 1992-1994. She was an official representative from the United States at the 1997, 1999 and 2001 meetings of the Interna-

tional Council of Nurses (ICN). She continues as a member of the National Patient Safety Foundation Board of Directors and as an advisory member of the Partnership for Patient Safety (P4PS). At the state level, Foley served as president and treasurer of the California Nurses Association when it was an ANA-affiliated organization. Her professional organizational involvement began with the National Student Nurses Association (NSNA), where she served as president in 1974-1975. She is the first NSNA past-president to be elected ANA President.

Foley received her nursing diploma in 1973 from New England Deaconess Hospital School of Nursing, her BSN in 1976 from

Boston University School of Nursing in Massachusetts, and her Master's of Science in Nursing Administration and Occupational

Health from the University of California in San Francisco in 1994.

ONSA is glad to have Ms. Foley participate in our 2004 convention. We will also be welcoming

our keynote speaker, Ms. Marlene Hurst of Hurst review services. For more information on Ms. Hurst, please see our article on page 7.

Be sure to make plans now to attend **October 13 thru 15 at the Renaissance Hotel in downtown Tulsa, OK**, and come to experience these two dynamic speakers firsthand.

For more information on 2004 Convention, check the ONSA website at www.oknsa.com.

*Mary Foley is the first NSNA
past-president to be elected
ANA President.*

**Student Member Estimated Budget
For
ONSA 2004 Annual Convention
Renaissance Hotel and Convention Center
October 13-15, 2004**

The following information is being provided to assist you with
budgeting for the ONSA Annual Convention.
Estimated Expenses (excluding travel) are for 2 nights and 3 days.

MINIMUM

| | |
|--|------------------------|
| Convention Advance Registration (ONSA and NSNA member) | \$50.00 |
| Hotel | |
| (2 nights, quad room 4 persons, at the Renaissance Hotel Tulsa, Okla. Special Room Rate \$99.00 + 7.917% tax) | \$53.42 |
| Meals | |
| (3 days) | |
| Breakfast (\$8.50 per day, including tip) | \$25.50 |
| Lunch (\$12.50 per day, including tip) | \$37.50 |
| Dinner (\$18.00 per day, including tip) | \$54.00 |
| <u>TOTAL</u> | <u>\$220.42</u> |

MAXIMUM

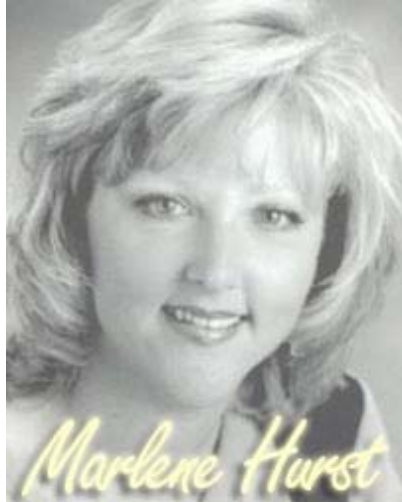
| | |
|---|------------------------|
| Convention Onsite Registration (ONSA and NSNA member) | \$60.00 |
| Hurst NCLEX Review Course | \$10.00 |
| Hotel | |
| (2 nights, single room 1 person, at the Renaissance Hotel Tulsa, Okla. Special Room Rate \$99.00 + 7.917% tax) | \$213.68 |
| Meals | |
| (3 days) | |
| Breakfast (\$12.00 per day, including tip) | \$36.00 |
| Lunch (\$15.00 per day, including tip) | \$45.00 |
| Dinner (\$21.00 per day, including tip) | \$63.00 |
| <u>TOTAL</u> | <u>\$427.68</u> |

Marlene Hurst to be Keynote Speaker for 2004 Convention

The 2004 ONSA Convention will kick off at 5:30 pm on October 13, 2004, with keynote speaker Marlene Hurst, sponsored by Hurst Review Services.

Marlene spoke at the NSNA National Convention this year, and for the students not fortunate enough to have attended her session, she will speak just for ONSA! Marlene is a dynamic speaker, guaranteed to involve her audience in learning and laughing. She has spoken at several state conventions, and Oklahoma is fortunate to have her at our convention this year.

Marlene is a Registered Nurse and a recipient of a Masters of Science in Nursing degree from the Mississippi University for Women. She is also a certified



Adult and Family Nurse Practitioner, a certified Critical Care Nurse, and an Advanced Life Support Instructor.

She started Hurst Review services in 1988, aimed at educating and preparing nursing students for certification tests and careers as nurses or other health-related professions.

Marlene keeps her content and program current by

researching new tools and techniques, updates her lecture materials, and gathers first-hand nursing knowledge through clinical experience. Ultimately, Marlene's experience and admiration for her

students gives the budding nurse all the skills and understanding needed to make it into the rewarding career of nursing.

Marlene is indeed different, because she focuses on being available to her audiences for questions during and after her appearance. She is truly in tune with the student nurse. Instead of reading from a book or pages of notes, Marlene's reviews are not just a speaker quoting material but a nurse herself wanting to explain and educate future nurses. With her fun and energetic reviews, Marlene covers multiple topics

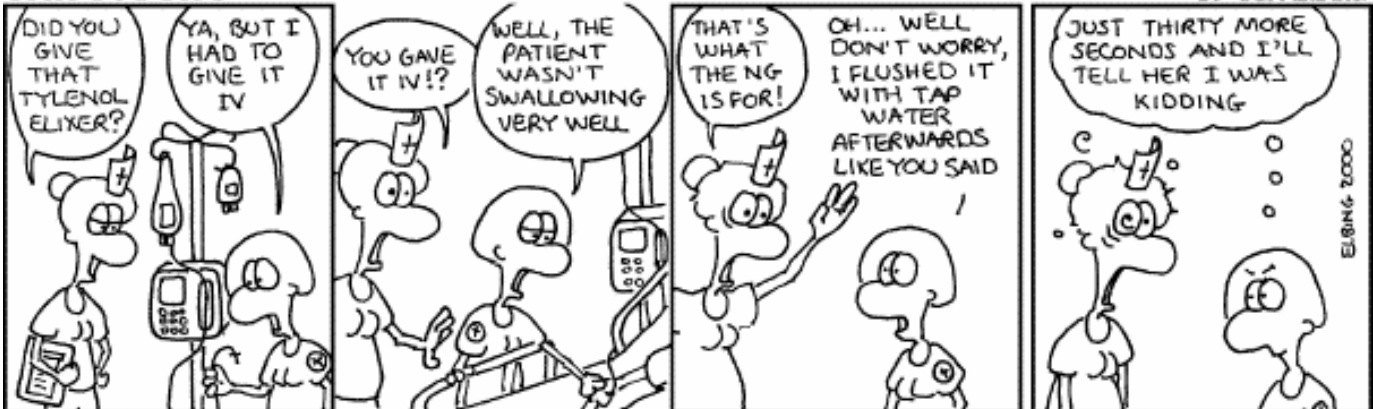
and always answers the "Why?" questions that students ask her. Please make plans now to attend ONSA Annual Convention,

and come to see Marlene on October 13 at 5:30 pm. You won't be sorry!

Marlene is a dynamic speaker, guaranteed to involve her audience in learning and laughing!

Nurstoons

by Carl Elbing



Nurses Day at the Capitol: An Opinion

Scott Stammerhorn

Rose State University

I thought it was very interesting that the main thrust of the conference was not only inform, but to urge participation by those attending. Knowing that historically many young adults don't vote, I asked a few of my younger classmates in attendance if they were registered voters. I wasn't surprised that at least some admitted to not being registered. CNN.com reports that in the 1996 U.S. presidential election, less than one-third of 18 to 24 year-olds voted. And 15 percent voted in the 1998 congressional elections. Looking around it was obvious that most of those in attendance were students, and many of those were in their early twenties. The irony then struck me, as I was sitting there freezing, that the speakers were urging involvement of many who were not even eligible to vote only because they had never taken the time to register. It again crossed my mind later when many of these unregistered potential voters were speaking to legislators that they didn't help elect. For many of my twenty-something fellow students, this would be a very educational experience. Even though the large majority of students were here only to fulfill a classroom assignment I think this was a positive step in the right direction. I hope that this will spur some of them to go and get registered to vote, and hopefully continue to participate throughout the rest of their lives. History is full of anecdotal stories of elections that would have

"Never doubt that a small group of thoughtful, committed citizens could change the world. Indeed, it's the only thing that ever has."

turned out differently if only a handful more people had turned out to vote in opposition. It is commonly known and accepted that the 1960 presidential election between John F. Kennedy and Richard Nixon was a very tight race. Kennedy of course won, but it was said that if only one more person in each Illinois precinct would have shown up and voted for his opponent, he would have lost the election. During that same election John Kennedy carried the state of Hawaii by a mere 115 votes. This again demonstrated the power a single vote could have. In 1948, Lyndon Johnson won a race for the U.S. Senate by a total of 87 votes-, earning him the nickname "Landslide Lyndon." More recently, George W. Bush won his presidential election because of a final recount 493 vote margin for the whole state of Florida. The fact that a registered voter has more sway with any politician should be a factor that the Oklahoma Nursing Association finds worth addressing. I have found that if you start your letter or introduction off with, "I'm a registered voter in your district", then you immediately have their attention. Also, because of popular referendum issues, voters will get to decide issues that directly affect healthcare, like the upcoming smokers tax proposal. So I think that each nursing student be urged to register to vote. I was surprised that the ONA missed this opportunity. It would have been easy to hand out voter registration cards at the conference, or at least have them available. Registration could also be encouraged

if an instructor offered a few extra points for a student to show their registered voters card. Other students could be given a voters registration card to fill out for the same points. If an election were held during the semester it would be easy to give a few points to those that bring their "I voted today" sticker in to class the next day. The classroom could then not only be used to help students once fulfill their civic duty, but to hopefully begin a lifelong habit of good citizenship.

It shouldn't stop there though. Here is a short list of other easy things anyone can do, and should do, to be more involved in the political process.

1. **Be informed.** This is easier than ever with the internet.
2. **Be involved.** Even if you can't spend the time, spend the money. Give to candidates, coalitions, and political action committees. Reward is the strongest source of power.
3. **Communicate.** Develop a list of your elected representative's email/phone numbers and contact them, often.
4. **Vote!** It's easy and free. How many other things can you say that about?

The political process doesn't stop there; it extends into the workplace as well. In the end I believe it will be the people that step forward, not wait to be invited, that will accomplish their goals in this life. Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." I couldn't have said it better myself.

Professional Organizations are only a click away!

The Oklahoma Nursing Student Association has long encouraged membership in a professional organization after graduation. These organizations keep the nurse informed and in tune with his or her specialty. Many of these organizations have student membership available as well, and most are at a discounted rate. So, if you are already sure of where your niche in nursing lies, check out these websites for information on specific professional organizations.

Several of these organizations will be invited to come to the ONSA annual conference, so look for your specific organization in Tulsa on October 13-15!

Remember, you can always become a sustaining member of ONSA as well, and keep in touch with the student nursing population.

Oklahoma Nursing Association:

www.oknurses.com

Case Management:

Case Management Society of America: <http://www.cmsa.org>

Critical Care Nurses:

American Association of Critical Care Nurses: <http://www.aacn.org/>

Dermatology Nurses:

Dermatology Nurses Association: <http://dna.inurse.com/>

Emergency Nurses:

Emergency Nurses Association: <http://www.ena.org/>

Gastroenterology Nurses:

Society of Gastroenterology Nurses and Associates: <http://www.sgna.org/>

Gerontological Nursing:

National Gerontological Nursing Association: <http://www.ngna.org/>

Infusion Nurses:

Infusion Nurses Society: <http://www.insl.org>

Long Term Care:

National Association of Directors of Nursing Administrators: <http://www.canadona.com/>

Medical-Surgical Nurses:

Academy of Medical-Surgical Nurses: <http://amsn.inurse.com/>

Neonatal Nurses:

National Association of Neonatal Nurses: <http://www.nann.org/>

Nephrology Nurses:

American Nephrology Nurses Association: <http://anna.inurse.com/>

Oncology Nursing:

Oncology Nursing Society: <http://www.ons.org/>

Occupational Health Nurse:

American Association of Occupational Health Nurses: <http://www.aaohn.org/>

Operating Room Nurses:

Association of Operating Room Nurses: <http://www.aorn.org/>

Orthopedic Nurses:

National Association of Orthopedic Nurses: <http://orthonurse.org/>

Pediatric:

Association of Pediatric Gastroenterology and Nutrition Nurses: <http://www.naspgn.org/sub/apgmn.asp>

Association of Pediatric Oncology Nursing: <http://www.apon.org/>

National Association of Pediatric Nurse Associates and Practitioners: <http://www.napnap.org/>

National Association of Pediatric Nurse Associates and Practitioners: <http://www.napnap.org/>

www.napnap.org/

Perianesthesia Nurses

American Society of Perianesthesia Nurses: <http://www.aspan.org/>

Psychiatric nursing:

American Psychiatric Nurses Association: <http://www.apna.org/>

Need Cash for school?

Apply for ONSA's annual scholarship at

www.oknsa.com

Is Professional Liability Insurance for you?

As nursing students, we are faced with many hazards throughout our clinical experience, and will likely be faced with many more throughout our careers as registered nurses. Our universities and colleges obtain professional liability insurance on each student before ever setting foot into a hospital. Our places of employment also will hold policies to protect them. So why should we have insurance as well?

Even the best nurses may be

named in a suit, and may not be fully protected. In some cases, not only the hospital will be named in a suit, but the individual nurse will as well. This poses a conflict of interest between the individual and the company. Professional Liability insurance is available now for nursing students at reduced rates, and may well be worth the twenty dollars a year it costs to be insured. Assuming an employer's liability coverage is sufficient protection can be risky. Your employer's coverage provides only

limited protection for acts on behalf of your employer only. And, because coverage levels are often shared with other parties, protection may be inadequate. By purchasing your own coverage, you can afford a defense by an attorney and claims experts who protects your interests and your license. ONSA encourages you to be proactive in your nursing career, and check into professional liability insurance for nursing students, because you never know when you may need it.

Volunteers Needed for 2004 Nominations and Elections Committee

Do you want to be involved, but do not feel you have enough time? The Oklahoma Nursing Student Association is seeking volunteers for the 2004 nominating and elections committee at the Annual Convention in Tulsa, OK. In order to serve on the NEC, you must be an active member of the association, not run for a position on the board of directors, and be able to give a few hours of your time at convention. The committee must be comprised of four members, one from each of the four quadrants of the state. They will be nominated by the director at large and appointed by the board of directors. The NEC is responsible for several things including, but not limited to:

1. Oversee and regulate the campaign and election process at annual convention,
2. Present an official slate of candidates immediately prior to elections
3. Determine candidate eligibility,
4. Moderate candidates presentations,
5. Monitor and investigate complaints of campaign violations
6. Tally votes at close of voting period
7. Present the new officers at the closing of the House of Delegates.

The Nominating and Elections committee are volunteer positions, and are important to the organization. Although the positions do not require much time, they are an integral part of the elections process.

Any questions about the Nominations and Elections Committee, or to volunteer for a position, should be directed to Adriane Strait, 2004 Director at Large and NEC Chairperson. Adriane can be contacted through e-mail. Her address is director@oknsa.com. Take the time to help, and to gain valuable leadership credentials on your resume. We hope to see you there!

OKLAHOMA NURSING STUDENT ASSOCIATION

Oklahoma Nursing Student Association
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Oklahoma City, OK 73104

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Contact Us!

Since board members change from year to year, the preferred method of communication is through e-mail. The board of directors appreciates any input available, so please contact us at the following e-mail addresses. We hope to hear from you soon!

GENERAL COMMUNICATION

General Email Box - email@oknsa.com
Webmaster - webmaster@oknsa.com

BOARD MEMBERS

President - president@oknsa.com
First Vice President - vacant at present

Second Vice President - Vacant at present

Secretary/Treasurer - secretary@oknsa.com

Legislative Director - legislation@oknsa.com

Membership Director - membership@oknsa.com

Breakthrough Director - btn@oknsa.com

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Public Relation Director - pr@oknsa.com

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