

# The Central Line

THE OFFICIAL PUBLICATION OF THE TEXAS NURSING STUDENTS ASSOCIATION

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September 2013

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## 2013 Council of Schools—Austin, TX—October 4th & 5th



**YOU are the future of nursing leadership in Texas!**

**Your presence is requested in the capital this October 4th & 5th!**

## Council of Schools - What is it?

Council of Schools is a weekend long seminar that includes a variety of events and breakout sessions designed to enhance your experience as a student nurse. We also like to have A LOT of fun! Maybe you want to hear about ideas for fundraising, or growing your chapter. Maybe you have decided it's time to get serious about leadership and want to take the next step. If you have given any thought to running for TNSA office, you DO NOT want to miss Council of Schools. There are also many opportunities to network, have fun with fellow student nurses from all over Texas, and of course get to know your Board of Directors! Details on [TNSA.org](http://TNSA.org) and inside this issue. – Chris Rougeux, Editor



**2013 TNSA Annual Council of Schools**  
**Friday, October 4, 2013 thru Saturday, October 5, 2013**

**Hilton Doubletree - Austin, TX**

6505 Interstate Highway-35 North

Austin, Texas 78752

**Reservations: 512-454-3737**

\$134.00 Single \$134.00 Double \$134.00 Triple/Quad

**\*\*\*Make reservations by September 12, 2013\*\*\***



**Be sure to register early!**

TNSA Registration Fee: \$80 before 09/23/13, \$85 after 09/23/13

Follow link for registration form: [http://tnsa.org/  
resources/2013COSRegistrationForm.pdf](http://tnsa.org/resources/2013COSRegistrationForm.pdf)

If you have questions about registration, please send email to  
tnsa@flash.net

**SEE YOU IN AUSTIN!!!**



Kathryn Mendez  
President

## President - Kathryn Mendez

### The One Goal

Greetings to all Texas Nursing Students' Association members and supporters! It's both an honor and a privilege to have been elected as the President of TNSA and I intend to work hard to ensure our association remains dynamic and looking forward. Paul Gonzales, our out-going President, will be a hard act to follow. Apart from guiding us all, communicating with TNSA constituents through conventions and Web, he's done an excellent job of promoting the association to thousands of people. To everybody at the state and national sphere, I

respect Paul's commitment and professionalism. Thank you Paul Gonzales for all that you have done for the association. As for my background, I am a student nurse at Texas Woman's University, Houston Campus. Also, I work as a Patient Care Assistant for Memorial Hermann, and was a Patient Care Giver for Winner's Healthcare Solutions for 3 years. I bring to the association my experience in home health, end of life care, and acute nursing. I am passionate about providing care and helping sick people heal or become better. To be on the path that enables me to com-

bine science, caring, healing, self-growth, and interaction with people is why I am pursuing the profession of nursing. With the steadfast support of Pat, Judy, and Heather; along with the diversity and depth of the 2013 Board of Directors; and the continuous support of the TNSA constituents, who are the driving force of the Association, I look to 2013-14 with much hope and inspiration. This year, I encourage everyone to do the following at your highest level: be active, create an opportunity for someone, plan, enhance your relationships, and stay communicated. These actions will lead you to the one goal and that is being the best nurse you can become.



Lauren Piller  
Vice President

## Introducing Vice President - Lauren Piller

Hello, I'm Lauren Piller. I'm a senior and in my final year of nursing school at Texas State University. Being born and raised in Austin, TX, I have a love for anything athletic and exploring new places and things around the city. I've always had an interest in helping others and once I discovered nursing, I knew instantly that it was the career path I wanted to take. Another reason for deciding to become a nurse was my own health issues. I've always been in and out of hospitals for different problems and realized that the friendly and attentive nurses made my stays all the more comfortable. For fellow nursing students, I would like to just offer some sim-

ple advice: be patient and take every opportunity to practice your skills and don't be discouraged if you fail at the first attempt. Remember, practice makes perfect. But if you love what you're doing, that's what counts the most.

Get  
Published!



- As a member of TNSA, you are shaping the future of nursing in Texas
- Let us know what is happening where you are, and what issues are important to YOU?
- Submit articles now for Fall issue!

E-mail Chris Rougeux - [editor@tnsa.org](mailto:editor@tnsa.org)



**Tuyet Hoang**  
**Secretary-Treasurer**

## Secretary-Treasurer - Tuyet Hoang

One time or another in our nursing career we will all have to face some sort of diversity. Whether it is working with people of different racial backgrounds, age, sexual orientation, beliefs, gender, or disabilities. Diversity can have either a negative connotation or positive connotation, depending on how you look at it. I want to take this time to share a personal experience I had encountered during one of my clinical days.

I was working in pre-operative care one morning, following an IV nurse around starting IVs on people before they went into surgery. I was having a great day, learning a

lot, starting IVs and people and explaining their procedure for surgery. The nurse and I entered a man's room, she had introduced herself, and I did the same. I explained to him that I was a student nurse and would be starting an IV on him. He noticed my nametag that read "Tuyet Hoang" and asked me if I was Vietnamese. I chuckled and told him I was; he then continued to tell me that he was a war veteran and had "killed a lot of your people" in the war. At this point, I did not know what to say or what to do so I looked at my nurse and she just shook her head at me, as if she was telling me to just brushed it

off and ignored his comment. As I do so, he tells the nurse that he does not want me involved in any of his care. And as a patient, he has the right to refuse a student nurse so I quietly put everything down and just stepped out of the room.

Although that was a very emotional day for me, it will probably be one of the lessons I will never forget as a nurse. In school we are taught to be "cultural competent" and keep an open mind to other peoples' backgrounds and beliefs; but some people have not been taught that lesson and we as future nurses need to educate everyone about diversity.



**Lauren Piller**  
**Vice President**

## Vice President - Lauren Piller

Diversity is a major factor in any profession, but even more so in nursing, where we will come to aid and treat people of all socio-economic backgrounds. To be a good nurse, I feel that it is important to consider where patients come from and to respect their individual cultures while providing them with care. Only with this caring approach can the best care be provided to patients. In school we have been taught the basics of the most widely practiced religions and cultures in hopes that we can adapt this knowledge to each patient in helping to satisfy their wants and needs, while also helping to make their time in the hospitals as pleas-

ant as possible. You don't have to be an expert in religion or know multiple languages to provide quality care, but the attempt to relate to the patients is crucial. For example, whenever I have a Spanish-speaking patient in the hospital I always make sure to include the family in my conversations with the patient because most Hispanic families tend to have strong and close-knit bonds where various family members try to be involved with each other's lives. I also attempt to speak in Spanish to the best of my abilities to make the patient and the family feel more at ease in this unsettling time. I have come to the realization that when I

try to ingratiate myself into the patient's perspective and culture, their hospital stay is often reduced and the quality of care is greatly increased, especially in terms of greater patient adherence to discharge instructions. With the wide assortment of patients, it is imperative to have a wide diversity amongst nurses and other healthcare professionals. Diversity in the healthcare setting allows nurses to incorporate different culturally-sensitive techniques and behaviors into their practice, thus leading to more satisfied patients and an overall more productive and successful healthcare system.



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**TNSA Board of Directors meeting**

**Austin, TX**

**June 2013**



**Chris Rougeux**  
Editor

## Editor - Chris Rougeux

Diversity is important. Learn to provide culturally competent care. Be ready and willing to work well with people from all backgrounds, ethnicities, religions, and persuasions. These are things you will hear from leaders in nursing, especially leaders in nursing education. Why do those shaping the future of nursing find this to be so important, and why is so much emphasis being placed on diversity?

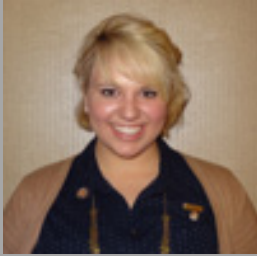
Year after year, various surveys and studies show nursing to be the most trusted profession in the world. One of the reasons society trusts us so much is because they believe we will provide care to everyone in need, regardless of race, religion, or socioeconomic background. What would happen to the trust we enjoy from the public if that changed to a belief that certain nurses will only

care for certain types of people? Patients must be able to depend on us caring for them, no matter what. Not to do so would undermine the very spirit of nursing. One of the ways we can ensure that the nursing workforce is better at serving diverse populations is by making the workforce itself more diverse. Healthcare facilities and nursing schools should be actively encouraging new segments of students to consider nursing. If the population of nurses more accurately reflects the melting pot that is our patient population, we will be able to better connect with all members of the community. As a student nurse, I often come into contact with people quite different from myself, or anyone I may have met before. I try to learn something about these people so that I may be better able to care for someone like them in the

future. Being willing to learn about someone different from yourself is a sign of caring and respect, as well as intellect. Remember that nurses pride themselves on working from a model that cares for the whole person. This includes cultural and spiritual considerations.

I challenge all student TNSA members to strive to demonstrate leadership in this area. Be an example to other students and even employees in the healthcare facilities you may have clinical experiences at. Show everyone you work with or learn with, that the up and coming generation of nurses, understands and embraces the multitude of cultures that make up the state of Texas today.

**Have an idea? Let me hear it! If you have a story that you think should be in the TNSA newsletter...email it to [editor@tnsa.org](mailto:editor@tnsa.org)**



Stephanie York

Nominating Chairman

*“The doors open to a nurse are endless.”*

## Nominating Chairman - Stephanie York

Nursing students will be donning the doors of colleges and universities across the state this month, some stepping into this role for the first time, some soon to embark on a new career. As I and my class mates approach our last semester of nursing school our futures have become tangible and equivocal all at once. Many nurses and student nurses have a story of what led them to nursing, a family member who influenced them, a volunteer experience, a personal battle, and more. Most student nurses will continue into direct patient care in the acute setting, in clinics, and long term care facilities. Will you continue in this setting, or possibly seek to follow your nursing career into uncharted territory?

The nurses that have influenced my path to this career have not been conventional nurses. They have all, of course, provided direct patient care at one point or another but during their time in my life they took on roles the average person forgets to include in the nursing profession. As a nurse case manager in insurance your role includes reviewing patient records and approving payment for treatment based on patient needs (another reason to perfect your charting skills). This nurse also guides patients through their policy or to the appropriate care providers. As a legal nurse your duty is to review medical records and testify to the validity of the care provided or to provide your professional opinion on matters pertaining to specific court

cases. As a nurse you can become a member of a disaster preparedness team, provide care for patients during transport from Inuit, lobby for the citizens of your state or country, travel to foreign countries or other states as a travel nurse, format computer systems used for healthcare in informatics nursing. As we begin this new semester, ask yourself: What guided me here? What nurse do I want to be? What role in this profession would you like to fill? After you have completed your education and passed your board, where do you see yourself? The doors open to a nurse are endless.

**YOU ARE A STUDENT NURSE LEADER!**

**Want to join the Board of Directors? Run for office at the state convention next year! Start planning your campaign NOW! Contact Stephanie York for info on getting started! [nom-chair@tnsa.org](mailto:nom-chair@tnsa.org)**



Jessica Schneider  
Eastern Regional  
Director

## Eastern Regional Director - Jessica Schneider

Hi! My name is Jessica Schneider and I just want to take the time to thank you for electing me into this position and to tell you a little about who is currently filling the shoes as the 2013-2014 TNSA Eastern Regional Director. I am going into my third semester of nursing school at Lamar University in Beaumont, Texas. I have an eight year background in the medical field, specifically emergency medical services. I have been married for seven years and aside

from being foster parents, my husband and I have two biological children, ages five and two. Outside of nursing school, I am a member of our local volunteer fire department, Red Cross, Big Brother Big Sister program and my children's school board. My plans for my nursing career involve extending into emergency nursing, possibly emergency pediatric nursing, as well as continuing education in hopes of one day becoming a nurse educator. I feel it is our job,

as nurses, to not only to achieve the best possible outcome for our patients, but to promote a healthier lifestyle and give back to our communities through education and guidance. Being a jack of all trades and tackling a variable lifestyle has given me a holistic view on life and I believe in taking advantage of that extensive perspective to increase my abilities as a student, wife, mother, future nurse, and your Eastern Regional Director.

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Austin, Texas 78752

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**\*\*\*Make reservations by September 12, 2013\*\*\***





**Shana Kubena**  
**Northern Regional Director**

## Northern Regional Director - Shana Kubena

The general workforce all over the United States is becoming more diverse every year. As a melting pot country, we have the advantage of having individuals from all over the world as our neighbors. Diversity isn't just diversity in race. Diversity includes gender, ethnic grouping, cognitive styles, education, age, personality, education level, personal backgrounds, and anything that makes us different from someone else.

Diversity has amazing benefits. It allows for better cultural understanding, intellectual exploration, comfort in communication, and expands viewpoints available to create more positive experiences for both patients and co-workers.

There is a strong push to increase diversity in nursing. A diverse workforce that can work together increases productivity and

critical thinking. So why is it that the nursing workforce is one of the least diverse?

We are resistant to change. We must address the roots of our communities to create difference. We can reach out to minority leaders to increase minority involvement in our field. We can change the "face" of our profession in media. The majority of nurses shown on television are white females. Media has a strong influence on viewpoints. Commercials for medical services can highlight other individuals working in the nursing field.

There is still a stigma that nursing is "women's work" in some cultures. Finding guest speakers for recruiting events for nursing school that are from these cultures will help to break down these barriers. There is also

still a stigma that nursing is a job for those not able to be doctors. Continuing our push for autonomy with higher education and recognition as a profession will assist with providing us a platform to show we are a separate field that has intellectual equals to those who pursued a profession as a medical doctor.

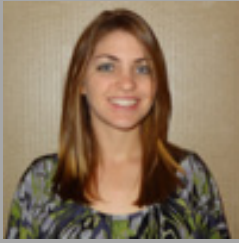
As we care for a more diverse population, our profession must also become more diverse to provide the best care. We will need a workforce population that reflects our country's population to provide the best and most cost effective care to our patients. From a need to connect on an emotional level to discuss an age or sex related issue, to being able to communicate with a patient in their own language, there are multitudes of benefits from expanding the diversified face of nursing. Promoting diversity must be a priority for all those passionate about the nursing field.

### STARTING OR GROWING A CHAPTER?

**Northern Director - Shana Kubena**  
**Eastern Director - Jessica Schneider**  
**Southern Director - Auriel Vokolek**  
**Western Director—Erin Hennesay**

### LET YOUR REGIONAL DIRECTOR HELP!

[north.director@tnsa.org](mailto:north.director@tnsa.org)  
[east.director@tnsa.org](mailto:east.director@tnsa.org)  
[south.director@tnsa.org](mailto:south.director@tnsa.org)  
[west.director@tnsa.org](mailto:west.director@tnsa.org)



**Auriel Vokolek**  
**Southern Regional**  
**Director**

## Southern Regional Director - Auriel Vokolek

Now days diversity in nursing is a popular discussion item. Thoughts and ideas float through the minds of hospital administrators, nursing managers, nursing organizations, and other nursing personnel about how to improve or increase the diversity of staff. This could include honing in on applications from minority groups, reaching out and promoting nursing to men, or trying to project a healthier nursing image to the general population. There is one area of diversity that isn't as well explored: Diversity in the classroom. More and more different types of individuals are being drawn into nursing programs, the classrooms are becoming more diverse, and this could be a potential problem. No two students are the same, which presents a problem

in how to teach effectively to all students. Traditions are breaking. Instead of nursing classes being filled with unmarried young women, there are now older women with families and more men (Bednarz, Schim, & Doorenbos, 2010). Men and women are very different in their approaches to communication, relationships, and many patients have a female gender preference. In addition, the growing classroom has more second-degree students and more students with families. This poses a problem in the classroom, because some nursing programs are not prepared to tweak lesson plans or instructions for multi-gender populations. Programs also do not account for families (Bednarz, Schim, & Doorenbos, 2010). The time required for nursing

school is extensive, and if a student has family to take care of, then less time is spent on school work and studying. In addition, there are more generation gaps. Ages can range from fresh out of high school to those in their 50's. The way students studied and participated in class 30+ years ago is much different than today. These changes leave professors with a unique challenge of creating a curriculum suitable to all races, ages, and genders.

Bednarz, H., Schim, S., & Doorenbos, A. (2010). Cultural diversity in nursing education:

Perils, pitfalls, and pearls. *Journal of Nursing Education*. 49(5), 253-260.

### STARTING OR GROWING A CHAPTER?

- Northern Director - *Shana Kubena*
- Eastern Director - *Jessica Schneider*
- Southern Director - *Auriel Vokolek*
- Western Director—*Erin Hennesay*

### LET YOUR REGIONAL DIRECTOR HELP!

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- [south.director@tnsa.org](mailto:south.director@tnsa.org)
- [west.director@tnsa.org](mailto:west.director@tnsa.org)

**2014 TNSA 66th Annual State Convention**  
**Thursday, February 13, 2014 thru Saturday, February 15, 2014**  
**Omni Hotel at The Colonnade - San Antonio, TX**

9821 Colonnade Boulevard  
San Antonio, Texas 78230

**Reservations: 210-691-8888**

\$120.00 Single    \$130.00 Double    \$130.00 Triple/Quad



***2014 TNSA State Convention—San Antonio, TX***

**Convention is just around the corner...**

**Take your Nursing Education experience to  
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**February 13-15, 2014**

## LET'S MAKE IT OFFICIAL!

Order your official TNSA pin by mailing a check or money order in the amount of \$20 per pin to the following address:



**TNSA, Inc.**

**P.O. BOX 763877**

**Dallas, TX 75376**

**Attn: Pat Pollock**

Please include your name, address, phone number, and the # of pins you wish to or-

### *Our Mission Statement*

To provide the highest education for student nurses while aiding in the development of the whole person. To have direct input into the standards on nursing education and influence on the education process. To model a high level of integrity among students in their dealings with people as they strive for excellence in everything they do, as it is an expectation and not a goal.

## Submit your photos

**TNSA Members have the opportunity to promote the image of nursing to the public and to fellow students. Email your pics and we will feature them in The Central Line or TNSA website.**

Email [editor@tnsa.org](mailto:editor@tnsa.org)





The SNA chapter at Patty Hanks Shelton School of Nursing in Abilene sells T-shirts, scrubs, and nursing supplies to incoming juniors at orientation. Left to Right: Michael Speegle, Deedee Sinclair, Jennifer Summers, Tiffany Easley, Kindel Whitney, Chris Rougeux, Elise Harrell, and Shelby Ritchie.

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