

# The Central Line

THE OFFICIAL PUBLICATION OF THE TEXAS NURSING STUDENTS' ASSOCIATION

## Breakthrough to Nursing

At the TNSA Council of Schools in Austin this past October, I led a focus session titled "Breakthrough to Nursing." During this focus session, there was a lot of interaction and discussion between students. "Breakthrough to Nursing" was the title of the focus session because we discussed what made us breakthrough to this profession. Many of our conversations centered around why we chose nursing, where we wanted to end up one day within nursing, the stereotypes that nursing has, and how we can uphold nursing in the highest regard. We had some wonderful conversations that really challenged everyone to think. We discussed how important it was to share our passion for nursing with others in order to further promote and uphold the high value that is placed on nurses. We discussed how each one of us, both in our profession and in our every day lives, represent the field of nursing and the character of nurses. Therefore, we must all ensure our character and standards we uphold for ourselves are character and standards that are representative of the profession as a whole. We want nursing to be the most sought after profession in the country and we want nurses to be the most highly esteemed people in our country. In order to reach this goal, we have to be professional advocates for the nursing profession today. Reach out to someone today and share your story. Tell someone why you chose to be nurse. Share your passion. Who knows, maybe your story could encourage someone else to follow in your footsteps and pave the way for another incredible nurse to enter the profession and continue to save and impact lives.

Abby Stainback, TNSA-Editor

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## Networking in Nursing

As I prepare to head into the New Year and my last semester of nursing school, I realize that my time in school is coming to a close and the time to start actively preparing for my career as a new graduate nurse is now. Shifting my mindset to adjust to this new reality has caused me to begin thinking of each step I need to take for the job application process. With any job application it is important to try to think of people one may know connections or be able to help connect or link you to the position you are applying for- this concept is called networking. As I apply this concept to my personal career, I cannot help but look back on my clinical experience at different facilities across the Dallas metropolis and think of all the relationships I formed throughout the journey. In addition, I have found that the more I talk to friends and family members living in the Dallas area, the more there seems to be a connection to a nurse at a hospital that I have had a clinical rotation at during some point in nursing school. As a result, I am able to utilize these resources to further develop my network within the field of nursing. Some tips that can help kick-start the networking process include developing a list of nurses by writing down their name, facility, unit, and contact information then reaching out to each one and communicating the specialty of interest he or she is planning on applying for.

Furthermore, the American Nurses Association (ANA) offers great insight on the importance of networking within the nursing community. As a new graduate, joining a state organization and engaging in its' conferences and meetings can prove very beneficial in the realm of networking. "The opportunities that can present themselves through networking are limitless," says Angie Charlet, MHA, BSN, RN, director of quality and educational services for the Illinois Critical Access Hospital Network. "It lets nurses get involved and become engaged. You meet like-minded people with the same struggles and ambitions, and gain insight into how nursing is changing (ANA Career Center Staff)."

A great way to get plugged into a community of like-minded nursing students is coming up! The Texas Nursing Students' Association's 68<sup>th</sup> Annual Meeting will be held on February 24<sup>th</sup>, 2016 until February 27<sup>th</sup>, 2016 at the Sheraton Arlington Hotel in Arlington, Texas. This is a great opportunity to begin professional networking! For more details and information, please visit [www.tnsa.org](http://www.tnsa.org).

Lauren Raffaele, TNSA Secretary-Treasurer

References:

Professional Networking for Nurses. (2015, April 1). Retrieved November 30, 2015, from <http://nursingworld.org/MainMenuCategories/Career-Center/Resources/Professional-Networking-for-Nurses.html>

Texas Nursing Students' Association-Events. (n.d.). Retrieved November 30, 2015 from <http://www.tnsa.org/events.html#schedule>

## How to Join TNSA and NSNA

In order to join TNSA, your school chapter must apply for constituency status through the National Student Nurses Association (NSNA). If your school is not an official constituent, contact NSNA for an application. For more information contact NSNA by phone: (718) 210-0705 or TNSA at (972) 435-2216. Visit NSNA at [www.nсна.org](http://www.nсна.org) or e-mail TNSA at [admin@tnsa.org](mailto:admin@tnsa.org).

What are the dues?

Membership in NSNA is either a one or two-year membership, beginning the day you become a member.

New member: \$40.00

Renewal: \$45.00

Two-years: \$80.00

Become a member today! Sign up at: [nsnamembership.org](http://nsnamembership.org)

## Recap of NSNA Midyear Convention

At the beginning of November, I got the opportunity to attend the National Students Nursing Association Midyear Convention in Atlanta, Georgia. It was an awesome experience and I met some of the most amazing people from around the country. My favorite part of national conventions is meeting everyone and knowing I will see them again at Annual in Florida. I attended the Council of State Presidents, which is a two-day event for all of the State Presidents to discuss our issues and ideas. I loved listening to everyone else talk about our ideas and what all we have accomplished so far as Presidents. I also got the opportunity to listen to some amazing nurse leaders speak. The first night, Sally Karioth, PhD, RN, ARNP, CT, Assistant Dean and Professor from Florida State University School of Nursing gave a keynote address titled "Compassion Energy-the Honor of Caring." I loved hearing her speak on how she got into nursing and what she believes "compassion fatigue" is. I was able to hear Crystal Johnson speak about her experiences caring for Ebola patients in a session titled, "Emerging Infectious Diseases: Global Impact-Local Consequences." There were two Nursing Specialty Showcases where nurses from different specialties spoke to us about their career paths and what nurses in their specialties do. There were nurses speaking about Occupational Health Nursing, Ambulatory Care Nursing, Medical Surgical Nursing, Nurse-Midwife, Neonatal Nursing, Forensic Nursing, Critical Care Nursing, Nursing Informatics, Pediatric Nursing, Hospice and Palliative Care, Emergency Nursing, Nephrology Nursing, Infusion Nursing, Holistic Nursing, and Advanced Practice Nursing. There were different workshops about Human Trafficking, Pharmacology Made Insanely Easy, Bylaws and Policies Workshop, and other exciting workshops. There was also the

opportunity to get your American Red Cross Disaster Certification. An Exhibit Hall and Career Development Center was also available, which stayed open most of the Convention. There were exhibitors about career opportunities, academic advancement, products, and services. The Convention even held a memorial service honoring the five Georgia Southern University nursing students who were tragically killed in a highway on their way to clinicals-Emily Clark, Catherine (McKay) Pittman, Morgan Bass, Abbie Deloach, and Caitlyn Baggett. We honored and remembered their lives and listened to their friends speak about them. It was truly inspiring. If you are interested in any of these events, be sure to attend the Texas Nursing Students Association Annual Convention in Arlington, Texas in February. We will have focus sessions, workshops, keynote speakers, and you'll get the opportunity to meet other nursing students from Texas. I hope to see everyone there!

Justine Dockery, TNSA President



## Elections are just around the corner...

TNSA's 68<sup>th</sup> Annual Convention will be Thursday, February 25, thru Saturday, February 27, 2016, at the Sheraton Arlington Hotel and there the elections for the Board of Directors will be held!

Available offices:

- President
- Vice-President
- Secretary/Treasurer
- Editor
- Nominations Committee (3 positions)
- North Regional Director
- East Regional Director
- South Regional Director
- West Regional Director

Who you ask may run for these offices? Well that would be you! Are you a student leader? Do you like being involved in the community beyond your normal parameters? Being on the Board of Directors allows you those opportunities to make a difference!

Within the next few weeks a PowerPoint presentation will be delivered either from your regional directors or myself. We presented this at the Council of Schools in October and it condenses the responsibilities of each officer, the rules of nominations, campaigning, and the elections, and gives tips on running a successful campaign!

If you would like to read up on this now please visit [www.tnsa.org](http://www.tnsa.org) and check out the TNSA Election Info area.

Please do not hesitate to contact me with any questions about the positions or election process. [Nom.chair@tnsa.org](mailto:Nom.chair@tnsa.org)

Summer Leadbetter, TNSA Nominating Chairperson



## Upcoming Conference

- 2016 TNSA 68th Annual Convention
  - February 25-27, 2016
  - Sheraton Arlington Hotel, Arlington, Texas

## Emotional and Psychological Stress in Nurses

In a recent clinical, I had a patient that was stable and doing fairly well considering his diagnosis, but his oxygen saturation was keeping us on our toes. His wife was at the bedside and naturally, kept expressing her worry and anxiety over the situation. Not only was she extremely anxious and worried, but she kept calling me to ask questions and seek reassurance. Of course, I answered all of her questions to the best of my ability and attempted to provide her the best reassurance possible. However, the truth of the matter, was that the nursing staff did not have all of the answers about some issues that the doctors would have to discuss with the patient. Every answer we gave did not appear satisfying. The nursing staff was putting in all of their efforts to ease and “de-stress” the situation if you will, but all of our efforts seemed to be exhausted. We finally ended up having to send him to the ICU side of our floor because of uncertainties regarding his care along with the emotional care that was needed that became too strenuous for a floor nurse to handle on top of three other patients.

This situation got me thinking about the emotional vulnerability that nurses have when caring for patients and their families. Nurses have to deal with a lot of emotions but when it comes to nursing patients with complex and even unknown diagnoses, it is particularly emotional. It is so emotional because you don't have the answers and you know that some of the doctors don't even have the answers. Families and loved ones are scared out of their minds, as would I be. I left emotionally exhausted that clinical day after caring for that patient. I felt drained and beaten down. I was discouraged that my efforts of attempting to bring calmness to the situation had seemed to fail. I experienced emotions that I had never felt before. This led me to curiosity about nurse's well-being and emotional health in caring for patients. Nurses must be emotionally well to care for the emotional needs of others. In an article by researchers Chana, Kennedy, and Chessell's (2015), a cross-sectional, correlational based research study was conducted in which nurses filled out questionnaires regarding their emotional and psychological stress in caring for patients. Correlations were found between caring behaviors and psychological distress. In conclusion, it was found that emotional well being of nurses needs to be promoted in order for patient care to be enhanced and the absolute best quality care to be given. My taking away from this experience and this article was that one must care for him or herself before they can care for others well.

My application and challenge to you all is this...take care of yourself! Take care of your bodies, mind, and spirit. To be a good nurse, health is required in each of these areas. Nursing is not an easy job, but we all do it because we feel called to this field and have a love for caring for others. It's emotionally draining, physically exhausting, and even spiritually, makes us question our beliefs sometimes. But, if we can learn to master our thinking and take control of our wellness, than we can attempt to better the wellness of others. I challenge all of you to take the time for meeting these needs in yourself throughout nursing school this semester, because if you neglect meeting your own needs, burnout will soon come and that love you once had for nursing and caring for others will eventually burnout.

Abby Stainback, TNSA-Editor

Reference: Chana, N., Kennedy, P., Chessell, Z.J. (2015). Nursing staffs' emotional well-being and caring behaviours. *Journal of Clinical Nursing*, 24(19/20), 2835-2848.

## Meet TNSA's Officers and Consultants

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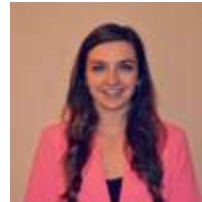
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