



The Central Line

THE OFFICAL PUBLICATION OF THE TEXAS NURSING STUDENTS' ASSOCIATION

A sometimes overlooked topic relating to nursing services seems to be the safety of the nurses and nursing staff themselves. Safety, in particular, relating to body mechanics and preventing musculoskeletal injuries in the workplace. Nursing students, like ourselves, may not realize that we are also at risk. The repetitive and sometimes forceful motions we do during our clinical rotations or work shifts, such as repositioning patients, lifting patients up in bed, making a bed with the patient in it, assisting with bedpans, and especially transferring patients to and from the bed or chair, even laterally, such as from a gurney, are all motions that can be seen as high-risk tasks. These patient-handling tasks contribute to the reason why, according to The Bureau of Labor Statistics, registered nurses are listed as sixth in a list of the occupations most at risk for musculoskeletal injuries, such as strains and sprains. The list included other healthcare workers such as hospital orderlies, attendants or nurse aides, who were listed first as the most at risk, and included other professions typically viewed as physically exhausting, such as manual laborers (placing third), construction workers (placing eighth), and stock handlers and baggers (placing seventh). Musculoskeletal injuries can be very detrimental to a nurse's body, causing pain and dysfunction that may place others at risk for injury, and may also shorten the career of a nurse. Some useful approaches to maintaining safe patient-handling and preventing injury include education and training about ergonomics, assessing patient dependency levels, identifying high-risk scenarios, incorporating research as needed, and the two I view as most important, utilizing patient lifting and transfer devices, and of course teamwork. It is crucial to use all sources of help that are available to you. Though one simple lift once from time to time without assistance from a device or fellow staff member may not seem like a big deal at the time, it is essential to remember that over the course of your training and career as a nurse you will be doing these motions thousands of times, and in the long run, you must remember you cannot provide excellent patient care and safety if you cannot even maintain your own.

Tawny Mertins

Nominations Chair

References:

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In this issue:

- Page 1 Calling Attention to Safe Patient Handling- Tawny Mertins, Nominations Chair
- Page 2 Pressure What?- Gabriella Aviles, Western Regional Director
- Page 3 Breaking Through- Taylor Dotson, President Elect
- Page 4 Want to Help a Cause with a Single Picture? - Inez Lopez, Southern Regional Director
- Page 5 President's Farewell- Justine Dockery, President
- Page 6 TNSA Officers and Consultants



Pressure What?

I don't know about y'all, but I have an interesting passion about pressure ulcers. We have all seen pressure ulcers in the clinical area. Some can get pretty intense and some can simply be because of developmental reasons. But one thing I know for sure is that when patients are in our care in the hospitals we better do everything we can to not let it get any worse or have one develop. We as student nurses can help prevent these. The best and simplest of ways is to just turn your patient AT LEAST every two hours. That is just basic mechanical movement prevention. You can never be busy enough to not turn your patient. Realize what the negligence could turn into, because if a pressure ulcer does evolve, this presents so many more problems for an already compromised patient. You can also make sure you promote nutrition, skin hygiene, and prevent friction and shear. Pressure ulcers can cause additional bone and joint infections, cellulitis, and even sepsis. This is a big issue we could all be preventing.

Let's talk about what a pressure ulcer looks like. Pressure ulcers break down into stages. These stages are Stage 1,2,3, and 4, Deep tissue injury, Unstageable, and Kennedy. Stage 1 will not be an open wound. It might be painful to the patient and this reddened skin will not be blanchable. It might also be somewhat firm. Stage 2 the skin is actual going to be open. This will be painful to the patient and the sore expands to dermis of the skin. Stage 3 will be a bigger sore and could possibly be showing subcutaneous fat. Stage 4 will have significant skin damage and become very big possibly reaching to the muscle and bone. Stages 3 and 4 might actually not be painful to the patient; because of tissue injury they will actually lose feeling in this area. Unstageable is when the ulcer bed cannot be visualized and be covered up with tissue or puss of green, yellow, or black. Your patient could also have what is called a deep tissue injury. This area will look black to purple in color and could also be a blood blister. If pressure ulcer is suspected though, it will be treated like a pressure ulcer. The last ulcer is the Kennedy ulcer. Most people do not know what this ulcer is, I have never heard of it until I was doing my palliative rotation. It is a pressure ulcer that is rapid skin break down that occurs within hours to a few days when the patient is in the dying stage. Being educated is the first step. The next step is action. Turn your patients; don't let a pressure ulcer worsen their condition. Let's be advocates for our patients and take care of them to our best ability!

Gabriella Aviles

Western Regional Director

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 (866) 497-4719. Visit NSNA at www.nсна.org or e-mail TNSA at 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

Breaking Through

Many of students today choose the profession of nursing because of the promising job security. In 2013, the US spent more on healthcare than 12 comparable high-income countries, according to a press release by The Common Wealth Fund. However, when ranked against this same group, the US had the lowest life expectancy and some of the poorest health outcomes. Many current issues in nursing stem from an inherent disconnect between healthcare and the community. Numerous factors affect the health of an individual. Lifestyle choices, clinical care, social and economic factors and the physical environment all play a role when assessing the health of a patient. After evaluating these areas for positive health outcomes, social and economic factors tend to come out as key determinants of health. Your level of education, employment and social support have a greater impact on your health than the quality or access to healthcare you receive. It is for this reason there should be an emphasis on fostering health as a shared value among the population. An excellent resource related to this topic is webinar available for viewing entitled *The Nursing Student's Role in Building a Culture of Health* at campaignforaction.org. This webinar gives student a great opportunity to help enrich their understanding this relationship between healthcare and the community. I urge you to view this webinar and help bring awareness to this issue. As members of TNSA, we have the special opportunity and obligation to strengthen the bond between the patient care we give and the community where the patient lives. Patient teaching affords us a perfect moment to help encourage prevention and wellness in our patients lives. In your local chapter, you may find it beneficial to include a Breakthrough to Nursing position to help bridge the gap between nursing and the public. Throughout your semester this year, pause, take a moment and try to relate one of your patient's medical issue to one of the four factors that affect health. Take the opportunity to broaden your idea of what encompasses health, which will help us become better nurses.

Taylor Dotson

President Elect

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Commonwealth Fund. (2015, October 8). Press Release: U.S. spends more on health care than other high-income nations but has lower life expectancy worse health. *Commonwealth Fund*. Retrieved April 14, 2016.

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Want to Help a Cause with a Simple Picture?

We all know media has its perks and we subscribe to things like Instagram, Facebook, and Snapchat and post silly pictures of life's mundane events. What if I told you there is an app that allows you to upload one photo per day and a company will pay \$1 to healthcare cause such as a nursing scholarship, fight against psoriasis, helping a newborn breath, or a child to have a needed surgery. Well, such app does indeed exist! I had the pleasure of attending a Johnson & Johnson convention dedicated to future nurses last year and I stumbled upon the best "pay it forward" app called Donate. There are no membership fees or special requirements. Simply donate a picture and Johnson & Johnson will donate \$1 to the health cause of your choice. How exciting is that!? I hope you all find this app as fun and exciting as I did and know that a simple picture contributes to helping someone in need of healthcare or helps fund future nurse that desires to be apart of our beautiful world of healthcare.



Johnson & Johnson

Inez Lopez

Southern Regional Director

Upcoming Conferences

- 2016 TNSA Council of Schools
 - TBA
- 2017 TNSA 68th Annual Convention
 - TBA

President's Farewell

I wanted to thank the members for allowing me to serve as the President of Texas Nursing Students Association this past year. I truly enjoyed my position and the duties my title encompasses. My favorite part of this organization is the networking! I love meeting nursing students from all over Texas and have met some amazing student nurse leaders from other states as well. This organization wouldn't be what it is without you, the members, and your participation at Council of Schools and at our Annual Convention. I have made lifelong friends through TNSA and have enjoyed speaking with all of you about your nursing programs and about your futures. Thank you for letting me get to know you. The Texas Nursing Students Association has treated me well these past three years and I truly feel blessed to have served on the Board of Directors for two out of those three years. I love this organization because it's the only nursing student organization in Texas and works directly under the Texas Nurses Association. It allows nursing students to come together, network, gain leadership skills, improve communication skills, and serve as representatives for Texas nursing students nationally. I've also enjoyed serving as the official representative for the Texas Nursing Students Association. I've represented TNSA at the Texas Nurses Association House of Delegates last April and have also represented TNSA at the National Students Nurses' Association at Mid-Year Convention last November. This is one of my favorite organizations and I'm so happy have been a part of it. Thank you for letting me serve as your President, and I want to say good luck to all of you in your nursing careers.



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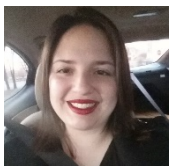
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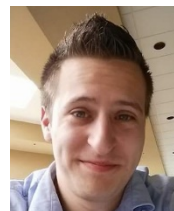
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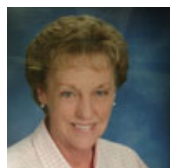
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