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The Central line

THE OFFICIAL PUBLICATION OF THE TEXAS NURSING STUDENTS ASSOCIATION

Around the World in Nursing

Annie Dickerson
TNSA Western Regional Director



2010 is the International Year of the Nurse as named by the American Nurse Association. They have set forth a goal that nurse's commit to working together to improve care for people all over the world. As future nurses, we need to commit to becoming educated in cultural aspects that not only affect us in the United States, but what is occurring in nursing all over the world. In preparation for this article, I wanted to reach out to individuals who have had experience in other countries and know about nursing and its requirements in the respective country.

First, I thought about education. In the United States, we are required to have a minimum of a high school education, apply to a nursing program, successfully complete the program, pass a licensure exam and then are held to standards by our state's Board of Nursing. In Egypt, nurses basically have a certification that is obtained at a trade school. They are not required to sit for any type of exam that ensures competency in nursing. Furthermore, there is no governing body that maintains the nursing profession. In Eastern Europe, Slovakia and Romania, nurses start preparing for their career in high school, where they take a special knowledge test that is specifically for medical professions. Once the test is passed, the individual finishes high school, and it is determined the individual is competent to pursue a career in a medical profession, the future nurse attends school for 2 years focusing on nursing. In Romania there is a licensure exam, but not in Slovakia. In Slovakia and Romania, there is a governing body for nurses. In India, nurses are required to have a Bachelor of Science and must sit for a very detailed, written licensure exam. Each state in India has a governing body, but the country as a whole does not.

In the United States, nurses are generally respected for their knowledge and contribution to the health care team. This is not always the case. In Egypt, women are primarily nurses and because of the Islam influence on their culture, nurses are looked upon as stupid and mindless since they are women. They are not respected and are basically viewed as errand girls by physicians – who are men. In Romania, to receive proper health care, either from a nurse or a doctor, the patient has to pay to receive "good care". Nurses are generally respected there by the public and physicians and have similar duties as do nurses in the United States. Nursing respect and perception in Slovakia is similar to that of Romania. The only exception is that patients do not have to pay for "good care". In India, nursing is respected but is considered a low class job. Women are only nurses.

Nursing is so different all over the world. Each country's political and cultural views influence how nursing is practiced. It is important for the United States to that people come here from all over the world for many reasons. At some point we will probably encounter someone who views nursing differently. It is our responsibility as future nurses to keep those cultural differences in mind as we treat and build a relationship with that patient. If you would like more information on the Year of the International Nurse, please go to: <http://www.2010iynurse.net/>.

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How to STAND Out, Not blend In—



Erica Medellin , TNSA Secretary-Treasurer

Making the Most Out of Nursing School...

Making good grades is just a staple for nursing school. Everyone in nursing school was accepted due to grades and other characteristics that made them a good applicant for nursing. Now we all compete with each other for landing that ideal job or internship after graduation. So whom are businesses going to choose? The student with the 4.0 or the student with the 4.0? Where's the differentiation? Grades are not everything. Hospital and business managers are looking for applicants who can run a hospital, who can be a charge nurse, and who can float to another floor with no problem.

TNSA Pins!



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What can students do in nursing school to get the most out of it?

Volunteering might sound a little cliché, but when graduates are put up against an applicant who doesn't volunteer, who looks more appealing? It's important to get out there and be active in the community, especially from a health care standpoint. Don't just be a member of the student nurses association, stand out and be an advocate for nursing! Networking comes into play with all of this, go to state conventions, attend a national convention, be a delegate, run for office. Even if office isn't won, it is still something worthy of a resume. Volunteering and attending events can be fun and it's a great way to learn new things about nursing. Anyone can be a bedside nurse, but not anyone can lead a team, motivate employees, organize quicker patient flow, and increase patient satisfaction. These are some of the things hospitals look for. So next time there is an opportunity to take a blood pressure at a first aid booth, visit with the seniors or attend a convention... know that these events build a well-rounded applicant.

Instructors can be quite intimidating, but don't underestimate their will to help students further their knowledge. Teachers want to know students go the extra mile to learn the material. Why is this important? Well when graduation comes around and recommendation letters are part of the application process for jobs, instructors are the ones who know the students the most. Instructors watch students grow, track students will, and determination. Good recommendations are hard to come by, so visit instructors, get to know them outside of lecture but most of all genuinely seek their help. Instructors often give tips and great advice away when a personal office visit is made, because instructors can see first hand the student's effort to do better.

Most nursing programs have clinical days once or twice a week. Some clinicals are all day, half day and at night. Even though clinicals are a great opportunity to practice skills and see what a nurse really does, time doesn't always alleviate students to utilize everything they can really be learning. Getting a hospital job is a great way to polish your skills, have better communication with patients, and get a real feel for a full hospital shift. It's not always easy to acquire a hospital job while in nursing school but the former are things that can certainly help one make the most while a nursing student and be a better applicant.

So get out there, volunteer, participate, speak up and get involved! 📌



Elizabeth Tompkins,
TNSA Vice President

Therapeutic Riding, Bone Marrow Donor Registration & State Projects, Oh My!

As the Board of Directors were brainstorming ideas for our state projects, we proposed two ideas to the table. One was to continue to sponsor Windridge Therapeutic Equestrian Center of East Texas, and the other was voted to help support DKMS and Bone Marrow Donor Registration across the state of Texas.

Windridge opened its doors in 1988, all with the vision of a wonderful woman, Margo Dewkett. With her passion of horses and their incredible ability to use therapeutic modalities with children and adults with disabilities, she started on 15 acres of land in a small wooden framed barn. The center was the first in East Texas to provide therapeutic horsemanship programs. Since their start over 20 years later, Windridge's services reach a 10 country region, serving more than 140 clients weekly, employing 9 therapeutic riding instructors, utilizing 25 horses and more than 60 individuals volunteer weekly. They offer seven programs: therapeutic riding, therapeutic driving, hippotherapy, an adult volunteer program, a teenage/mentoring program, an education program, and a newly developed program serving our veterans. Their mission holds strong to enhance the lives of children and adults who face life with a mental, emotional, or physical disability, or a debilitating life situation, and to make a positive difference in the lives of our volunteers, staff and horses. Please feel free to check out their page on Facebook (Windridge Therapeutic Equestrian Center Of East Texas, Inc.) and read the stories of the patients who utilize this incredible organization. We are proud to help them as much as we possibly can.

As we continue to expand the research in the fields of oncology and hematology, we are being welcomed in the lives of many patients and families living with leukemia and lymphoma. What comes to your mind when you hear the word Leukemia? Most people can say they envision little kiddos, connected to IV pumps in the pediatric ward of some incredible children's hospital somewhere in the United States. Whether this is your vision or not, what I can say is that most of us have a generalized idea of what Leukemia is. After meeting the children and the families affected by leukemia and lymphoma, they are the reason I started researching bone marrow donor registration and bone marrow transplantation. After a quick hit on Google, I stumbled upon an organization that is unique to this exact cause. DKMS is the largest bone marrow donor center in the world; with nearly 2.5 million registered donors worldwide. More than 22 million DKMS donors have helped save lives by donating their bone marrow. For many patients, this can be an opportunity to prolong the period of disease-free living for them or for a second chance at life. In a bone marrow transplant, the patient's diseased bone marrow is destroyed and healthy marrow is infused into the patient's bloodstream. In a successful transplant, the new bone marrow migrates to the cavities of the large bones, engrafts and begins producing normal blood cells. Simple, right? If only that were the case, we would be in a whole different position.

As far as the donation process, most people are easy to shy away because they have heard the horror stories about how incredibly painful it is. Which is partially true because they haven't perfected the procedure to be completely pain-free, but they have made leaps in the process so far. First off, they have developed a process called peripheral blood stem cell collection (PBSC). In this method, cells are collected via the bloodstream. To increase the number of stem cells in the bloodstream, donors receive daily injections of a synthetic protein for 4 days before the collection. On the day of collection the donor's blood is then removed from one arm and passed through a machine that separates out the blood stem cells and the remaining blood is returned to the donor through the other arm. The cell collection is an outpatient procedure, taking about 6-8 hours and can be done over a 1-2 day period.

The "horror" procedure most refer to is called bone marrow harvesting and is still around but used less often. Marrow cells are collected from the back of the pelvic bone using a special syringe. Prior to having this procedure, donors receive local or general anesthesia so the pain is kept to a minimum if any at all. In fact, pressure is more so reported from the actual harvesting. This is a 1-2 hour, outpatient surgical procedure that the donor is discharged from the hospital at the end of the day.

Through DKMS, I was able to get registered easily online. I waited around for a few days and my kit arrived soon. I swabbed my cheeks and happily sent in my saliva. Although I have not been called to become a donor, I am positive that somewhere and someday I am going to be a match for someone in need. As I step back and take a look at the big picture, the day or so of minimal discomfort in no way compares the pain of chemotherapy and radiation treatments experienced by the patients and families in need. I am proud to be a registered donor and be a match for someone in need. I encourage all to look into the process if you are in any way interested in registering, volunteering or sponsoring a drive at your local chapter. Be sure to look out, as there will also be a chance to register at the State Convention in Galveston, TX in February. Please feel free to contact me via email with any questions regarding either organization or interest in hosting a drive at your school.

<http://www.windridgetexas.org/>
<http://www.dkmsamericas.org/>

OUR MISSION:

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.



Run for State Office? I Think I Will...

Jennifer Malone
TNSA Southern Regional Director



So you want to be elected to the board of directors of TNSA? Here are some criteria to meet. Remember, no matter which office you want to run for you need to be familiar with the TNSA bylaws and the duties of your future position, as well as policies and standing rules. All these things can be found beginning on page 36 of the Chapter Information Guide. Duties of the officers can be found in Article V, Section V of TNSA's bylaws. You should also have a working knowledge of Robert's Rules of Order. And be prepared for the commitment of office. You can't neglect school to take care of state duties, or vice versa.

Candidates for President, Vice Pres, Secretary-Treasurer and Editor must be nursing students currently enrolled in school throughout the academic calendar year for the full term of the office held. All other candidates must be students at least half that term. There can be no more than 2 candidates for each position from the same school chapter. Each candidate must fill out an application packet in its entirety by midnight Friday of the State Convention in February. A nominee may not actively campaign before completion of the packet and receipt of a candidate ribbon at Convention. Campaigning is not permitted in some areas of Convention, including in official meetings and blocking doors to the House or within 20 feet of the polling area.

Once you decide to run for office and have paperwork in order you must be nominated from the floor of the House of Delegates. Anyone can nominate you. You can nominate yourself. Just be sure it happens during the announced times. Or, get a head start. If all your paperwork is received in full and approved by January 31, 2011 you may begin campaigning as soon as you get your registration packet at convention. All candidates will be expected to deliver a 2 minute speech at the Convention, except the presidential candidates who are expected to deliver a 5 minute speech.

Good luck to you, the future board of directors of TNSA. Any more questions about candidacy may be answered in the Chapter Information Guide, or by emailing me, south.director@tnsa.org, or the Nominations Committee chair, Angi, nom.chair@tnsa.org. 📧

2011 TNSA 63rd Annual Convention

Location: Moody Gardens Hotel
Seven Hope Boulevard
Galveston, Texas 77554
210-691-8888

Date: February 24-26, 2011

Booking Rooms: \$139 for Single, Double, and Triple/
Quad. The cut-off date for hotel reservations is Mon-
day, January 31, 2011.

Registration: Fees are \$70 for early registration due by
February 11, 2011; A fee of \$80 after February 11,
2011.



Moody Gardens Hotel and Convention Center, Galveston, Texas