

# INSIGHT

The Newsletter of the Student Nurses' Association  
of Pennsylvania - FEBRUARY 2019



The 2018-2019 SNAP Board and NEC met last weekend in Harrisburg, PA. This was the first meeting of the year. They will meet again immediately following the David R. Ranck LEAD Workshop, which is March 23 and 24.



The Board worked on several programs and activities for the upcoming year. Keith Hanley, SNAP Legislative Coordinator, submitted the SNAP resolution to NSNA to be considered by the NSNA House of Delegates. Isaiah Washington, SNAP Vice President and Convention Chair, shared his initial plans for the 67th Annual SNAP Convention, including the theme "Progress Through Planning".

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## FOR YOUR INFORMATION

- **MARCH 2019**

- **Deadline** for March INSIGHT: Friday, March 1
- **Capitol Hill Step by Step:** Tuesday, March 12, Harrisburg, PA. Register at [Capitol Hill Step by Step](#)
- **David R. Ranck LEAD Workshop:** Saturday, March 23 and Sunday, March 24, Harrisburg, PA. Register at [LEAD Workshop Registration](#)
- SNAP Board of Directors Meeting: Sunday, March 24 following LEAD Workshop



*The Association of  
Tomorrow's Nursing Leaders*

- **APRIL 2019**

- **Deadline** for April INSIGHT: Monday, April 1
- **NSNA 67th Annual Convention:** April 3 - 7 in Salt Lake City, Utah. If you are attending, please complete this information form: [NSNA Convention Attendance](#)
- **MAY 2019**
  - **Deadline** for May INSIGHT: Wednesday, May 1
- **JUNE 2019**
  - **Deadline** for June INSIGHT: Saturday, June 1
  - SNAP Board of Directors Meeting: Saturday, June 8 and Sunday, June 9, Harrisburg, PA
- **AUGUST 2019**
  - **Deadline** for August INSIGHT: Thursday, August 1
- **SEPTEMBER 2019**
  - **Deadline** for September INSIGHT: Sunday, September 1
  - SNAP Board of Directors Meeting: Saturday, September 14, Harrisburg, PA
- **OCTOBER 2019**
  - **Deadline** for October and Convention INSIGHT: Tuesday, October 1
  - **Deadline** for Chapter Constituency Status (determines # of delegates for convention): Tuesday, October 15
  - **Deadline** for Proposed Resolutions: Tuesday, October 15
  - **Deadline** for Chapter/Individual Awards and Scholarships: Tuesday, October 15
  - **Deadline** for SNAP Consent To Serve forms (running for SNAP Board/NEC positions) Wednesday, October 30
- **NOVEMBER 2019**
  - **SNAP 67TH ANNUAL CONVENTION**
  - **NOVEMBER 20 - 23, 2019**
  - **LANCASTER MARRIOTT**

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# CAPITOL HILL STEP BY STEP

**Tuesday, March 12**

**State Museum of Pennsylvania**

**9:00 a.m. to 2:30 p.m.**

**Register by MARCH 1st**

**CAPITOL HILL STEP BY STEP REGISTRATION**



SNAP is pleased to announce the following guest speakers: Dr. Maria Murt, speaking about the power of nursing; the Honorable Tom Murt, State Representative, addressing "How a Bill Becomes a Law"; and Ms. Meg Snead, Secretary of Policy and Planning for the Commonwealth of PA, who will discuss the formulation of government policy using the Opioid Policy as an example. Ms. Snead has extensive background in the opioid epidemic.

Tours are set at the Capitol for 1:00 p.m., 1:30 p.m. and 2:00 p.m. Tours can take up to 80 people at a "first-come, first-served" basis.



***This picture is from the David R. Ranck LEAD Workshop 2018. Do you see yourself in this year's picture?***

The 13th Annual David R. Ranck Workshop is being held Saturday, March 23 and Sunday, March 24. It is designed for emerging leaders from SNAP chapters across the Commonwealth, with the goal of enhancing leadership and development skills. Ideally, participants will be freshmen and sophomore nursing students. Each chapter may send a total of six (6) SNAP

members, with registration on a *"first-come, first-served"* basis. SNAP can accept up to sixty (60) members as participants at this year's event.

The SNAP Board of Directors looks forward to welcoming newly emerging leaders from our SNAP chapters, knowing that this event can be life-changing for many individuals. Several current Board members attended the LEAD workshop as their first SNAP event, where they became more confident in their skills to lead.

A special thanks to UPMC PINNACLE for hosting and sponsoring this event, providing our meeting rooms and meals on Saturday and Sunday!

You can register at the following link:

**[DAVID R. RANCK LEAD WORKSHOP REGISTRATION](#)**

**Registration Deadline: FRIDAY, MARCH 8**

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Plan now to attend the 67th Annual Convention of the National Student Nurses Association! It is being held in downtown at the Salt Palace Convention Center in Salt Lake City, Utah from Wednesday, April 3rd through Sunday, April 7th.

Madeline Stadler, SNAP President, will be representing Pennsylvania and would like to know who will be attending so she can let you know about the caucus (meeting) schedule for all SNAP members who are there.

Please use the following link (both members and faculty advisors) to let us know that you will be attending the convention. We want to make sure to share information regarding our SNAP Caucus schedule and other events that will be happening there:

**[NSNA Attendance Information](#)**

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## **SNAP Board Update!**

**MADELINE STADLER, PRESIDENT**

Hi everyone! I hope you all have had a good

start to spring semester. The beginning of a new semester is a great time to start fresh with new classes and clinicals.

Since our convention in November your new Board of Directors have met twice: once at our post-convention and most recently our February Orientation meeting. I am excited to work with such a creative and dedicated group of people over the next nine months. We have already started developing new initiatives for the organization and we cannot wait to share all of our ideas with you.



Over the next two months, there will be a variety of ways to get involved with SNAP. On March 12th, we will be hosting our annual Capitol Hill Step by Step Day. Students will have the opportunity to learn more about the political process and how to get more involved as nursing students. In addition, March 23-24 we will have the David R. Ranck LEAD Workshop for freshman and sophomore students. I strongly encourage freshman and sophomores to attend this event. I have participated in this workshop multiple times as both a freshman and then a Board member and each time I learn something new. It is also a great way to meet other students from across the state! Many of the friendships I have made within SNAP have stemmed from this workshop. Finally, April 3-7 the NSNA will be hosting their 67th Annual Convention in Salt Lake City. SNAP always has one of the largest delegations present, and we hope we will continue this tradition this year. This convention allows our members to meet more students not only from Pennsylvania but across the country, learn from a variety of nursing leaders and become active with Resolutions at the National level. Please complete the NSNA Attendance Information JotForm so that I will be able to reach out to you about our caucus schedule and other events that SNAP will be attending there.

I wish everyone the best of luck with their semester and I hope to see some of you at some of the events listed above! If you have any questions or ever need anything, please do not hesitate to reach out!

[president@snap-online.org](mailto:president@snap-online.org)

## **Entering the Workforce in a Nursing Shortage**

*Vanessa Stenulis*

*South Central Regional Coordinator*

Worldwide, there is a nursing shortage. As a student nurse, the question as to why nursing is such a field of demand had piqued my interest. In my own research and through my learning in fundamental nursing courses, I have learned the answer to this question. The solution though is still ongoing.



It is already known that the world population is constantly growing so with more people, there comes a need for more healthcare. Nurses are the largest group in all of healthcare today. With advances in the healthcare field, it is becoming crucial that more RN's are working to keep facilities efficient. Acuity of hospitalized patients is also increasing so therefore the highest demand right now is nurses for Acute Care. In my personal experience, I have seen health agencies popping up in places that never had such close access to medical treatment. This corresponds with the demand being greatest for rural areas compared to urban areas which already have a large enough supply of workers.

There has also been a growing number of elderly patients who require care. This is for many reasons such as the baby boom, increase in life expectancy, chronic illnesses, and better medicine that helps people live much longer than in past years. On the whole, there has come to be an emphasis on prevention. People aren't just coming to medical centers because they are sick, they are coming to avoid disease before it happens. These preventative measures require nurses to educate and examine patients more than ever before.

In the realm of student nursing, this issue is becoming urgent because of the aging RN faculty. Future nurses are needed to take these jobs to continue the path for more students to become nurses. Enrollment has been increasing in nursing programs, but not enough to fill this deficit.

Some ways to solve this issue is to ask who is working and who can be working. Some nurses who cannot work full time (people with children or family that needs a lot of care) should be offered part-time re-involvement back to their facilities so that their knowledge, experience, wisdom, and leadership is not wasted if they can and still want to work. Flexible and shorter shifts should be available to older nurses so that they can re-enter the field. There also should be more safety precautions so that the job can stay effective but put less physical strain on nurses so that they can work longer. Lastly, there needs to be more outreach in Acute Care, rural areas, and nursing education so that the nursing field can fully function at its best.

I feel very appreciative to be in a nursing program in these competitive times and I look forward to helping this issue in my professional career.

I am eager to assist anyone who would like to learn more about our organization and assist anyone who is looking for more ways to be involved. I will be reaching out to schools in the South Central Region shortly to introduce myself and to begin informing them on events.

As the representative of the South Central region, I also invite members from other regions outside of mine to benefit in anything I have to offer. I am excited to represent you this year and I am always available to answer any questions over email. Good luck to everyone this semester and I look forward to seeing everyone at the LEAD workshop and later this year at the 67th annual convention.

[southcentral@snap-online.org](mailto:southcentral@snap-online.org)

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SNAP is pleased to share information with you regarding a scholarship opportunity. The Nightingale Awards of Pennsylvania (NAP) is awarding scholarships in up to eight categories and they would like to hear all about YOU!

Complete the online application, telling about your accomplishments, your goals and your journey to become the best nurse you can be. Additionally, you will need to provide your most recent nursing school transcript, your letter of acceptance into the nursing program you will attend in the Fall, and two letters of recommendation.

Scholarships will be awarded in Summer 2019 to be applied to your Fall semester.

**Deadline: March 21, 2019**

Click here for more information: [Nightingale Awards Poster](#)

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## **BE PART OF NURSING RESEARCH**

**Dear Nursing Student,**

You are being asked to take part in a research study on *Moral Distress, Depression, and Suicide Risk among Undergraduate Nursing Students* being conducted by Dr. Cynthia Paidipati and Dr. Connie Ulrich from the University of Pennsylvania School of Nursing. The Student Nurses' Association has

given us permission to contact you. Your participation in this survey is completely voluntary. This means you do not have to participate if you do not want to. If you agree to participate, you have the right to only answer the questions you choose to answer. Before you make a decision, you will need to know the purpose of the study, the possible risks and benefits of being in the study and what you will have to do if you decide to participate.

**What is the purpose of the study?** The purpose of the study is to learn more about the ethical issues undergraduate nursing students experience within their clinical care and the level of ethics education and preparation nursing students perceive in their programs. We also would like to understand the level of depression and suicide risk among nursing students.

**Why was I asked to participate in the study?** You are being asked to join this study because you are an undergraduate nursing student within a state (the Commonwealth of Pennsylvania) dedicated to improving college mental health. Your perspectives on the ethical issues nursing students encounter will help us better understand the stressors student nurses face in their undergraduate programs. We also want to know if you are experiencing any signs or symptoms of depression or suicide risk as these are common among college-aged students.

**How long will I be in the study?** The study will take place over a period of one year. Your participation includes completing an online survey, which takes approximately 10-20 minutes to complete. Also, you may be selected to participate in a follow-up interview, which will last approximately 60 minutes.

**How many other people will be in the study?** We will be enrolling 500 undergraduate nursing students to participate in the study. Additionally, we are hoping to conduct 30 follow-up interviews with nursing students who have completed the survey.

**Where will the study take place?** You will be asked to complete the survey online. If you are selected for a follow-up interview, we will contact you to set up a date and time most convenient for you.

**What will I be asked to do?** If you decide to take part in the study, you will be asked to participate in a survey about your experiences as an undergraduate nursing student, including your ethics training and preparation, stressing ethical issues encountered, and depression or suicide risk. We will provide you with a secure web-based link to answer the questions in the survey. At the end of the survey, you will be given information and resources about depression and suicide risk among college students. You will be also asked to provide a phone number at which we can reach you if you would like to participate in a follow-up interview.

You are under no obligation to participate in these interviews. If you decide to take part in the interview, you will be asked more about the ethical issues you have faced in your nursing programs. Interviews will be audio-recorded so that we do not miss any important information you share during the telephone interview.

**What are the risks?** There are no known risks if you decide to complete the survey. Your responses will be completely confidential. Any personal identifiers in the interviews will be excluded from the recordings before they are transcribed into written documents.

If you experience suicidal thinking at any time during the study, the research team will follow-up with you and provide additional information and resources for your safety. **Please contact the National Suicide Prevention Hotline (1-800-273-8255) for help or support at any time during the study.**

**How will I benefit from the study?** There is no direct benefit. However, your participation could help us understand more about the ethical issues nursing students face in their undergraduate nursing programs. In the future, this may help us develop more robust ethics educational programs for nursing students. In addition, your participation may help us better understand the risk for depression and suicide within undergraduate college experiences and help us identify and intervene more quickly with nursing students at-risk and help save lives.

**What happens if I do not choose to join the research study?** You may choose to join the study, or you may choose not to join the study. Your participation is voluntary. There is no penalty if you choose not to join the research study. If you choose not to participate, there will be no negative consequences to you.

**When is the study over? Can I leave the study before it ends?** The study is expected to end after all participants have completed the online surveys and telephone interviews. You have the right to drop out of the research study at any time during your participation. There is no penalty if you decide to do so. **If you no longer wish to be in the research study,** please contact the study investigator, Cynthia Paidipati, (215) 586-1444 or [cpaid@nursing.upenn.edu](mailto:cpaid@nursing.upenn.edu) and you can withdraw from the study at any time.

**How will confidentiality be maintained, and my privacy be protected?** Confidentiality of private health information that you share with us will be maintained to the highest level. Under federal privacy regulations, you have the right to determine who has access to your personal health

information (called “PHI”) which provides safeguards for privacy, security and authorized access. PHI collected in this study may include medical or health history, or protected health information such as name, telephone number, or address. Your PHI will not be used or disclosed to any other person or entity, except as required by law, or for authorized oversight of this research by other regulatory agencies, or for other research for which your PHI has been approved by the Institutional Review Board. If information from this study is published or presented at scientific meetings, your name and other personal information will not be used.

**Will I have to pay for anything?** There are no costs associated with participating in the study.

**Will I be paid for being in this study?** You will receive a \$10 Visa Gift Card after completing the study.

If you have questions, concerns or complaints regarding your participation in this research study or if you have any questions about your rights as a research subject, you should speak with the Investigators of the study. If you want to talk to someone other than those working on the study, you may contact the Office of Regulatory Affairs at the University of Pennsylvania by calling (215) 898-2614 with any question, concerns or complaints.

**If you would like to participate in this study, please click on the link below to begin.**

**[Nursing Research Opportunity](#)**

Sincerely,

Cynthia P. Paidipati, PhD, CRNP | Study Investigator

University of Pennsylvania | School of Nursing | 418 Curie Blvd, Philadelphia, PA, 19104

Phone: (215) 586-1444 | Email: [cpaid@nursing.upenn.edu](mailto:cpaid@nursing.upenn.edu)

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***Dear SNAP Member/Faculty Advisor:***

***I encourage you to submit articles and photos pertinent to other nursing students in Pennsylvania to be included in the next issue of INSIGHT. This is your newsletter and vehicle to let others know what is happening at your school and chapter.***

***Send your articles, pictures, calendar of events, and contact***

**information to [snap@snap-online.org](mailto:snap@snap-online.org). We look forward to hearing from you soon!**

**Sincerely,**

**Connor Cochran, SNAP Secretary Treasurer**

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**QUESTIONS OR CONCERNS? CONTACT CINDY SHINGLER, SNAP EXECUTIVE DIRECTOR, AT (717)671-7110 OR EMAIL:**

**[SNAP@SNAP-ONLINE.ORG](mailto:SNAP@SNAP-ONLINE.ORG)**

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**Student Nurses Association of Pennsylvania**

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