

# INSIGHT

The Newsletter of the Student Nurses' Association  
of Pennsylvania - February 2020



## FOR YOUR INFORMATION FEBRUARY 2020



*The Association of  
Tomorrow's Nursing Leaders*

- **Deadline** for March INSIGHT: Monday, February 3
- **"When an Emergency Strikes"** DeSales University Regional Event - Friday, February 28 from 5p-8p. See article for more information

### MARCH 2020

- **Deadline** for April INSIGHT: Monday, March 2
- **David R. Ranck LEAD Workshop:** March 21-22
- **Capitol Hill Step by Step:** Tuesday, March 24

### APRIL 2020

- **Deadline** for May INSIGHT: Wednesday, April 1
- **NSNA 68th Annual Convention:** April 15 - 19 in Orlando, Florida

### MAY 2020

- **Deadline** for June INSIGHT: Friday, May 1

### JUNE 2020

- **Deadline** for July INSIGHT: Monday, June 1
- SNAP Board of Directors Meeting: June 6 & 7, Harrisburg, PA

### JULY 2020

- **Deadline** for August INSIGHT: Wednesday, July 1

### AUGUST 2020

- **Deadline** for September INSIGHT: Saturday, August 1

### SEPTEMBER 2020

- **Deadline** for October INSIGHT: Tuesday, September 1
- SNAP Board of Directors Meeting: Saturday, September 12, Harrisburg, PA
- SNAP Strategic Planning Committee Meeting, Sunday, September 13, Harrisburg, PA

## OCTOBER 2020

- **Deadline** for November INSIGHT: Thursday, October 1
- **Deadline** for Chapter Constituency Status (*determines # of delegates for convention. NSNA will send list of members at the end of day*): Thursday, October 15
- **Deadline** for Proposed Resolutions: 5pm on Thursday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: 5pm on Thursday, October 15
- **Deadline** for SNAP Consent To Serve forms (running for SNAP Board/NEC positions) 5pm on Wednesday, October 28

## NOVEMBER 2020

- **SNAP 68TH ANNUAL CONVENTION (*pre-registration deadline Monday, October 26*)**
  - **THE FUTURE OF NURSING 2020: The Power of YOU!**
  - **NOVEMBER 18 - 21, 2020**
  - **KALAHARI RESORTS IN THE POCONOS (*reservation deadline Saturday, October 24*)**

## DECEMBER 2020

- **Deadline** for January INSIGHT: Tuesday, December 1

## JANUARY 2021

- **Deadline** for February INSIGHT: Monday, January 4
- SNAP Board of Directors Meeting, **TBD** (Mandatory meeting for Board members elected in November)

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## CHAPTER NEWS

DeSales University presents, **“When an Emergency Strikes”**

DeSales University Student Nurses’ Association (SNA) invites you to their second annual regional event, **“When an Emergency Strikes,”** on **Friday, February 28, 2020 from 5pm-8pm on**



**DeSales University Campus in Center Valley, PA.** The event is open to the public! We welcome our fellow nursing schools in Pennsylvania, nursing students from out of state, DeSales University students, faculty, family and friends.

The event will begin with a presentation and hands-on activity from **Stop the Bleed** educators, Michael Snyder, Andrea Nesfeder, and colleagues, from Bethlehem Township Fire Company and Bethlehem St. Luke's University Hospital. Stop the Bleed is part of a national trauma initiative to train first responders and the public on how to manage bleeding in the event of an injury or accident and to increase the injured individual's chance of survival. Educators will demonstrate how to effectively use tourniquets and packing materials in bleeding emergencies.

The event will then transition into an interactive presentation from **Cetronia Ambulance Corps** where their Director of Operations, Chris Peischl, will discuss the different roles nurses can play in a mass casualty situation, describe how to triage and how to perform RPM (respirations, pulse, mental status) assessment, and how to treat gunshot wounds out in the field. Both presentations will complement each other powerfully, emphasizing the importance of being prepared for treating life-threatening injuries and acting in multiple/mass casualty situations.

For more information, please RSVP at:

<https://dsusnaregionalevent2020.eventbrite.com>



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## **South Central Region**

### **Lehigh Valley IronPigs Nurse Appreciation Interest Form for May 12th (Tuesday) 7:05pm**

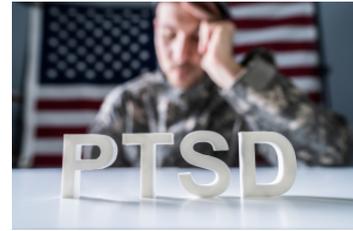
A representative from the IronPigs, a local baseball team, has reached out asking if our organization would be interested in attending this game. We would get discounted tickets, recognition of the organization, someone could throw one of the first pitches, and we would get food vouchers. Please let me know if you would be interested in attending.

Email Sarah Heidler, South Central Regional Coordinator

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# **EMPOWERING RESOLUTIONS**

## **Duquesne University Student Nurses Association: Resolution Article**



The Duquesne University Student Nurses Association composed a resolution to increase awareness and encourage more research on Post-traumatic Stress Disorder (PTSD) and its effects on military families. PTSD is unfortunately experienced by a lot of individuals, with one major population being veterans. PTSD is described to be a disabling chronic disorder that triggers distress and hyperarousal symptoms.

Research on PTSD has heavily focused on improving the lives of military personnel post-deployment, relating to health, rather than concentrating on the effects on the family. About 11-20% of 2 million military veterans returning from overseas combat operations are diagnosed with PTSD. While PTSD is diagnosed individually, a number of its symptoms can disrupt close relationships through feelings such as irritability and resentment. Spouses of veterans described that not knowing what experiences would trigger a reaction, assuming some of their spouses' responsibilities, and shielding their children from the military parent added stress and exhaustion to their lives. It is said that exposure therapy and behavioral family therapy done simultaneously suggested that family interventions and involvement have some value in treating PTSD.

There has been limited literature that looks at the effect of supportive resources for family members on health service outcomes of individuals suffering from PTSD in civilian and veteran populations. A current study suggests that alleviating the focus on negative impacts of PTSD, and addressing family functioning more, may best meet the needs of military veterans diagnosed with PTSD. If enough awareness is created and many positive outcomes are shown through research, family-centered care has the potential to become standard practice when treating military veterans diagnosed with PTSD.

For more information regarding PTSD, please visit the American Psychiatric Nurses Association at [www.apna.org](http://www.apna.org) and utilize the search feature.

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**The Need for Breakthrough To  
Nursing: Diversity of the  
Profession**



How I define diversity: it means that it can consist of, but not limited to, the union of individuals from different demographics including race, sexual orientation, socio-economic status, age, religion, political beliefs, or other ideologies. The profession of nursing is growing every day, and there are a variety of people entering the

field.

Therefore, improving diversity within the nursing profession is the key to solving the nursing shortage. According to the Bureau of Labor Statistics, the registered workforce is expected to grow from 2.9 million in 2016 to 3.4 million in 2026. That's a 15% increase, and the projected number of new registered nurses each year through 2026 is 203,700, which would create new positions and replace retiring nurses. In addition to those statistics, the AACN reported that there was a 3.7% increase in the baccalaureate programs. Based off this statistic, a 3.7% increase is not sufficient enough to meet the demands of the nursing shortage which includes primary care providers, and other specialty fields such as research and faculty.

In order to improve the employment rate in this field, the first key element would be to introduce this as a potential career path at a younger age. This would mean students in high school would be informed and understand the privilege and opportunity it would be to work in this rewarding field. Secondly, bridging the gap between the shortage of nurses entering into the workforce and making the environment more inclusive, would be aligning students from different demographics with resources that will set them up for success. For example, as I have transitioned through my nursing program, I've received guidance with prerequisites courses, entrance exams, and classes within my program to strengthen my knowledge in nursing. Overcoming the shortage with more diverse nurses, such as myself, will allow underrepresented groups to have the advocacy they need as we continue grow in this profession.

The reason there is great significance behind this conversation is the ongoing disparities within healthcare system, which affects the treatment of many citizens that we service. As nurses, we need to reduce and eliminate the poor quality and access of healthcare being provided for specific groups and low-income populations. Supporting diabetes care, maternal and child health care, adverse events, cancer screening access are a few instances according to the article *Increasing Racial/Ethnic Diversity in Nursing to reduce Health Disparities and Achieve Health Equity* that exist for minority and low income population.

In closing, obtaining more diversity in the field of nursing will provide an opportunity for future and current nurses to give the ultimate care to our patients by understanding their culture, environment, and religious views of the people we serve.

*Phillips, J. M., & Malone, B. (2014). Increasing racial/ethnic diversity in nursing to reduce health disparities and achieve health equity. Public health reports (Washington, D.C. : 1974), 129 Suppl 2(Suppl 2), 45-50. doi:10.1177/003335491412915209*

*Registered Nurses : Occupational Outlook Handbook. (2019, September 4). Retrieved from <https://www.bls.gov/ooh/healthcare/registered-nurses.htm>*

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## FOR YOUR INFORMATION . .

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### The 14th Annual LEAD WORKSHOP



This workshop is designed for emerging leaders from Pennsylvania's local chapters to gain leadership and development skills. Ideally, participants will be freshmen or sophomores. Each school may send a total of six (6) students, and registration is on a first come - first served basis, for a maximum of 60 participants.

The SNAP Board of Directors is pleased to invite freshmen and sophomore SNAP members (attendees must belong to NSNA/SNAP) to this event, and we want to thank UPMC PINNACLE for hosting and sponsoring this event once again, providing our meeting rooms and meals on Saturday and Sunday!

To register, just click here: [SNAP LEAD Workshop Registration](#) and go to the bottom of the page for the registration link.

**March 21 & 22, 2020**

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The Student Nurses  
Association of Pennsylvania

invites you to join us on Tuesday, March 24th as we host our annual Capitol Hill Step-By-Step Day!

This is a day for student nurses to explore the world of legislation, the political process, and to provide an explanation of the role

nurses play in the politics that surround them today, while inspiring student nurses to impact the legislation of the future.

Hear from passionate and experienced speakers and learn about the impact student nurses can have on legislation right now. Students will see first hand how those in legislation write bills and how those bills make their way to the house and senate.

The event begins at 9:00 a.m. in Pennsylvania's Capitol Building located in Harrisburg, PA.

Not only will students be among Pennsylvania's legislators they will be within the walls of a national historic landmark. This building is described by President Theodore Roosevelt as, "the handsomest building I ever saw."

We hope that you can join us for this exciting educational opportunity.

[Capitol Hill Step by Step Registration](#)



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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). The deadline to receive these items is approximately the first day of the month prior to publication.*

*We look forward to hearing from you soon!*

*Sincerely,*

***Alyssa Jones, 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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