

INSIGHT

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



Student Nurses' Association of Pennsylvania

68TH ANNUAL CONVENTION



**VIRTUAL
CONVENTION!**

November 18 - 20, 2020

UNLIMITED OPPORTUNITIES!

By Vanessa Stenulis, SNAP Vice President & Convention Chair

As we are all adjusting our lives to the current pandemic, SNAP has made the tough decision to change our 68th Annual Convention into a Virtual Convention, considering most schools have issued a travel ban for both students and faculty. In order to accommodate and provide our attendees with all of the perks of convention, we came to the conclusion that the virtual approach fits best.

With that being said, we will still have all of the professional and rewarding aspects of the event, including business meetings, keynote speaker and

workshops, awards and scholarship presentations, a virtual exhibit hall, and much more! We also encourage anyone interested in running for the SNAP Board of Directors and Nominations and Elections Committee to submit the Consent to Serve JotForm. All candidates will be submitting a recorded video that will help the delegates get to know them. The Consent to Serve form and Candidate Video form will be available on the website August 15th.

This convention will be extremely efficient by providing recordings where possible to work with busy schedules as well as hosting live sessions to connect, network, and ask questions of our special guests and other SNAP members. We are excited to take on this new approach and we are working very hard to make this a great convention. We look forward to seeing you!

FOR YOUR INFORMATION



*The Association of
Tomorrow's Nursing Leaders*

AUGUST 2020

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

SEPTEMBER 2020

- **Deadline** for September 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 October 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**
 - **THE FUTURE OF NURSING 2020: The Power of YOU!**
 - **NOVEMBER 18 - 21, 2020**

DECEMBER 2020

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

JANUARY 2021

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

FEBRUARY 2021

- **Deadline** for February INSIGHT: Monday, February 1

MARCH 2021

- **Deadline** for March INSIGHT: Monday, March 1
- **David R. Ranck LEAD Workshop**: March 20-21
- **Capitol Hill Step by Step**: Tuesday, March 23

APRIL 2021

- **Deadline** for April INSIGHT: Thursday, April 1

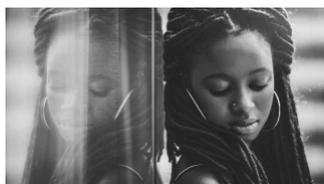
MAY 2021

- **Deadline** for May INSIGHT: Saturday, May 1

JUNE 2021

- **Deadline** for June INSIGHT: Tuesday, June 1
- SNAP Board of Directors Meeting: TBD, Harrisburg, PA

OF INTEREST



2020: A Mirror Image of Broken Glass

By Adiyah Dempsey

My name is Adiyah Dempsey and I am a nursing student entering my Junior year at Penn State University. I wrote this several weeks ago in response to the murder of George Floyd. George's death served as a catalyst but my experience as a Black woman was the foundation. This post that circulated throughout social media touched on many topics that are applicable to areas of my life and other Black people. It even applies to the Black experience in the school of nursing that's within a predominantly White institution. The nursing major in and of itself is a selective program and that degree of selectivity has always left Black and other minority applicants at an extreme disadvantage. Penn State operates as a microcosm of the real world. That means Black students at this institution experience various forms of oppression and systemic racism from the moment they submit their application. If we are granted access onto the campus, that oppression and systemic racism only magnifies. In the College of Nursing there are 10-15 students who look like me out of a class of about 150. We are forced to understand healthcare from the

perspective of the ones who dominate the major, which is the White female. The various disparities Black Americans and other minorities face in healthcare and otherwise are not taught at a level that would make future nurses socially competent. These intersectionalities have direct correlation to healthcare and need to be taught as such. While reading this I hope you can consider both the reality of the world we live in and how the institution we attend, and the major we are in has also become complacent in the oppressive systems that are engraved within this country. This is your call to action.

My life as a Black American has come into stark contrast with the lives that White Americans lead - for this reason, I have always felt a sense of frustration with the world. I have three Black brothers and while we grew up together, we also learned to adapt to the systemic racism that surrounds and oppresses us, our Black family, and our Black friends, together. What we are seeing today on news networks and social media platforms is a representation of something much bigger, a world that has, by and large, catered to the comfort of White people. Protestors who are motivated and impassioned by movements like Black Lives Matter march because our country has consistently acted upon and promoted ideas that show Black lives do not matter to them. Activists today are fighting for human rights, not some political agenda - to be clear, my existence does not represent a political agenda. Those who chose to tout "all lives matter" on their social media timelines and wave blue and black-striped flags from their cars are ignorant to the complacency they themselves have in a racist system. Do not say "all lives matter" until this world moves in a way that affirms to me that Black lives matter, too.

The United States rose to become one of the most affluent countries in the world because it enslaved Black people and dominated indigenous-owned land. And slavery did not end when the 13th Amendment was passed, nor did it truly end even after Juneteenth. To this day, the racist foundations that made up the backbone of this country continue to promote ideas that Black people are inferior to others. To those who have trouble understanding these points: you don't get to dictate how a group of historically disenfranchised people speak about their history and generational pain, and you especially have no say in how they protest today's own brands of systemic oppression. You don't get to cite legislation regarding the "right" way to protest when those same "rights" are deemed wrong as soon as Black Americans take advantage of them.

White Americans may never realize the extent of their privilege. Today, I see white privilege manifest itself when individuals provide excuses and empathize with white criminals, but rampantly denounce Black people as they fight for their human rights (not comparable to a McDonald's sandwich). Those who have boldly commented against looting or hurting law enforcement do so without contemplating to any degree why they are so willing to defend a supermarket before a human life. History textbooks that circulate our schools portray slavery as a distasteful mishap that only a few "rotten apples" participated in, rather than a calculated and pervasive

system that restructured the way humans in this country interacted with one another solely off the basis of skin color. It is not difficult to imagine how the abolition of slavery did not truly result in a complete overturn of White American thinking, and how that past continues to justify present actions.

Destruction of corporate buildings and city monuments echoes the anger that Black people feel at becoming tools for the growth of a capitalist society. When “all lives matter” supporters fear the loss of Target’s corporate profit, remember that Black people invested in this country against our will with minimum-to-no COLLECTIVE benefit, let alone a “profit.” If you are enraged more by a day-long act of havoc than you are about the unlawful murder of Black women and men that has crossed generational divides, this is your first problem. Educate yourself and in doing so, go beyond your individual experiences in this country, your personal encounters with policing. If you feel unsettled, if you feel overwhelmed, if you can’t believe what’s going on: this is what being Black in America feels like on a regular basis. And this movement is simply a product of the historical trauma Black humans endured. Rework your outrage, your sense of entitlement, to empathize with Black people and be in alliance with us.



Diversifying Nursing Care

By Ari Rubinson, SNAP Central Philadelphia Regional Coordinator

As we enter July, it is important to reflect on the momentous history of the month of June, as well as the history in the making we have witnessed the last few weeks in regards to Black Lives Matter. June is Pride month for the LGBTQ community; however in light of COVID-19, there were no Pride celebrations blanketing the streets of the world’s major cities to celebrate the progression of rights and the fight for more; specifically, there is a shortage of LGBTQ medical knowledge in nursing school. A study by the Mazzone Center in Philadelphia found that “29 percent of transgender people reported that a doctor or health care provider had refused to see them because of their sexual orientation or gender identity”; the study also found that “9 percent of LGBTQ people and 21 percent of trans people reported having a health provider use harsh or abusive language when treating them” (Bauer, 2020).

Along with asking a patient’s name, nickname, and date of birth upon first meeting, the University of California San Francisco (UCSF) Transgender Care Guide recommends that healthcare providers ask patients for their pronouns (UCSF Transgender Care, 2016). This question will resonate with LGBTQ people and make their providers seem more LGBTQ competent. In a primary care setting, these questions can be placed on an intake form. If a patient responds with “why are you asking me that?” the provider’s

response should be “we ask to be inclusive of all people”. UCSF Transgender Care Guide also recommends that all providers become trained in LGBTQ inclusion and healthcare.

There are some key points to highlight to foster LGBTQ inclusive nursing without a dedicated training. Firstly, after asking patients for their pronouns and what they prefer to be called, the health history of the patient should be investigated. If a sexual health history is fulfilled, then the sexual orientation of the patient should never be assumed. If the sexuality of the patient is assumed, then the patient may not feel comfortable being honest about their sexual history. This is crucial because sex between people of the same sex could put clients at risk for certain health issues, like HIV, which nurses need to be aware of for proper testing and treatment.

The UCSF Transgender Care Guide recommends also keeping in mind special health considerations, like reproductive health. Transgender men (those who were assigned female at birth) require pap smears. Additionally, transgender men could give birth; therefore, the language used in a labor and delivery unit would have to be changed since the person giving birth could be the father. On the other hand, transgender women may require testicular or prostate exams. There should be posters that reflect all types of families around a primary care office or a labor and delivery unit, not only for transgender men and women, but also for same sex couples who could be welcoming a child into the world.

Lastly, UCSF Transgender Care Guide mentions the use of Foley catheter language. For example, a designated female catheter could be used for a man. When inserting a catheter on a transgender person despite their assigned sex, as very little language about their genitalia should be used in their presence as it can trigger extreme stress for the patient to hear the anatomical name of their genitalia. Ultimately, these few key points can make an LGBTQ patient feel seen, understood, safe, and cared for; which nursing care is centered around.

Citations

Bauer, Sydney. “Coronavirus Pandemic Strains LGBTQ Health Clinics.” [NBCNews.com](https://www.nbcnews.com/health/conditions-diseases/coronavirus-pandemic-strains-lgbtq-health-clinics-n1200341),

NBCUniversal News Group, 5 May 2020, [www.nbcnews.com/feature/nbc-out/coronavirus-pandemic-strains-lgbtq-health-clinics-n1200341](https://www.nbcnews.com/health/conditions-diseases/coronavirus-pandemic-strains-lgbtq-health-clinics-n1200341).

Mazzoni Center, 2018, www.mazzonicenter.org/.

UCSF Transgender Care, Department of Family and Community Medicine, University of California San Francisco. Guidelines for the Primary and Gender-Affirming Care

of Transgender and Gender Nonbinary People; 2nd edition. Deutsch MB, ed. June 2016. Available at transcare.ucsf.edu/guidelines.

EMPOWERING RESOLUTIONS

IN SUPPORT OF RECOGNIZING GUN VIOLENCE AS A PUBLIC HEALTH CONCERN

The University of Pennsylvania

Authors: John Palmer & Delaney Wilkinson



Talking to college students today, it becomes apparent that many of them have some form of experience with or connection to gun violence. This makes sense considering that the likelihood of knowing a victim of firearm violence over the course of one's lifetime stands at 99.85%. Whether associated with active shooter drills, the circumstances of where one grew up, or self-harm, among other events, gun violence does not evoke fond memories. In fact, simply witnessing firearm violence has been shown to be enough to cause psychological injury in children and adults alike. Gun violence has become a growing epidemic in the United States over the past few years, but fortunately there has been a push over the past few years to encourage gun safety.

Although some of the most visible forms of gun violence include mass shootings and terrorist attacks, these atrocities are only a fraction of the public health burden of firearm-related morbidity and mortality. In 2017 alone, an estimated 39,773 persons died from firearm-related injuries in the United States, and this number seems to be on the rise year-to-year. Moreover, each year there is an annual financial burden of approximately \$2.8 billion in emergency department and inpatient charges associated with firearm-related injuries. Part of a nurse's role includes advocating for the safety of their patients, and recognizing gun violence as a public health concern will better enable them to do this.

Gun violence affects people from all backgrounds, but it has a disproportionate impact on racial and ethnic minorities, with homicide being the leading cause of death for non-Hispanic blacks and the second leading cause of death for Hispanics aged 15-34. These statistics need to change, and they need to change quickly. It is devastating and unnecessary to be losing tens of thousands of people, including an average 1300 children, every year to something so preventable.

In having this resolution adopted by the Student Nurses Association of Pennsylvania, we sought to bring increased attention to gun violence and the impact it has on healthcare. Nurses play a critical role in both the prevention and treatment of gun violence, making it essential that their voices are heard on this topic.

***In Memory of Robert V. Piemonte, EdD, RN,
CAE, FAAN, former NSNA Executive Director***

SNAP Supports the American Nurses Foundation's Coronavirus Response Fund - Coming to the Aid of America's Nurses

We continue our campaign to solicit funds this worthy cause. The ANF Coronavirus Response fund will focus on:

- Providing direct assistance to nurses;
- Ensuring that nurses everywhere have access to the latest science-based information to protect themselves, prevent infection, and care for those in need;
- Supporting the well-being and resiliency of nurses - today and in the future; and
- Driving the national advocacy focused on nurses and patients.

SNAP has a unique website that will collect the names (please add your school, if possible) of those who contribute to the ANF Coronavirus Response Fund. The Board hopes to recognize those chapters who contribute to the fund at our Annual Convention at Kalahari Resorts and Convention Center in November. There will be special recognition of the chapter who contributes the most money!

SNAP will match total donations up to \$1,000, but we hope that everyone will continue to give! We are pleased to announce that SNAP has raised over \$900 to date! So let's get started and support our nursing colleagues on the frontline! Click the following link to donate now!

SNAP SUPPORTS ANF CORONAVIRUS RESPONSE

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. 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

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

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