

INSIGHT

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



PLEASE GIVE! SNAP IS COUNTING ON YOU!

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

As many of you know, Dr. Robert Piemonte, former Executive Director of the NSNA, succumbed to the coronavirus on April 21, 2020. Dr. Bob, as he was lovingly called, was a long-time supporter and leader of nursing organizations, and especially nursing students! The SNAP Board thought that having a campaign to support the ANF Coronavirus Response would be an excellent way to honor both Dr. Bob and also all registered nurses on the frontline.

We are asking for all SNAP chapters, members, and faculty advisers to consider donating to 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! 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

In Memoriam: Healthcare Workers Who Have Died of COVID-19

The SNAP Board of Directors kindly asks you to take a moment to honor the thousands of healthcare workers' lives lost during the COVID-19 pandemic. As of May 1st, 2020, the list includes over 1,000 names from 64 countries. They will not be forgotten.

<https://www.medscape.com/viewarticle/927976>

FOR YOUR INFORMATION

JULY 2020

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

AUGUST 2020



*The Association of
Tomorrow's Nursing Leaders*

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

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



Black Lives Matter: A Message from the SNAP Board of Directors

In recent weeks, we have witnessed the tragic and unnecessary deaths of multiple Black people, underscoring the deep-rooted racism and inequity that persists in our country. As a Pennsylvania student organization that represents over 5,000 nursing students from multiple backgrounds and cultures, the SNAP board condemns racism, brutality, and senseless violence against black communities. As future nurses, we provide care that respects the inherent dignity of every person without prejudice. These values must propel us to join together and overcome the wide-spread injustices that exist in our nation.

Although the medical profession strives for equal treatment of all patients, racial disparities in healthcare are evident. In our university courses and clinical settings, we have learned time and time again about the inequalities that exist for Black people in regards to healthcare and many other facets of life. We encourage you to not shy away from having these conversations with peers, faculty, and family for fear that you are “just a student”. Bias in healthcare is an issue, and if you have the opportunity to educate those around you, we implore you to take charge instead of staying silent.

Black Lives Matter, and you are directly responsible for caring for those lives.

With 2020 being “The Year of the Nurse and Midwife”, let’s carry this forward and choose to support our coworkers, patients, and communities.

We will not be silent and we will not standby. Together we can and must do better.

A cautious reminder that COVID-19 is still prevalent across our nation. SNAP encourages all protestors to wear masks, bring water, and practice social distancing.

To all nursing students and faculty in the black community, we see you, we hear you, and we stand with you. If there are any thoughts you would like to share, please email our Secretary Treasurer Alyssa Jones at secretarytreasurer@snap-online.org.

Staying Mentally Healthy Amidst the Pandemic

*By: Sarah Heidler, SNAP SouthCentral
Regional Coordinator*

As Pennsylvania slowly approaches the end to the lock-down that lasted over two months, we can reflect on how quarantine has affected us. Many people have had to make changes to their daily living as kids stayed home due to schools teaching remotely, businesses being closed, and ultimately more than 1 million Pennsylvania residents filed for unemployment. As we know, lock-downs occurred throughout the country, and while Pennsylvania accounted for more than 1 million unemployment claims, there are more than 36 million unemployment claims in the United States. Increasing fears over getting the virus, as well as the possibility of not returning to the work, has led to an increase in mental health disorders.



With the outbreak of the virus that quickly became a pandemic, the world also had to watch out for how this pandemic would affect people mentally. There are rising rates of depression and anxiety due to fears of getting the virus, death, loss of jobs (potentially leading to bankruptcy). According to the Kaiser Family Foundation Poll, over half of U.S. adults (56 percent) report that worry or stress related to the coronavirus outbreak has caused them to experience at least one negative effect on their mental health. Since mid-February, Talkspace, an online therapy company, reported having a 65 percent jump in clients. We are seeing that there is an increasing need for mental health treatments and therapists. With an increase in depression, anxiety and stress, it can lead to other physiological problems later in life, including, but are not limited to, high blood pressure, cardiac problems, and

obesity. That is why it is so important that we are able to help people now because with an increase in mental health disorders, we will see an increase in other physiological problems later on.

How do we stay mentally healthy? There are a number of things that are possible for us to do in order to keep persevering through these troubling times. We should make sure to check in on our friends and family members to make sure that they are doing okay. Being a voice and listening to others can help people cope with their feelings. Also, if you do take medications, make sure that you are still taking your medications, and if possible, still going to therapy if that was part of your pre-quarantine routine. Keep meditating, and keep exercising as they both have a positive impact on people's mood. Journaling is another positive activity you can do because it enables you to express your emotions in a way that may be easier for you to do. Sometimes it is easier to write your feelings than speak your feelings. If you need help, don't be afraid to reach out and get help.

If we do see a return of the COVID-19 outbreak in the fall and we go under another lock-down, hopefully we will be better equipped to help those who are suffering from mental health disorders in case we do see another spike in depression and anxiety.

Feeling More Anxious and Stressed? You're Not Alone. (April 16, 2020).

Retrieved May 31, 2020, from

<https://news.harvard.edu/gazette/story/2020/04/rising-mental-health-concerns-in-the-coronavirus-era/>

KFF Health Tracking Poll - Late April 2020: Coronavirus, Social Distancing, and Contact Tracing. (April 24, 2020). Retrieved May 31, 2020, from

<https://www.kff.org/report-section/kff-health-tracking-poll-late-april-2020-economic-and-mental-health-impacts-of-coronavirus/>.

Pennsylvania Jobless Claims Exceed 1 Million Since Outbreak. (April 6, 2020). Retrieved May 31, 2020, from

<https://www.nbcphiladelphia.com/news/local/pennsylvania-covid-19-cases-and-joblessness-mount/2354080/>

'Rolling Shock' as Job Losses Mount Even With Reopenings. (May 28, 2020).

Retrieved May 31, 2020, from

<https://www.nytimes.com/2020/05/14/business/economy/coronavirus-unemployment-claims.html>

The Coronavirus Pandemic Is Pushing America Into A Mental Health Crisis. (May 4, 2020). Retrieved May 31, 2020, from

<https://www.washingtonpost.com/health/2020/05/04/mental-health-coronavirus/>

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:

SNAP@SNAP-ONLINE.ORG

Student Nurses Association of Pennsylvania

PO Box 6567, Harrisburg, PA 17111
(717)671-7110

snap@snap-online.org

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FORWARD