

INSIGHT

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



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

SNAP's THANK YOU TO FRONTLINE HEROES!

The SNAP Board of Director's created a video thanking all frontline heroes and distributed it to healthcare institutions to share with their staff. A special thank you to Ari Rubinson, SNAP Central Philadelphia Regional Coordinator, for putting the video together. You can view it on the SNAP website - www.snap-online.org or click on the link below:



THANK YOU FRONTLINE HEROES!

FOR YOUR INFORMATION



*The Association of
Tomorrow's Nursing Leaders*

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)

FEBRUARY 2021

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

MARCH 2021

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

APRIL 2021

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

CHAPTER NEWS

NURSE APPRECIATION NIGHT CANCELLED

SNAP invited members to attend the **IronPigs Nurse Appreciation Game** in the Lehigh Valley area on **Tuesday, May 12, 2020**. Unfortunately, the baseball game has been cancelled due to the coronavirus pandemic.

If you purchased a ticket, you will receive a refund. We will attempt to reschedule the event in the future when it is safe to gather again. Stay Safe!



Produce Prescriptions



By: Alyssa Tygh, Jalen Fowler, Alaina Davis, & Kelly Snyder, Penn State University

Chronic diseases are taking a toll on patients and the health care system. Nurses are in a pivotal position to educate patients about proper, healthy eating habits that prevent chronic diseases, maintain healthy recovery, and cultivate on-going superior health by advocating for the implementation of produce prescriptions. Produce prescriptions provide under-served individuals, who lack the resources to buy fresh fruits and vegetables, the opportunity to buy healthier foods to improve the health of themselves and their families.

As we all know, our country is facing an Obesity Epidemic. In 2018, the prevalence of obesity in the United States was 42 percent with minority populations facing even higher numbers. According to the Centers for Disease Control and Prevention (CDC), people who are obese compared to those who have a normal weight face an increased risk of a multitude of chronic diseases with 6 in 10 Americans having a chronic disease, and 4 in 10 having 2 or more conditions (CDC). What is even more concerning is diet is one of the main factors in influencing these risks of diseases (National Institutes of Health), but yet some Americans don't have access to these fresh fruits and vegetables needed to prevent and treat these conditions.

Across the country produce prescription programs have been piloted to resolve the issue. Physicians identify at-risk patients and write them a prescription not for medicine, but for nutrient-rich food. At-risk patients include individuals who are diagnosed with a diet-related health condition (diabetes, obesity, celiac, etc.) or have a qualifying income level. Then these patients can redeem their prescriptions at local farmer's markets or food markets that have developed a partnership with the physician. Programs like these are what is needed to move forward from a reactive health care system to a preventative health care system and to improve the lives of our patients.

Sources:

Adult Obesity Causes & Consequences.

(2018). <https://www.cdc.gov/obesity/adult/causes.html>

Adult Obesity Facts. (2018). <https://www.cdc.gov/obesity/data/adult.html>

AMA J Ethics. 2018;20(10):E960-973. doi: 10.1001/amajethics.2018.960

How dietary factors influence disease risk. (2017, March 21). Retrieved March 15, 2020.



COVID 19: The Importance of Social Distancing in Times of a Pandemic

By Ricki Boateng, Greater Philadelphia Regional

Coordinator

The most current news that has been flooding our airways are updates and information about COVID-19 also referred to as the Coronavirus, particularly in Pennsylvania as of there been 3,394 confirmed COVID-19 Cases (Department of Health, 2020, at time of writing this article). This disease has not only touched Pennsylvania but has reached all parts of the world. When a disease has spread to “a wide geographic area and affects an exceptionally high proportion of the population” this is considered to be a pandemic.” (Merriam Webster)

COVID-19, also known as the Coronavirus usually affects portions of the upper and lower respiratory tract. The most common affected structures of the upper respiratory tract are the sinus, nose, and throat. The most common affected structures of the lower respiratory tract are the trachea (also known as the windpipe) and lungs. After exposure, signs and symptoms can present themselves anywhere between two to fourteen days. Since COVID-19 affects the respiratory tract it presents itself with symptoms such as fever, dry cough, fatigue, and shortness of breath. These are considered to be early symptoms of the virus.

Symptoms of severity, such as trouble breathing, persistent pain or pressure in chest, sudden confusion and bluish lips, require immediate medical attention because they are emergency warning signs. One can have the disease but not show any of the symptoms until later on, also known as asymptomatic. The “masking” of these symptoms can cause an individual to unknowingly spread the disease to others. The spread of COVID-19 has been found to be airborne and by person-to- person contact. Due to “masking” of symptoms this has caused an overwhelming spread throughout the world. You may be asking how can I protect myself and my loved ones?

A great method that we constantly practice day to day is hand washing for at least 20 seconds. It is important to initiate hand-washing several times throughout the day to prevent infection or future sickness.

Another method that has been enforced nationally is social distancing. Social distancing is deliberately increasing the physical space between

people to avoid illness. Due to the fast spread of COVID-19, individuals have practiced social distancing in some way shape or form due to the national mandate that our government has set in place. Examples of social distancing that Student Nurses' Association of Pennsylvania has implemented is the unfortunate cancellations of the LEAD conference and Capitol Hill Step by Step Day. The beloved annual events were canceled in order to remain in the Center for Disease Control and Prevention's (CDC) guidelines and maintain our responsibility as citizens and future medical professionals.

Before the closure of non-essential businesses, individuals did not fully take the urge to social distance as serious. This is part of what caused further spread of the disease in the United States. Social distancing is important to follow because it keeps individuals at less risk of either transmitting or getting the virus. As universities have closed and transitioned to online learning, I would advise individuals to practice self-care, get ahead of schoolwork, pick up a hobby that interests you, and most importantly remain safe and wash your hands.

Coronavirus in Pennsylvania. (n.d.). Retrieved March 30, 2020, from <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

Coronavirus, Social Distancing and Self-Quarantine. (n.d.). Retrieved March 31, 2020, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>

Pandemic. (n.d.). Retrieved from <https://www.merriam-webster.com/dictionary/pandemic>

Symptoms of Coronavirus. (2020, March 20). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

SNAP ALUMNI COLUMN

My Journey

By Randi Freeman MSN, BSN, RN

I have been a nurse now for three and a half years. No one could ever predict working in the type of environment that we are currently experiencing. I work in the emergency



department and often find myself caring for patients who are sick or come to us on the worst day of their lives. Sometimes, I have cared for people that, after being in a room for a few hours, I am alerted by the doctor that the patient needs to be on isolation precautions due to now being ruled out for things such as Tuberculosis or Meningitis. This is all in a day's work. Nothing could ever prepare me for what I currently have endured through working with the recent pandemic of COVID-19. I have had people who know me call my house to see if I am still working. I answer, "No, I am hiding under my bed". What else would I be doing but going to work to do what I love doing, caring for patients. Am I scared? Yes. Do I wonder if I am going to bring it home to my spouse? Yes? Am I scared as to our future? Yes. Do I want to change careers? Absolutely not!!

Before deciding to go into nursing, I spent twenty-five years in retail management. It was only at that point when I did not enjoy going to work anymore that I decided to make a career change. I walked away from job security, a very nice paycheck, and health benefits to embark on the unknown. I began nursing school at age forty-two and knew that I wanted my RN and BSN by age forty-five. I worked extra hard and took twenty-one credits a semester to ensure I met my goal. In addition, I attended this great leadership workshop my first semester of nursing school that was offered from the Student Nurses Association of Pennsylvania (SNAP). This began my two-year journey with SNAP that would include holding state board membership positions for two years, concluding with Vice President. Next, I finished school, passed my boards, and now needed to find a job. I had no idea of what area I wanted to work in but did love my ER shadow day when I was in clinical rotations. I applied to the hospital system connected to where I went to school, and was given an opportunity in the emergency department. The last three and a half years have gone by so fast, and have provided me with such increased knowledge. A great nurse leader who I met through my time in SNAP was Dr. AnnMarie Papa who once said *"the ER is like a box of chocolates, you never know what you're going to get"*. Nothing could be more accurate. Every day I come to work is an adventure. I have experienced birth, death and everything in between. Continuing my goal setting, I wanted to earn my MSN by age fifty. Well, next month I am due to graduate with my MSN in Healthcare Administration. I am now forty-nine, goal met. Sadly, due to Covid-19 and life being currently placed on hold, graduation has been canceled. However, I am looking forward and will be starting for my DNP in September.

All of you are at some point on your own journey to becoming a registered nurse. Set goals for yourself and proudly be ready to take your oath to protect patients in your care and to do no harm. Many people have stated that with our current medical situation this is what we signed up for. Always remember that, at the end of the day, you signed up to care for patients in any capacity. Nursing does not discriminate. It is a profession that offers care and compassion to any in need. Wishing you nothing but success as you find your way and voice in nursing.

OF INTEREST

Being a Nursing Student During a Global Pandemic

By Vanessa Stenulis, SNAP Vice President

Nursing school has always been known to be a challenge, but we were not warned that there would also be a global pandemic on top of it.

Coronavirus has turned the world upside down---

but schooling still goes on. The current situation has uprooted nursing students from familiarity in their lives; however, one of the most challenging sacrifices has been clinicals, which are half of the nursing curriculum. This is extremely tough on students and the future health care system because incoming nurses who were educated the year of 2020 have missed some crucial hands-on experience. Since this is the first time in history, the Pennsylvania State Board of Nursing had to make some quick decisions so that education and graduation would not be compromised.

On March 27th, the board sent out a notice stating that clinical hours will be made up at the discretion of each of the accredited institutions, corresponding with the original number of clinical hours. Classroom didactics and evidence-based simulations are to be supplied in replacement of the experience. The state board has also given nursing programs across the state the ability to proceed with graduation despite the inability to complete capstone clinicals. New admissions to the programs are also allowed as they see fit. Lastly, the board has extended graduate practice permits an additional 90 days to allow time for NCLEX facilities to open and test students.

In addition to all of this change, many nursing students have been or are



going to be needed in their jobs, internships, and externships. On the one hand, it can be scary to experience health care under these circumstances. On the other, this experience will go down in history and these workers will be remembered.

The pandemic has caused many nursing students to be turned away from their expected career positions due to institutional policies. My advice to these students is to keep looking because there is still some way they can lend a hand in this crisis. And to the students that are on or will be joining me on the frontlines, I wish you the best of luck and America is proud to work along-side of you!

State Board of Nursing. "Professional Licensing." Pennsylvania Department of State, 27 March 2020,

www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/Nursing/Pages/default.aspx

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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