

# INSIGHT

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



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## FOR YOUR INFORMATION



*The Association of  
Tomorrow's Nursing Leaders*

### JANUARY 2021

- **Deadline** for January INSIGHT: Monday, January 4
- SNAP Board of Directors Meeting, **January 23-24** (Mandatory virtual 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 Virtual LEAD Workshop**: March 20-21
- **Capitol Hill Step by Step (Virtual)**: 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: June 12-13

### JULY 2021

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

### AUGUST 2021

- **Deadline** for August INSIGHT: Monday, August 2

### SEPTEMBER 2021

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

- SNAP Board of Directors Meeting: September 11

## OCTOBER 2021

- **Deadline** for October INSIGHT: Friday, October 1
- **Deadline** for Chapter Constituency Status (*determines # of delegates for convention. NSNA will send list of members at the end of day*): Friday, October 15
- **Deadline** for Resolutions: 5 pm on Friday, October 15
- **Deadline** for Abstracts for SNAP Poster Session: 5 pm on Friday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: 5 pm on Friday, October 15
- **Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) 5 pm on Wednesday, October 27
- **Deadline** to **PRE-REGISTER FOR SNAP CONVENTION** for both students and faculty, Wednesday, October 27

## NOVEMBER 2021

- **SNAP 69TH ANNUAL CONVENTION**
  - Hilton Harrisburg
  - **NOVEMBER 17 - 20, 2021**

## DECEMBER 2021

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



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\*\*MOI 6578, 6592 & 6593. This scholarship is only valid for those applicants who submit a complete application for a Bachelor of Science in Nursing (BSN) degree program beginning in October, November or December 2020.  
Each of the baccalaureate degree programs in nursing, the master's degree programs in nursing, the Doctor of Nursing Practice programs and the post-graduate APRN certificate programs at Grand Canyon University are accredited by the Commission on Collegiate Nursing Education. (https://www.ccnaccreditation.org). Please note, not all GCU programs are available in all states and in all learning modalities. Program availability is contingent on student enrollment. Grand Canyon University is regionally accredited by the Higher Learning Commission 900-627-7440. (http://hlc.commission.org). Important policy information is available in the University Policy Handbook at https://www.gcu.edu/academics/academic\_policies.php. GCU, while reserving its lawful rights in light of its Christian mission, is committed to maintaining an academic environment that is free from unlawful discrimination. Further detail on GCU's Non-Discrimination policies can be found at gcu.edu/citd/cx. The information printed in this material is accurate as of OCTOBER 2020. For the most up-to-date information about admission requirements, tuition, scholarships and more, visit gcu.edu ©2020 Grand Canyon University 2020NE519

## Student Nurses' Association of Pennsylvania

### 2020-2021 Board of Directors

**PRESIDENT:** Alyssa Tygh

**VICE PRESIDENT:** Jillian Schmell

**SECRETARY/TREASURER:** Austin Lin

**LEGISLATIVE COORDINATOR :** John Palmer

**Northwest Regional Coordinator:** Ashley Bleiler

**Southwest Regional Coordinator:** Taylor Vincent

**Southcentral Regional Coordinator:** Hannah Lochan

**Central Philadelphia Regional Coordinator:** Charlotte Cecarelli

**Greater Philadelphia Regional Coordinator:** Sarah Finocchiaro

**Northeast Regional Coordinator: VACANT**

**Southeast Regional Coordinator:** Miranda Cortes

## **2020-2021 NEC**

**NEC West: VACANT**

**NEC Central:** Vanessa Stenulis

**NEC East:** Madeleine Moucheron, Chair

**The newly elected Board and NEC will be including introductory messages in the January issue of INSIGHT!**

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## **School Nursing & the COVID-19 Pandemic: Keeping Students Healthy at School**

*by Ashley Bleiler, SNAP North West Regional Coordinator*



While everyone seems to have an opinion on how this school year should have been handled in the wake of the pandemic, there really is no obvious best solution. School administrators, teachers, and especially school nurses have been given an almost impossible task, and I have been seeing first-hand at my community clinical placement with a school nurse in a nearby elementary school just how difficult bringing students back into the school in-person has been. Beyond just making sure students are wearing their masks and maintaining a six-foot distance between each other, there is so much that goes on behind the scenes to ensure the safety of everyone in the building. They converted a conference room into an "isolation room" for students to wait to be picked up if they start presenting with symptoms, and if a student does show symptoms and gets sent home, they have to either get a doctor's note, have a negative test result, or quarantine for 14 days in order to be allowed back into the school building. The nurses started a Google spreadsheet to keep track of students who are quarantining and/or tested positive, and they are tracking contacts

in their classes, extracurricular activities, and families, making siblings and close contacts quarantine for 14 days as well, even if they don't currently have symptoms. They are dealing with phone calls from angry parents, keeping up with the most recent guidelines published by the CDC and Allegheny County Health Department, and generally figuring things out as they go, all while also managing all of their other regular responsibilities as school nurses.

One of the biggest problems I've identified is the subjectivity that is involved in deciding if students need to be sent home and quarantined. The school's protocol has two different lists of symptoms: List A and List B. If one symptom from List A is present (new onset cough, fever of 100.4 or above, shortness of breath, difficulty breathing, or new onset loss of taste or smell), or two symptoms from List B are present (chills, muscle aches or pains, headache, sore throat, nausea, vomiting, diarrhea, extreme fatigue, or congestion), the child must be sent home from school. While this seems relatively straightforward, fever is the only one in that list that can be objectively measured. Cough, shortness of breath, vomiting, and diarrhea can all be observed to an extent, but the rest of the list can only be based on what the student reports. This is difficult, especially at the elementary level, because these students are still exploring their autonomy and their bodies, and they may not be able to accurately describe their symptoms and how they feel, which means that important symptoms may be missed. This is where school nurses become extremely valuable--they've known these students from year to year, they know their baselines, and they know how to perform a thorough and accurate assessment on these students. There are so many what-ifs possible in this situation, but one thing is for sure--school nurses are doing such important and amazing community health work this school year.

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The advertisement features a dark red vertical bar on the left containing the Rider University logo, which includes a shield with a tree and the year 1865, followed by the text "RIDER UNIVERSITY". To the right, the text "Rider's online MSN" is displayed in a large, bold, red serif font. Below this, the phrase "EARN YOUR DEGREE ON YOUR SCHEDULE" is written in a smaller, bold, black sans-serif font. At the bottom, a yellow rectangular button with the text "LEARN MORE" in black is centered. The background of the right side is white with a faint, light-colored image of a horse. On the far right edge, there is a vertical column of four small colored squares: red, yellow, red, and blue.



## Great Experience!

*by Alyssa Tygh, SNAP President*

I first discovered the wonderful experience of the annual state convention in the fall of my freshmen year at the Hilton Harrisburg. Not knowing many of the nursing students in my program yet, I was nervous for the long weekend to see what it would bring and what I would learn.

Arriving the first day I was immediately relieved by not only the welcoming and kind faces of the students in my program, but also the other friendly students and advisors from across the state and the current board of directors.

Fast forward two years later, not only did I attend my third annual convention but was also responsible for assisting in the planning of SNAP's first-ever virtual convention. I was nervous at the idea of having a convention entirely online and was worried about how our members would respond to the new platform. However, this year's convention transcended beyond all of my expectations and even exceeded in areas that in-person convention doesn't completely fulfill.

With my school's chapter, we were able to send everyone who was interested given that we were saving immensely on travel and hotel costs. It was exciting to have all our members attend and still receive the benefits of the convention even if it meant it was through a computer. What I enjoyed most was the exhibitor hall. Walking through a noisy convention hall can be daunting, and approaching representatives to ask questions can be nerve-racking and stressful especially with a handful of other students crowding the booth trying to ask the same questions. Having the opportunity to meet in a calm zoom room allowed me to ask all my questions to the fullest extent and engage in more one-on-one opportunities.

I'm thankful for the hard work and dedication of all the board members, executive director, consultants, and alumni that made it possible for us to meet in a virtual environment this past year. For next year's convention, I hope we all have the opportunity to meet in-person at the Hilton Harrisburg where my SNAP journey began. SNAP cannot wait to host an event for members to learn, network, lead, and prosper, but only when the circumstances are safe and no one's health is compromised. Until then, I wish everyone a safe and healthy holiday break and thank you to everyone who is currently serving on the front line making sure our friends and family stay safe this holiday.

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# REGISTERED NURSE

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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,*

**Austin Lin, SNAP Secretary Treasurer**



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

**Student Nurses Association of  
Pennsylvania**

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

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

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