

# INSIGHT

The Newsletter of the Student Nurses' Association  
of Pennsylvania - April 2021



## NSNA Convention Highlights: SNAP SHINES!

*by Alyssa Tygh, SNAP President*

Hello, all constituents,

Another successful online convention in the books! Earlier this month was **NSNA's 69th Annual Convention**, filled with relaxing yoga sessions, NCLEX reviews, panel discussions, focus sessions, and much more! Thank you to all who represented the state of Pennsylvania in the House of Delegates, and big **congratulations to all resolution authors**. Every resolution that was brought to the House of Delegates was successfully passed!

Another huge congratulation to all our members elected to the **2021-2022 NSNA Board of Directors! Kyle Loose** from the Pennsylvania State University- University Park was elected to President, **Taylor Vincent** from the Western Pennsylvania Hospital School of Nursing was elected to Vice President, and **Sarah McCloskey** from the Pennsylvania State University-University Park was elected to Director East. On behalf of the board of directors and I, we wish you the best of luck in your new positions.

And lastly, SNAP was excited to learn that our website won the **NSNA Website Award!** We hope that all of you visit the website for information on upcoming events, past INSIGHT newsletters and award and scholarship applications. We also encourage all chapters to send any upcoming activities and events to be included on the SNAP calendar of events. Most importantly, please watch the website for updated information on our Annual Convention being held this November! I hope to see everyone there!



**NSNA PRESIDENT**

Kyle Loose,  
Pennsylvania State  
University



**NSNA VICE  
PRESIDENT**

Taylor Vincent,  
Western Pennsylvania  
Hospital School of  
Nursing



**NSNA DIRECTOR  
EAST**

Sarah McCloskey,  
Pennsylvania State  
University

# FOR YOUR INFORMATION

## MAY 2021

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



*The Association of  
Tomorrow's Nursing Leaders*

## 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

## JANUARY 2022

- **Deadline** for January INSIGHT: Monday, January 3
- SNAP Board of Directors Meeting, **TBD** (Mandatory meeting for Board members elected in November)

## FEBRUARY 2022

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

## MARCH 2022

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

## APRIL 2022

- **Deadline** for April INSIGHT: Friday, April 1
- NSNA 70th Annual Convention: April 6 - 10, 2022 in Salt Lake City, Utah!

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PRIMARY CARE OR FAMILY  
NURSE PRACTITIONER**

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## Planning a Fantastic Comeback!

by *Jillian Schmell, SNAP Vice President*

Plans are underway for the 69th Annual Convention being held at the Hilton Harrisburg, November 17-19, 2021! The theme of this year's convention is "Turning Setbacks Into Comebacks". So many of us have experienced difficult times throughout the pandemic, both personally and regarding our educational experiences. There will be several workshops, plenary sessions, and an exhibit hall filled with companies ready to meet you! Please watch this space in the coming months for updates on the convention. After all we have been through, it will be wonderful to meet once again - while following all CDC guidelines while doing so. Please feel free to contact me if you have any questions! My email is [vicepresident@snap-online.org](mailto:vicepresident@snap-online.org)

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**NCLEX PREP WITH GCU**

JOIN US FOR THIS COMPLIMENTARY NCLEX SESSION IN APRIL:

*TIPS TO BUILDING A SUCCESSFUL PLAN*

This virtual session is designed for students who have graduated or are in the final semester of nursing school and will provide tips on preparing to take their NCLEX.

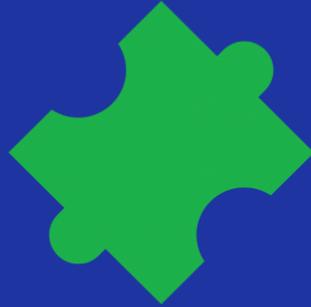
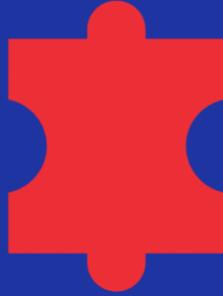
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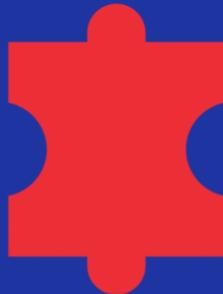
FIND YOUR PURPOSE

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**Student Nurses' Association of  
Pennsylvania**



**Seeing Beyond  
the Spectrum**



**Let's break the stigma on autism!**

## What exactly is Autism?

Autism is a complex and life long developmental disorder that affects communication, repetitive behaviors and social interaction

However, autism is a spectrum, meaning that each person is unique in how the condition will affect them!



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## What You Can Do to See Beyond the Spectrum!

Ask questions

Recognize each person as unique and complex

Lead with kindness

Advocate for autism awareness

Keep an open mind and try something new



You might find that the more you know about autism, the easier it is to understand where they are coming from! Being willing to try their way of doing things could help you find a communication style you never tried.

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## What Can We Do as Nurses?

- Use communication tools like pictures, colored-coded systems, and even basic ASL!
- Provide resources to your patient and their family on different therapies that could help improve daily living.
- Actively listen to your patient! Taking your time and working with their communication style can make all the difference.
- Advocate within your organizations for policies that positively impact the autistic community.



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## And remember ...

"Autism isn't something a person has, or a "shell" that a person is trapped inside. There's no normal child hidden behind the autism. Autism is a way of being. It is pervasive; it colors every experience, every sensation, perception, thought, emotion, and encounter, every aspect of existence."

JIM SINCLAIR



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## Seeing Beyond the Spectrum

*by Madeleine Moucheron, SNAP Regional Coordinator*

Autism spectrum disorder (ASD) is a complex behavioral and developmental disorder that manifests in three major categories: communication, social interaction, and repetitive behaviors. The "spectrum" aspect of autism means that the condition is based on a range of these categories (Owen, Gary, & Schmetter, 2020). In simple terms, each person in the autistic community experiences the condition differently! They are each complex and unique individual with different strengths, weakness, and manifestations of ASD. Due to an increase in effective

screening, updated diagnostic criteria, and accurate psychological tools, there has been a rise in ASD diagnoses (Owen, et al., 2020). As medicine gets more and more advanced, the better our professionals are able to diagnosis ASD, like in any other condition or disorder!

As we have seen a rise in ASD diagnoses, it is important to support and recognize the community; Not just as nurses but also as a society. April is Autism Awareness Month and it is important that we are doing everything we can to support the autistic community as it continues to grow.

Some things that you can do in your life to see beyond the spectrum include asking questions, recognizing each person as unique and complex, leading with kindness, advocating for autism awareness, and keeping an open mind. You might find that the more you know about autism, the easier it is to understand where they are coming from! Willingness to try their way of doing things could help you find a communication style that you have never tried. Furthermore, like any growing community, the autism community needs advocacy and kindness to flourish. Initiatives like pledging to “End the R-Word” and “Spread the Word to End the Word” are great starts to an advocacy for the autistic community.

As current or future nurses we also have a responsibility to our clients no matter the condition. Education on autism and what to expect is just the first step. Nurses should also adapt their communication styles and interactions to see what makes the patient most comfortable. You can use communication tools like pictures, colored-coded systems, and even basic ASL (Owen, et al., 2020)! Just remember that each patient is different so make sure to tailor your care to them. We should also be providing resources to your patient and their family on different therapies that could help improve daily living. Depending on where the patient falls on the spectrum, different therapies may be indicated. It is completely up to the patient if they wish to follow through with these and it will never be a one size fits all. Actively listen to your patient! Taking your time and working with their communication style can make all the difference (Owen, et al., 2020). Rapport and trust is extremely important in any realm of nursing. We need to assure that the patient feels seen, even if they have different needs. Finally, nurses can advocate within their organizations for policies that positively impact the autistic community. We as nurses are a huge community with an immense voice. We should always been using it to support and build up others.

In the end, our society would be worse off if we didn't celebrate and embrace our differences. Leading with kindness, advocacy, and education can help you be the change you want to see in the world.

Owen, A., Gary, A., & Schnetter, V. (2020). Nursing care of patients with autism spectrum disorder. *Nursing Made Incredibly Easy!*, 18(2), 28-36.  
<https://doi.org/10.1097/01.NME.0000653180.86134.05>

# REGISTERED NURSE

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## **A Request for Volunteers!**

by **Rose Schwartz**, SNAP Faculty Advisor,  
Widener University

Volunteers are needed to understand “*What are the experiences of nursing students during rapid transition in nursing education and their learning?*”

**Description:** We are researching nursing students’ experiences of rapid transition and disruption in nursing education and the challenges of continuing or completing your education as your school transitioned during the pandemic of COVID-19. You will be asked to complete a survey and participate in a focus group via a video conferencing platform. Your participation will take 60-90 minutes.

**To Participate:** You must be 18 years of age or older; an undergraduate nursing student or a recent graduate of an undergraduate program from an accredited school of nursing who was enrolled in classes during the Spring 2020 semester. Participant must have access to a computer and be willing

to connect to a focus group via video conferencing. Participant must be willing to be audio and video recorded during the focus group.

**Benefits and Risks:** There are no direct benefits of participating but the knowledge received may be of value to the academic nursing community. As a participant you may experience some uneasiness with answering questions in a group setting and have concerns about loss of privacy.

**Compensation:** \$15 e-gift card upon completion of the focus group.

**To Learn More:** Contact the principal investigator, Rose Rossi, PhD, RN at 610-499-4210 or [raschwartz@widener.edu](mailto:raschwartz@widener.edu)

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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:**

**[SNAP@SNAP-ONLINE.ORG](mailto:SNAP@SNAP-ONLINE.ORG)**

**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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 FORWARD