

# INSIGHT

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



STUDENT NURSES' ASSOCIATION OF  
PENNSYLVANIA

## We salute all frontliners!

Thank you for your service and sacrifice  
during this difficult time. You are our  
heroes.

### 1-Year of Trusting Medicine



What does this month of March symbolize for you? *#COVID19*  
*#ThankYouFrontLiners* *#OneYearOfCovid* *#Isolation* *#Hope* *#PPE* *#SNAP*  
*#CovidVaccine* *#HealthEquity* *#Racial&EthnicMinorityGroups*  
*#StudentNursesofPA* *#CommunityHealth*

For additional information on this topic:

**Centers for Disease Control and Prevention.** (2020, July 24). Health  
Equity Considerations &

Racial & Ethnic Minority Groups.

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

**Centers for Disease Control and Prevention.** (2021, February

3) Vaccine Rollout Recommendations.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations.html>

**COVID Testing in Pennsylvania:**

<https://www.solvhealth.com/pa/s/pennsylvania-covid-testing>

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# FOR YOUR INFORMATION



*The Association of  
Tomorrow's Nursing Leaders*

## APRIL 2021

- **Deadline** for April INSIGHT: Thursday, April 1
- NSNA 69th Annual Convention (Virtual): April 5 - 10, 2021. Register at [Registration - NSNA Convention](#)

## 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

## 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**

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Haylee Bunnell  
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\*MSN RN-BSN (Mentorship) 2020/21 & MSN RN-BSN (Mentorship) 2021/22. This scholarship is only valid for those applicants who submit a completed application for a Bachelor of Science in Nursing (BSN) degree program beginning in January or February 2021. It does not apply to the RN to BSN degree program through any of the College of Health Sciences or an evening campus offering. Grand Canyon University will receive 25% off the tuition per credit for your program. This offer cannot be combined with any other scholarships. Each of the accelerated degree programs in nursing, the Doctor of Nursing Practice program and the post-graduate APRN cert/track program of Grand Canyon University are accredited by the Commission on Collegiate Nursing Education. (http://www.ccnursing.org) Please note, not all GCU programs are included 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 600-833-2440. (http://www.hlc.org) Important policy information is available in the University Policy Handbook at https://www.gcu.edu/academic/policies.php. The information presented in this material is accurate as of JANUARY 2021. For the most up-to-date information about admission requirements, scholarships and more, visit gcu.edu ©2021 Grand Canyon University 21CAED 016



# M.S. in Nursing

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David R. Ranck



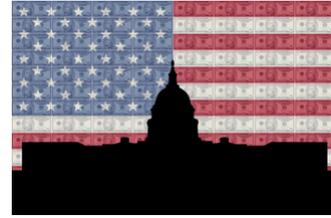
## A GREAT TIME WAS EXPERIENCED BY ALL!

by *Alyssa Tygh, SNAP President*

It was a pleasure to see everyone this past weekend at our 13th annual **David R. Ranck Lead Workshop**. This year our event was different from past years with a virtual platform, but that didn't stop us from having an informative and engaging time. Thank you to all the presenters that set aside their weekend to develop the leadership skills of our future nurse leaders. What makes SNAP the best student nurses' association in the nation is the tireless support from our faculty and alumni that are dedicated to developing the success of our members. I hope that everyone left the program with a better sense of what it means to be a leader in our field and what steps they can take at the local, state, and national levels to facilitate change. If anyone is interested in running for the board of directors in the Fall at our 69th annual convention it is never too early to contact the NEC. Feel free to email the NEC Chair Madeline Moucheron at [neceast@snap-online.org](mailto:neceast@snap-online.org) for more information.

# Capitol Hill Step by Step

by **John Palmer**, SNAP Legislative Coordinator



On Tuesday, March 23rd, students representing more than thirteen nursing programs in Pennsylvania joined together on Zoom for SNAP's annual Capitol Hill Step By Step program. Although the event was virtual this year, the format was nearly identical to what it would have been if it had been held in Harrisburg. Three fantastic speakers graciously agreed to speak to the attendees, the first being former State Representative and current president of the York County Economic Alliance Kevin Schreiber. Mr. Schreiber opened his presentation by educating SNAP members about the state of Pennsylvania, and then proceeded to talk about the legislative process and the ways in which nurses and nursing students can become involved in advocacy.

Mr. Schreiber was followed by State Senator Maria Collett, who is a registered nurse. She focused her talk on her journey from being an attorney to nurse to legislator and on the importance of nurses advocating for both their patients and themselves at every level of government. House Democratic Leader then joined the meeting, just before the House went into session. Leader McClinton discussed her role as a minority party leader and reviewed some of the current legislative priorities. SNAP was beyond lucky to have speakers with such diverse experiences and professional backgrounds to draw from as they presented to students and answered questions.

The final portion of the event included a review of three bills that are currently being reviewed by House committees and a virtual tour of the Capitol Building. The bills reviewed were the Right to Refuse Act (HB 262), the Student Loan Forgiveness for Nurses Act (HB 467), and the Patient Safety Act (HB 106). Although the virtual tour could not fully replicate the grandeur of the Capitol Building, it offered a nice glimpse into the seat of our state government. We hope to see everyone next year when the event returns to Harrisburg!



***From left to right: Representative Joanna McClinton, Senator Maria Collett and Kevin Schreiber***



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## Real Life Impact of the Pandemic

by **Erica Simonsen**, Member of Student Nurses Association of Penn State



I can remember it like it was yesterday - I was sitting on my couch with my sister and parents watching the news when the anchor grimly announced “Coronavirus cases have now doubled in just one day, we are now at a total of 642 cases alone here in New York City...” Six hundred and forty two cases, and we thought it couldn’t get much worse than that. Little did we know what we were going to be in for for the next year (and then some.)

It was at this point in early March that Penn State had already cancelled in person classes and I was going to be home for the rest of the semester, whether I liked it or not. Being a sophomore nursing student at the time, Spring 2020 was my first semester participating in clinical at the nursing homes. Before we left for spring break (and never returned) I was fortunate enough to experience 3 days in the nursing home, learning the duties and responsibilities of a nurse. Although waking up at 5:00 am every other

tuesday was not preferred, I really enjoyed my time at the nursing homes because I was able to apply what we learned in class to my patients and develop my nursing skills further. I was eager to practice my skills more and get the hands on experience I so desperately wanted to learn. But as I mentioned earlier, I, along with the other nursing students, never got the chance to go back into the nursing homes due to the Coronavirus pandemic.

The pandemic left me wondering what was going to happen next - where will I get my clinical hours? Is this going to affect my nursing degree? Will I have to make up the hours over the Summer? My answers were soon answered with two words: virtual clinical. The switch from hands on/in-person clinical to online was one of the biggest “downgrades” I had ever had to experience. From conversing with patients, and taking their vitals and performing ADL’s to clicking buttons and staring at a screen made it really hard for me to truly test my nursing abilities. Now I understand virtual clinical was the best thing that could be done for nursing students at the moment, but I believe it sets us nurses back in the long run. No longer could I experience the excitement of watching someone insert a Foley Catheter for a patient suffering from urinary retention; no longer could I watch the RN’s discuss the possibilities as to why a patient’s blood pressure was sky high; no longer could I practice blood sugar readings and finger sticks (even if it took 2-3 tries); no longer could I feel like a true nursing student. Virtual clinical has set me, and hundreds of other students, back in the nursing world but it is something we have to overcome together to better the future of our careers and especially the future of our patients.



## Vulnerable Populations

by **Miranda Cortes**, SNAP South East Regional

*Coordinator*

March 2021 marks a one-year anniversary of unwanted isolation for many of us, but for individuals on the frontlines, this month can now symbolize hope. One year ago today, essential workers were masking their emotions and providing a respectful service for those who were scared, clueless, and worried. They did this regarding their communities’ well-being, despite facing PPE shortages, a rising death toll, increasing cases, no vaccine, and not spending quality time with their loved ones. If you have plans today, be sure to thank all the frontline heroes: including but not limited to healthcare personnel, pharmacists, grocery store workers, customer service representatives, firefighters, police officers, food and agricultural workers, USPS workers, manufacturing workers, public transit workers, teachers, support staff, daycare workers, and more.

Relevant to this anniversary and our frontline workers are the vulnerable populations they are protecting and serving. According to the Center for Disease Control and Prevention, older adults are more at risk for developing

severe illness from COVID-19; people of all ages with certain underlying medical conditions; pregnant people; and many people from racial and ethnic minority groups because of long-standing systemic health and social inequities (2020). Many people forget that discrimination, healthcare access and utilization, occupation, education; income; and wealth gaps, and housing are all factors that contribute to an increased risk of getting sick and dying from COVID-19. If you would like to learn more about how COVID-19 affects racial and ethnic minority populations, check out our latest post on Instagram @snap\_officialaccount and tell us what this month symbolizes for you.

## References

Centers for Disease Control and Prevention. (2020, July 24). *Health Equity Considerations & Racial & Ethnic Minority Groups*.

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

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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)

**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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