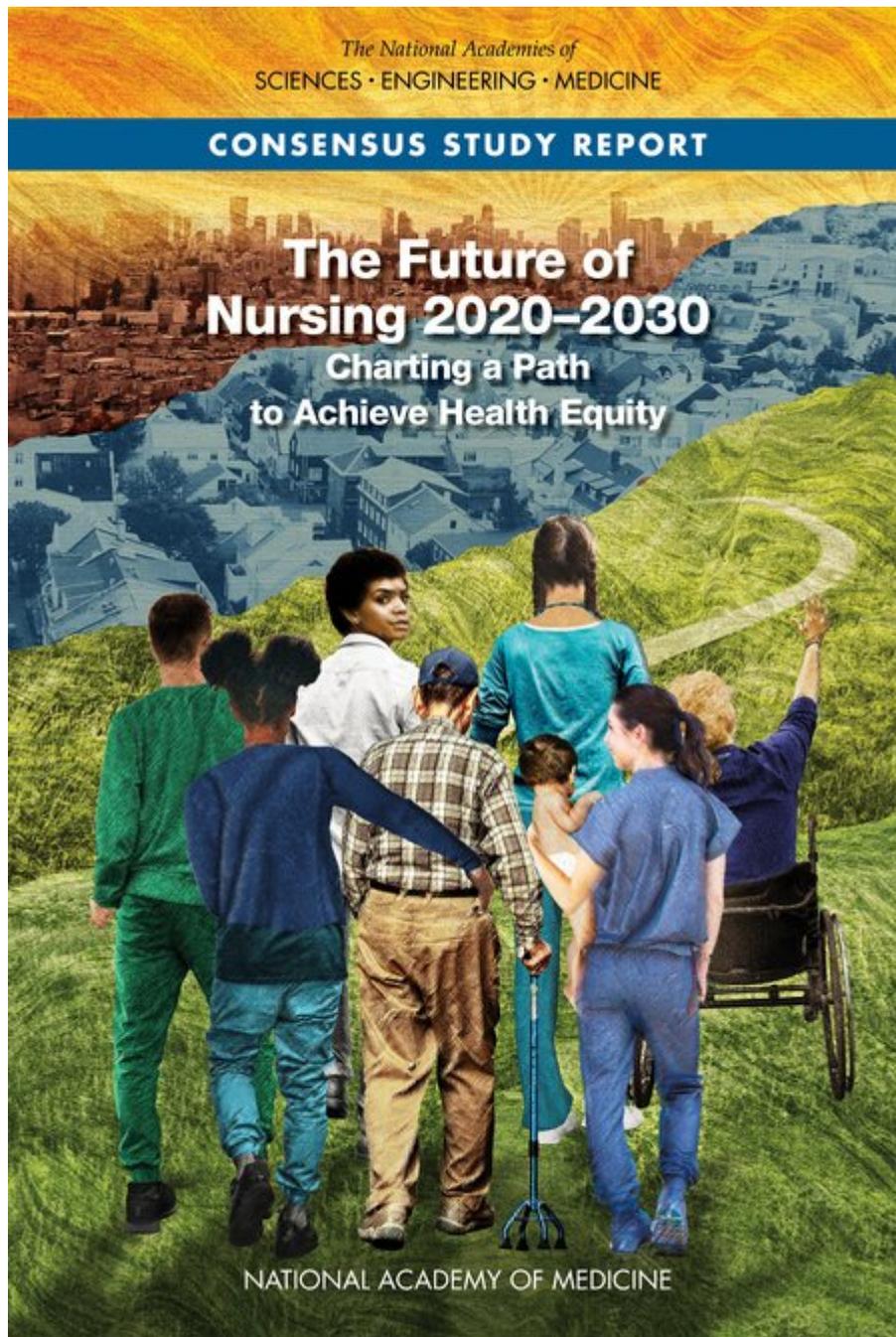


INSIGHT

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



Dear colleagues,

It is my distinct pleasure to share with you that the long-awaited Future of Nursing 2020-2030 Report has been released by the National Academies.



The COVID-19 pandemic did not create health inequities, but it made clear that much of what affects our health happens outside of a hospital. As a highly trusted segment of the health workforce, nurses play a pivotal role in ensuring that we all have what we need to stay healthy and well. But for our country to achieve health equity for all, the systems that educate, pay, employ, and enable nurses need to permanently remove practice barriers, value their contributions, prepare them to understand and tackle the social factors that affect health, and diversify the workforce.

Read more about how we can unleash the power of the nurse to achieve health equity for all in the new National Academy of Medicine report, "[The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity.](#)"

It has been an honor to represent the nursing profession on this esteemed committee.

Best,

Marcus Henderson, MSN, RN

Lecturer, Department of Family and Community Health, Associate Course Director, NURS 235 Psychiatric Nursing, University of Pennsylvania School of Nursing

Marcus served as SNAP President 2015-2017 and was selected to serve on the prestigious Committee on the Future of Nursing 2020-2030. Marcus was elected to the ANA Board of Directors and is completing his first term.

FOR YOUR INFORMATION



*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
- **Deadline** for NSNA Constituency Status (delegates) Wednesday, February 9

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!

MAY 2022

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

textbooks and exam questions. Because of this, throughout my first few years of nursing school, I would always rush through reading exam questions and run out of time, which ultimately resulted in my grades suffering. Luckily, I was referred to a learning specialist where I was deemed the need for extended time on all standardized exams, which should have happened throughout my whole US education. With me being allocated more exam time, my grades after that skyrocketed. Does this make me a bad nurse? No, it does not, it makes me a better one where I acknowledge that all patients learn in a different way and have different education levels. I am able to relate to patients, seek out their learning differences and alter care for them. I am underrepresented in terms of being an Asian American and coming from an under resourced public high school in Philadelphia, where I was at a disadvantage coming to Villanova University compared to many of my other classmates. I was ultimately not prepared for the workload, demographic shock of a PWI, and I was already expected to know some information from high school. It took a lot of emotional breakdowns, time, and effort to get to the same level as my other classmates throughout my freshman year. I've thought of transferring out of the university, changing majors, or just taking a gap year to refocus myself. Moments like these are where you really need to find that friend either in nursing, in the university, or from home to talk with you about your thoughts. I kept pushing and found my strength to just focus on me being academically stable rather than comparing me to others. Now, finishing up my senior year and finally being stable, it feels good but also, I felt a lack of something, I wanted another challenge. In the moment of struggle, we attempt to retreat or to take the easy route, but I urge you all to run into the struggle with open eyes and strength because when you come out, you will look back and tell yourself what is next and that makes an excellent nurse. Taking a challenge, navigating and overcoming the challenge, and welcoming challenges will allow you to prosper in life.

These are just a few struggles of mine and in no way are the only examples of struggles in nursing school. It is okay to ask for help and to allow others to listen because they become stories of how you persevered and beat the odds. Turn your struggles into strengths, grow from them, and be the person YOU want to be who can only be defined by YOU.

I hope this article gives everyone motivation to not give up, listen to your nursing classmates, and support one another in the nursing path. Once in a while, go out with your friends and do something fun, either sitting in nature, going to a restaurant, having a spa day, going to a winery (21+) like our President Alyssa, doing Yoga like our Vice President Jillian, or finding new recipes to cook like me. Take care of yourself and one another.

You all are in a great profession.

P.S. Please send prayers and good wishes to all the graduates as they study for the NCLEX!



M.S. in Nursing

EXCEL AS A NURSE
PRACTITIONER

LEARN MORE

**"If you can't feed a hundred people, then just feed one," --Mother Teresa #FoodInsecurity
#MotherTeresa #Hunger**

The Truth About Food Insecurity

Let's Talk About It.

During the last 12 months, I have been worried whether my food will run out before I get money to buy more

- A. Sometimes True
- B. Often True
- C. Never True

What is Food Insecurity?

Food insecurity can refer to a lack of food, fewer healthy food options (food deserts), and inconsistent food consumption (1)

Oh and a **food desert** is a low-income neighborhood where residents have limited access to healthy food resources like grocery stores & farmers markets

low-income
minority
convenience stores
no fruits or
vegetables (2)

2

What Does Food Insecurity Look Like in Our Community?

With **limited resources** and lack of access, families are **prevented** from purchasing **nutritious** food (3)

Have you ever noticed the **lack** of full-service **grocery stores** or **farmers markets** in our community? Where are we supposed to buy healthy foods, fruits, vegetables, whole grains and low-fat dairy products? (3)

You make a great point! You know, I do see more **advertising** for **fast food** and sugary beverages than I do for healthy alternatives (3)

3

What Can We Do For Our Community?

You're right! We can't just sit around. I think a good place to start is by **educating our community** about food insecurity and food deserts (1)

I also read that a **low-sodium, low-sugar, & high protein** make good food choices (1)

That sounds great! I also found some resources. Here is a link for Food Bank Locator: feedingamerica.org/foodbank-results.aspx and to find a food pantry: www.foodpantries.org and The National Hunger Hotline: **1-866-HUNGRY** (2)

4

References

- Mon, Kristine, BSN, RN, DeBrew, Jacqueline, PhD, BSN & RN, CNE. (2021). Assessing food insecurity: what nurses should know. *Nursing*, 51, 17-19. <https://doi.org/10.1097/01.NURSE.0000734036.202101000>
- Camp, Nadine & MSN, APRN. (2015). Food insecurity and food deserts. *Nurse Practitioner*, 40, 32-36. <https://doi.org/10.1097/01.NPR.0000453644.36000>
- Al, Tanja, Chittams, Jesse & Moore, Renee. (2018). Relationship between food insecurity, child weight status, and parent-reported child eating and packing behaviors. *Journal for Specialists in Pediatric Nursing*, 22, 1-10. <https://doi.org/10.1111/jspn.12177>

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Geisinger

SNAP is pleased to announce that Geisinger

will once again be the Champion Sponsor of our 69th Annual Convention being held at the Hilton Harrisburg, November 17-19!

The Power of Nonverbal Communication

by Charlotte Cecarelli, SNAP Regional Coordinator

As a nurse, nonverbal communication is more powerful than anything you could say to a patient. I learned the power of this type of communication as a doula through the Philadelphia Alliance for Labor Support (PALS) program through my school, The University of Pennsylvania.

I was matched with a patient who did not speak much English. Her husband was not going to be able to attend the birth because of their other small children. Going into the hospital, I was extremely nervous as this was my first birth as a doula and I was worried the language barrier would make things hard for the birthing woman to understand the techniques we had learned in our training. Once I walked into her room, everything changed. My worries all disappeared as I sat with her and provided comfort while the doctors talked through procedures and consents. As her labor progressed and she wanted an epidural, I held her as they tried to insert the needle multiple times. We used breathing techniques, a peanut ball, and other strategies to help make her labor more comfortable. She understood some of what I was saying but in the end, a calm tone, supportive words, and breathing in time with hers was what allowed me to such an impact on the birth of her son.

The use of body language and tone can get you far in nursing even when there is no language barrier. These forms of communication show support and care which ultimately makes our patients all the more comfortable during their hospital stay.

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For more information visit: www.cor.pa.gov

The Commonwealth of Pennsylvania is proud to be an equal opportunity employer supporting workplace diversity. This ad was paid for with taxpayer dollars.

SNAP MEMBER OF THE MONTH

The SNAP Board has instituted a new program to recognize outstanding SNAP members. Following are the individuals selected for March and April. If you would like to nominate a member of your chapter, please click the following link:

[SNAP Member of the Month](#)



Yadira Rosado has been nominated by Miranda Cortes to be our first featured SNAP Member for the month of March. Yadira is currently attending Lehigh Carbon Community College and her expected graduation is May 2022. Miranda had great things to share about Yadira, here is what was shared: Yadira is the definition of an advocate! She is very open-minded but if she knows something is morally/ethically wrong even in our cohort-- she defends and advocates for the right thing. She is always bringing fresh new ideas to the table and she makes sure to bring those ideas to life! She is very inspiring, and I admire the dedication she has to SNAP because Yadira is a full-time mom, full-time nursing student, full-time LCCC SNAP 1st year VP, and full-time CNA. I don't know how she does it, but she definitely does it flawlessly!

Congratulations to the featured SNAP Member for the Month of April, Caitilin Gomes! She was nominated by Sarah Finocchiaro with these kind words... "As the incoming SNAP Villanova president Caitlin has jumped into her new role without looking back. She has helped coordinate meetings with sister chapter, UCF and was a poster presenter at this years NSNA conference for her work with the Villanova ReachOut initiative. Caitlin as been a great addition to the Villanova SNAP board and we can't wait to see what she accomplishes in the coming school year.

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 of 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:

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 FORWARD