

INSIGHT



The Newsletter of the Student Nurses' Association of Pennsylvania



IT'S A CELEBRATION!

IMPORTANT COVID-19 ANNOUNCEMENT!

The SNAP Board of Directors is excited to hold an in-person convention again this year. They are also aware that the pandemic is not over and are requesting all convention attendees to be fully vaccinated/boosted. If not fully vaccinated, SNAP is requiring those not vaccinated to wear a face mask whenever in any convention meeting space/activity. You will need to check your vaccination status on the registration form. SNAP will be following all current CDC guidelines at the time of convention. Therefore, **THERE WILL**

BE NO ONSITE REGISTRATION. Thank you for your understanding and for supporting these decisions!

Wednesday, November 16th

Special Workshop Opportunity

NEW THIS YEAR! SNAP has scheduled a special workshop on Wednesday — ***“Is That Gunfire? Active Shooter Training for Nursing Students”***. A maximum of 120 people can attend this special offering. The workshop begins at 1:30 p.m. so be sure to complete registration when it opens at 1:00 p.m.

Wednesday, November 16th

SCORE! NCLEX® Challenge Bowl

Teams from across the state will compete Wednesday for the honor of being named champion of the 2022 **SCORE! NCLEX® Challenge Bowl!** Teams will be selected on a "first come, first served" basis. Teams are made up of five participants and one alternate. The preliminary rounds will run from 3:00 p.m. to 5:00 p.m. The championship rounds will begin at 7:00 p.m. For more information or to register a team from your school, please check the SNAP Website under “Convention” or email snap@snap-online.org. We will forward the official Challenge Bowl registration form, which must be submitted by the deadline—Monday, October 31 — in order to have a team compete. Will your chapter be the next SCORE! Champion? It's an exciting and stimulating event for everyone, not just those with their hands on the buzzers! A special thanks to [Grand Canyon Education](#) for sponsoring the Bowl and [Promedica Senior Care](#) for sponsoring the refreshments!

Thursday, November 17th and Friday, November 18th

SNAP Poster Presentations

SNAP members are invited to submit abstracts for poster presentations to be displayed at the Convention. Kaitlyn Eastburn, SNAP Legislative Coordinator, will be sending invitations to both chapters and members with the application to submit poster abstracts for consideration. If you wish to participate and did not receive the invitation, please contact the SNAP office! SNAP wants to thank [ATI Nursing Education](#) for sponsoring our poster presentations again this year!

Thursday, November 17th

SNAP 70th Anniversary Awards Celebration & Party

Again this year, SNAP will be holding an Awards Celebration Reception so that you have an opportunity to take part in the celebration of our association and its members' 70 successful years. And it's going to be a PARTY! SNAP has engaged DJ Boony-V who will MC the event, complete with music, games, Karaoke, Kahoot Trivia and a photo booth—just to name a few! We will also be enjoying a pizza buffet, salad, bread sticks, drinks and desserts!


Be sure to apply for the many awards and scholarships, which can be found on the SNAP website. **Chapter Excellence, Community Health, Social Media, Newsletter** and **Website Awards** for chapters. Individual members can apply for **SNAP Leader of Tomorrow, Rena Lawrence Memorial Award, Jamey Thiel Miller Legislative Award, First-Year Scholarships** and **Upperclass Scholarships** and the new **Cindy Shingler Transformational Leader Scholarship**.

[LINK FOR CONVENTION REGISTRATION & AWARD APPLICATIONS](#)

You must be present at the event to receive an award. At the time of this publication, we want to thank **UPMC Central PA** and **Penn State University Ross & Carol Nese College of Nursing** for sponsoring this event!

Be sure to sign up to attend on the EventBrite online registration.

[ONLINE CONVENTION REGISTRATION LINK](#)



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SEARCH NURSING JOBS

SNAP Welcomes Our Keynote Speaker

Bridgette Brawner-Rice, PhD, MDiv, APRN

***Re-envisioning the Future with
Lessons Learned from the Past***

SNAP is very pleased to have Dr. Bridgette Brawner-Rice serve as our Keynote Speaker for this celebratory 70th SNAP Convention! Dr.

Brawner-Rice is very well known to SNAP and its members. As an undergraduate student at Villanova University, she was an active member of SNAP and also served on the NSNA Board of Directors! Dr. Brawner-Rice is the Richard & Marianne Kreider Endowed Professor in Nursing for Vulnerable Populations at the M. Louise Fitzpatrick College of Nursing, Villanova University.



Dr. Brawner-Rice's dynamic presentation will motivate you, along with your faculty and advisors, to re-envision the future of nursing. She will walk attendees through successes, challenges, failures and hopeful moments from the past decades that serve as lessons learned for a brighter tomorrow. You will be encouraged to think of ways you can partner with existing programs and services to avoid "reinventing the wheel", while at the same time being stimulated to think outside of the box for innovative solutions to 21st century issues in health and healthcare. The intent is for everyone to walk away with a concrete plan of how they can do at least one thing within their spheres of influence—no matter how big or small—to effect change in the world. Please join us in welcoming Dr. Brawner-Rice on Thursday, November 17th at 2:30 p.m.

FOR YOUR INFORMATION



*The Association of
Tomorrow's Nursing Leaders*

SEPTEMBER 2022

- **Deadline** for September INSIGHT:
Thursday, September 1
- SNAP Board of Directors Meeting: Saturday, September 10
- SNAP Strategic Planning Committee Meeting, Sunday, September 11

OCTOBER 2022

- **Deadline** for October INSIGHT: Saturday, October 1
- **Deadline** for Chapter Constituency Status (*determines # of delegates for convention. NSNA will send list of members at the end of day*):
Saturday, October 15
- **Deadline** for Resolutions: 5 pm on Saturday, October 15
- **Deadline** for Abstracts for SNAP Poster Session: 5 pm on Saturday, October 15
- **Deadline** for Chapter/Individual Awards and Scholarships: 5 pm on Saturday, October 15
- **Deadline** for SNAP Consent To Serve applications (running for SNAP Board/NEC positions) 5 pm on Wednesday, October 26
- **Deadline** for SCORE Challenge Bowl Registration: 5 pm on Monday, October 31

[LINK TO AWARDS, CONSENT TO SERVE, POSTER APPLICATIONS & CHALLENGE BOWL REGISTRATION](#)

NOVEMBER 2022

- **Deadline** to register for Convention, Monday, November 7 - **[ONLINE REGISTRATION FOR CONVENTION](#)**
- **SNAP 70TH ANNIVERSARY CONVENTION**
 - **KALAHARI RESORTS IN THE POCONOS**

- **NOVEMBER 16 - 19, 2022**
- **[LINK TO KALAHARI RESERVATIONS](#)**

DECEMBER 2022

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

JANUARY 2023

- **Deadline** for January INSIGHT: Tuesday, January 3
- SNAP Board of Directors Meeting, January 21-22

FEBRUARY 2023

- **Deadline** for February INSIGHT: Monday, February 1
- **Deadline** for NSNA Constituency Status (delegates) TBD

MARCH 2023

- **Deadline** for March INSIGHT: Wednesday, March 1
- David R. Ranck LEAD Workshop - March 25-26
- Capitol Hill Step by Step: Tuesday, March 28

APRIL 2023

- **Deadline** for April INSIGHT: Saturday, April 1
- NSNA 71st Annual Convention in Nashville, TN April 12-16

MAY 2023

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

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SNAP's Champion Sponsor

**Encouraging Words from
a
SNAP Alumni**

by Nicola Stewart, MHL, BSN, RN, OCN(r)

*Charge Nurse, Methodist Hospital Metropolitan,
San Antonio, Texas*

SNAP Regional Coordinator, 1999-2000



Nicola Stewart, MHL, BSN, RN-BC,
OCN®

I started out graduating from St. Luke's Hospital School of Nursing in Bethlehem, PA. I had no idea what I wanted to do, or where I wanted to do it after graduation. I interviewed for a new RN position and was offered a job in an oncology unit. I had no experience with oncology patients! My clinicals always consisted of cardiac rotations. I took the opportunity to step into the unknown and 21 years later haven't looked back.

Nursing is hard right now. We are at the tail end of a pandemic and many burned-out nurses have worked through the emotional and physical demands of COVID nursing. I spent the first two surges working as a charge nurse on a 45-bed COVID unit when nurses stayed in hotels and stayed away from their families. The overtime, the adrenaline rushes from running to codes and adrenaline dumps six hours later, after realizing that it takes a lot of energy and stamina performing chest compressions. Those nurses and other healthcare workers that I worked with have become family, there is an untouchable bond that will forever be in place due to the experiences that we shared.

Nursing is such a special career field - you can laugh and cry over the same patient. When you become part of a well-oiled team it doesn't matter the situation. You know someone has your back, you finish each other's sentences and know by the look on their face without uttering a word whether you need to be calling a rapid response or simply hand them some supplies.

You can never underestimate the impact that as a nurse you will have on someone's life. There is a saying "I'm just a nurse". Well, you're not, you are an impactful professional that will change people's lives.

I was five years old when I had my tonsils out, my first time in a hospital, and could never understand why the handkerchief that I faithfully hid under my pillow was always moved whenever I got back into bed. Anyhow, if you've ever had your tonsils out you know that your throat is quite painful and Jello not only helps soothe the pain, it tastes pretty good, too. Patrick was my nurse and he brought me some Jello, and the impact that he had by that simple act is something that I still think about today. Such a simple task for him but to a five-year-old with a sore throat, it was such an important gesture.

Nurses are the ones that hold hands when a patient without family takes their last breath or runs to other floors in the middle of the night to find an extra blanket.

In closing, I wish you the best of luck in your endeavors, and remember the potential impact that you will have.

Parents' Influence on Adolescents' Relationship With Food

by India Miller, SNAP Greater Philadelphia Regional Coordinator



I am completing a systematic review of the literature entitled, *"Parents' Influence on Adolescents' Relationship With Food: A Systematic Review of the Literature."* The findings

from my research will allow healthcare professionals to better address the risk of poor adolescent eating habits with their patients' parents/caregivers. Here is some background on the topic: Parents and caregivers greatly influence their children's behavior, including diet behaviors. There are numerous parenting styles, each of which have long-term psychological effects on children (Francis, 2021). Parents who are insensitive and rejecting are at higher risk of creating an insecure attachment to their child and struggling to make emotional connections (Pinquart, 2017). Studies find that higher levels of parental warmth, such as affection and comfort, and parental autonomy granting are associated with a lower externalization of problems in their children (Pinquart, 2017). Parents also heavily impact their children's eating habits.

Children are dependent on caregivers for adequate nutrition, especially within the first months (Ramos, 2000). As they grow older, children begin to develop their own preferences for foods, and when they are not exposed to a variety of foods they often grow up to be picky eaters (Mascola, 2010). When parents expose their children to fruits and vegetables early in life, they are more likely to accept these foods when they are older (Arimond, 2004). Parenting styles and actions have the potential to determine their children's long-term behaviors.

Adolescence is the stage in life between childhood and adulthood, where children begin making their own decisions (Sawyer, 2018). Adolescents experience a significant number of changes, including brain development within the key regions for regulating behavior and emotion (Steinberg, 2005). They are significantly less dependent on parents compared to younger children, and there is a decreased interest in family activities and parental advice (Sanders, 2013). Studies show that adolescents are more inclined to make risky decisions due to one's susceptibility to peer influence (Gardner, 2005). Additionally, adolescents begin making their own food choices, and parenting styles prepare children for autonomy during adolescence. Nutrition in adolescence has critical importance for the prevention of future health problems and chronic diseases (Erkan, 2011). Adolescence is a stage of life

that plays a critical role in developing obesity; 1 in 5 adolescents live with obesity (Childhood Overweight, 2022).

Approximately 80% of adolescents with obesity become adults with obesity. Obesity elevates the risk of cardiovascular disease and diabetes, increasing overall mortality (Daniels, 2005). In contrast to the risk of obesity, poor nutrition can also lead to the development of disordered eating patterns. Eating disorders are characterized by abnormal eating patterns or weight-control behaviors (Treasure, 2020). Adolescents are at a higher risk of having an eating disorder such as bulimia nervosa or anorexia nervosa, detrimentally impairing their physical and mental health (Treasure, 2020). One study found that about 75% of individuals had an onset of anorexia nervosa at an average age of 16.2 years old (Volpe, 2016).

Evidence continues to accumulate that supports how puberty, chronic diseases and illnesses, and quality of sleep influence adolescents' nutritional status. However, there continues to be a gap in the knowledge of the ways in which parents can influence adolescents' relationship with food. Further research is needed to determine whether parents or caregivers influence adolescents' health and eating habits and whether the relationship is healthy or unhealthy.

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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. 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,

Charlotte Cecarelli, SNAP Secretary Treasurer

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

SNAP@SNAP-ONLINE.ORG

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