

The Hypodermic

NCANS Newsletter

December 2016/January 2017



Source: <http://pumpkin carving stencils 2016.com/free-happy-new-year-quotes-for-friends-family-2017.html>

Congratulations to Everyone for Making it Through 2016!

The NCANS board would like to congratulate the December graduates and the rest of our NCANS members for making it to 2017. We have our Annual Conference fast approaching and hope everyone is excited!

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Editor's Introduction

I hope everyone enjoyed their holiday and for those in nursing school enjoyed a break away from classes. NCANS is starting off the New Year with news about our Annual Conference coming up in March. We have many exciting speakers especially our Keynote Speaker Nurse Alice. We hope that everyone will be able to attend. This issue of The Hypodermic will provide you with more info and how to register. We wish all of our members well this year and good luck!

Eleni Kondyles, Publication Director 2016-2017

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NCANS Annual
Conference March
4th-5th at Hilton
Riverside in
Wilmington, NC



Transition of the Nursing Student to New Nurse: How to Put Your Best Self Forward

The official conference schedule is still pending but we are honored to announce that Alice Benjamin, RN will be our Keynote Speaker. She has almost two decades of experience and expertise as a Cardiac Clinical Nurse Specialist. She was the first African American nurse elected to the American Nurses Association/California Board of Directors, serves as chairman for the American Heart Association's Western States Multicultural Health Equity Task Force and is a media health expert and writer. Nurse Alice is known as America's favorite nurse on television and radio with appearances on The Dr. Oz Show, HLN News Now, FOX News, The Doctors and many more. She is the author of "Curb Your

NCANS Annual Conference Cont.



America's
Favorite Nurse



Cravings: 31 Foods to Fool Your Appetite” and the much anticipated “28 Ways in 28 Days”.

We are very excited for this conference and hope to see everyone attend. We will have more speakers as well as an NCLEX review to help our members aid in studying to get their RN license. We also anticipate many exhibitors to share graduate programs, employment opportunities and more NCLEX review prep. If you are interested in attending, make sure you register as soon as possible on our NCANS website under the Events and Meetings tab at the bottom of the page. Registration prices increase after February 1st, 2017!

For more information be sure to join the North Carolina Association of Nursing Students-NCANS Facebook Page for updates as well as checking our website at www.ncans.org. And for more information about our Keynote Speaker Alice Benjamin, RN follow her on Twitter or Instagram: @AskNurseAlice, join her Facebook page and check her website at www.alicebenjamin.com.

My Summer as a PNA

I had the wonderful opportunity to work at Duke last summer as a Professional Nurse Assistant (PNA). I spent the summer working with my preceptor on the hematology oncology floor and was a vital part of a nursing team. I was able to participate in providing excellent nursing care to oncology patients. I learned about a nursing specialty area and also was able to showcase my work ethic. I received real world experience and built upon my previous clinical skills I

My Summer as a PNA Cont.

have learned in nursing school. I thought it was especially helpful to see how my preceptor organized her day and determined her priorities in planning care. I was also fortunate to witness how teamwork creates a great work environment. After my experiences this summer, I felt that my clinical performance and confidence greatly increased. It was an excellent introduction for me into rotating shift work. I even experienced my first night shift and it was interesting to see the different atmosphere between day and night shifts. I will admit I had hesitations about giving up my last summer with my children, but the experience proved to be worthy of the sacrifice. I highly recommend every nursing student to apply for externship programs at some point during their nursing program. I have included some links for summer 2017 programs at Duke Health in Durham, NC and Rex Hospital in Raleigh, NC. More programs can be found but this is a great start for anyone who is interested. Good luck to all in your future endeavors.

<http://www.rexhealth.com/rh/careers/new-graduate-residency-programs/nursing-externship-program/>

<https://www.dukenursing.org/student-nurse>

Deb Julian, NCANS Treasurer 2016-2017



Source: <http://www.williamsons-solicitors.co.uk/clinical-negligence/nursing-carepressure-sores/>

New Nurse Grad Interview Tips

Congratulations! You made it through nursing school and have landed an interview for your dream job. So how can you put your best foot forward and land that position?

Here are just a few tips to help you stand out during your interview.

Dress for the job you WANT: This is so important, but many applicants show up to interviews in casual clothes or scrubs. If you want a professional nursing job, wear professional attire. Business attire such as a skirt or pants suit in conservative colors such as navy or black. Dress shoes are best—no open toed shoes. Remember, presentation is everything.



Source: <http://www.freecnatrainingclasses.com>

Your Portfolio: This sets you apart from other applicants. Your portfolio should include your resume and highlight your accomplishments throughout college or prior employment. This can include leadership positions, clubs, awards, scholarships, letters of recommendation and any certificates that you may have acquired (BLS, ACLS, PALS, etc.) You have a lot to offer. Show them why they should invest in you as a new employee.

Be Prepared: Prior to your interview, get to know your potential employer. Do some research on the internet or visit the facilities website to learn about the company's vision and values, recognitions received or what services they offer. For example, if they offer an innovative procedure that interests you, be prepared to chat about it. It is also a good idea to search example

New Nurse Grad Interview Tips Cont.

interview questions online and practice with someone so you are more prepared to answer questions during your interview. This not only gives you an opportunity to improve your interviewing skills but will help you be less nervous on the actual interview day.

Be on time: Punctuality shows your prospective employer respect as well as a commitment to your endeavors. Arrive to your interview appointment 10-15 minutes early; but no earlier. Often the hiring manager is on a tight schedule and will appreciate you arriving in a timely manner for your appointment with them.

Be Confident: Not everyone is outgoing. You might even be shy, but speaking clearly and maintaining eye contact during the interview can speak volumes about a person. Remember, you are interviewing for a professional nursing position. Employers want to hire an applicant who they see as a good fit. Someone they can imagine joining their healthcare team and delivering care to their patients.

Follow Up and Be Patient: Before ending the interview, you should inquire what the next step in the hiring process will be. Sometimes they will provide a timeline of when they will make their decision by. Be sure to ask for contact information that way you can follow up with the interviewer. Finally, be sure to firmly shake hands, and thank the interviewer for their time before leaving.

After your interview, always remember to send a thank-you note. It may seem old fashioned, but if you want the job, send the note. There are many great examples available online, but a thank-you note should always convey your appreciation for the interviewer's time and reiterate your interest in the position. Send it within 24 hours of the interview to be most effective.

New Nurse Grad Interview Tips Cont.

The hiring process can be timely and often takes much longer than either side anticipates. It's appropriate to give a follow up call after the timeline they give you, but beyond that all you can do is be patient and wait for the "big call". Keep in mind there are usually several applicants. Remain positive during this time and be proactive. This may include brushing up on skills or applying to other positions. And remember, even if you aren't selected for the position, put your best foot forward with ease because your dream job is just another interview away.

Good luck to everyone in their future interviews and careers!

Jen Marshall, NCANS District IV Director 2016-2017

Nurses Day at the Legislature

North Carolina Nurses Association is hosting an event Tuesday, April 18th, 2017

This is a great opportunity to allow members to have their voices heard. You will learn from elected officials and special guest speakers about how to get involved as well as provide information about legislative issues impacting you at the NC General Assembly.

Schools can sponsor the event to allow students to attend for only \$10 each!



For more information about event or sponsoring visit:
<https://ncnurses.org/events/day-at-the-legislature/>