

The Hypodermic

NCANS Newsletter

February/March 2017

NCANS Annual Conference in Wilmington, NC

Thank you to everyone who was able to attend our annual conference. It was a great success and wonderful to come together to celebrate the nursing profession!



Editor's Introduction

On behalf of the entire NCANS Board of Directors we want to thank all of the amazing presenters, vendors, exhibitors and sponsors for our event. We would not have made this conference such a success without your support and participation. It was an amazing turnout for nursing students and faculty. We hope everyone enjoyed their weekend, even with all the cold weather everyone was in great spirits! We had amazing participation in our fundraising and we are happy to be donating a large sum of our proceeds to the Make-A-Wish Foundation! We want to thank everyone for their support this year and cannot wait to see what next year

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Editor's Introduction Cont.

will bring. Good luck to those attendees interested in joining the board next year, we are so happy to see so many students interested. You all will do great things and we hope that our conference has supplemented everyone with tools to complete nursing school as well as motivation to become the best nurses of North Carolina.

Thank you again to all attendees, supporters and sponsors. We would not have had such a successful year without you all. We wish everyone a great rest of the year and look forward to announcing our new board members this April so stay tuned!

Eleni Kondyles, 2016-2017 Publication Director



We had such a great turn out from schools all over North Carolina!
Here is a photo at registration the first day of the Conference at Wilmington, NC



Keynote Speaker: Alice Benjamin, RN

"Don't Think Outside the Box; Think Like There is No Box"



Alice Benjamin was an amazing speaker at our conference this year. Her relatable personality and nursing school tips kept the entire audience engaged and enlightened us all about the realities of life as a nurse. Her topic of “Thinking Like There is No Box”, referred to new nurses no longer limiting their ideas to a “Box” which impairs creative thinking ability. The “Box” is more of a hindrance to the nursing practice because as nursing students we are often taught to work in a routine fashion: assessment, vital signs, medication and documentation. Many are not able to critically think in regards to their patient and their plan of care because critical thinking cannot be TAUGHT. Critical thinking is developed based on real life experience that we will all gain in our future nursing practice. As students we need to try and expand our thinking beyond what we are taught in clinicals and one day we will be able to look at our patients more holistically.

Beyond the main topic of Nurse Alice’s presentation, she also included humorous anecdotes to relate to the stresses of nursing school. Nurse Alice related to all of us based on our exhaustion from nursing school and our drive to become nurses. She was very motivating and reminded us why we are working so hard to become a part of the nursing profession. Nurse Alice described nursing as not only a job but also an occuPASSION! We all love what we do and no matter the hardships we face our love for caring for others will always remain close to our hearts.

If you would like additional information about Nurse Alice check her out on her Website: www.alicebenjamin.com, Facebook Page, Twitter and Instagram @AskNurseAlice



Dr. Frances R. Eason
East Carolina University

Bullying: Healthy Coping for Change

Dr. Frances R. Eason came from East Carolina University College of Nursing to speak about professionalism in the nursing workforce. Many do not expect to experience bullying in a professional workplace setting. Dr. Eason talked about how there are always people in society that aim to elevate themselves at the expense of someone else. It is our role as new nurses to develop a thick skin and remain professional in those situations. Many workplaces include resources we must utilize in a bully type situation. The main role of the new nurse is to prevent bullying from continuing and impairing patient care.



As new nurses we are most often bullied because we are more inexperienced but, it is our job to be confident and safe in our nursing practice. We must follow policies and procedures while enacting assertive communication with staff to prevent poor outcomes of bullying impacting staff and patient health. Dr. Eason's presentation was witty and charming. The audience loved her personality and knowledge about nursing as well as the legal aspects of the nursing profession. She is a wonderful professor at East Carolina University, her knowledge and experience eased attendee's anxiety for their future nursing student transition.



Conference Panels



Interviewer: Kaitlyn Fair, NCANS Vice President
Speakers: Saralyn Gillikin, Terry Ward, Elizabeth Carver

Effective Communication Panel

The communication panel addressed how nurses should talk with other inter-professional people and about the realities of nursing. It is important to ask questions but as new nurses listening is the best way to get answers and learn. The speakers discussed how to be assertive when talking with physicians and becoming more confident as a new nurse. We also needed to face the reality that we will not be able to critically think and individualize

plans of care. You first need to learn how to operate on your unit or area of practice before perfecting every aspect of your nursing care. Worry about becoming comfortable on your floor and being a nurse and improving communication skills because this will make any new graduate a successful new nurse by setting attainable goals for themselves.

Nursing Transition Tool Kit Panel

The last panel created an activity to mix up the attendees by dividing them into separate groups based on their candy preference. The groups then introduced themselves and worked together to answer the presenter's questions. The panel aimed to identify coping strategies for stressful situations by taking polls from the attendees. The speakers offered an online new nurse tool kit to help nursing student graduates identify resources to help them become happy and healthy nurses in the future. It is important to focus on personal health as a nurse because if you are not healthy then you cannot provide safe and adequate patient care.

Speakers: Susan Furr, Dana Martin and Christine Bazik



Exhibitors & Sponsors

Thank you to our many amazing supporters! Many booths and information tables were set up for attendees to learn about other school programs, NCLEX review courses and future job opportunities.

Sponsors:

University of North Carolina Chapel Hill School of Nursing

Exhibitors:

Chamberlain College of Nursing

BAYADA Home Health Care

Platinum Educational Group

NC Department of Public Safety

Johns Hopkins School of Nursing

North Carolina AHEC

Cone Health

Hurst Review Services

Novant Health

Kaplan Nursing

Vidant Health

The Gideons International



Central Carolina Black Nurses Council, Inc.

Columbus Regional Healthcare System

East Carolina University College of Nursing

NC A&T State University

NCLEX Review



Kaplan Presenters came and held an NCLEX review with example NCLEX questions and a Pharmacology breakdown. It was a great opportunity to learn more about the NCLEX and learn about upcoming Kaplan classes! Some attendees even left with free study materials.

Upcoming Elections

Congratulations again to those interested in joining the NCANS Board of Directors next year! We wish you all good luck. Please remember that applications are due March 18th and voting will begin April 1st. All information was handed out during the conference but if you did not receive this information it can be found on our NCANS website under the **Getting Involved** tab under **Apply for the Board**. The candidate packet includes the application process and all application requirements. Voting will be done through email for all current NSNA members. We cannot wait to hear from you all and we will be in touch with the voting results in April. So please stay tuned for more NCANS updates!

Conference Raffle



We also had a very successful raffle and wanted to thank all participants. We had some amazing items available and congratulations to those who walked away with their prizes! The T-Shirt sales were also a wonderful success in raising money for the Make-A-Wish Foundation. Thank you to everyone who was able to attend and we hope you all enjoyed the conference as much as we did!