

# Hypodermic

February 2018



North Carolina  
Association of  
Nursing Students

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## **Note from the editor:**

Hello everyone!

I hope everyone is off to a great start this year. The Annual Conference is coming up quickly and we ask that you register as soon as possible! Information regarding registration and hotel is available on the website [www.NCANS.org](http://www.NCANS.org). The theme for this year's conference is Diversity. We will have many speakers expand on the topic and dive into diversity in nursing. The official Key Note speaker will be Priscilla Ramseur, DNP, RN, CNOR, NEA-BC Chief Nursing & Patient Care Services Officer

*-Dallas Mooneyham*

2017-2018

## Board of Directors

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## The Board challenges YOU!

This year we ask that the local SNA's at each school sponsor a canned food drive! We ask that each SNA that participates to take collected canned foods to a local food bank. The SNA's will need to take a group photo with the cans donated and a picture of the total amount of food in pounds. This will need to be sent to the publications director at

[dmooneyham389@my.pfeiffer.edu](mailto:dmooneyham389@my.pfeiffer.edu).

A winner will be selected before the annual convention and a winner will be announced. Take this opportunity to make a difference in your community. Be sure to check with the local food bank for items they accept and need.



# 2018 NCANS Annual Conference

**MARCH  
10 & 11**

**This a great opportunity to connect with fellow NCANS members, network with exhibitors and future employers, and attend very informative sessions, including an NCLEX Review! For more information go to: <https://ncans.org/events-and-meetings/>**



**Charlotte, NC  
Embassy Suites**

# 2018 NCANS

## Annual Conference Continued

**Key Note Speaker: Priscilla Ramseur, DNP, RN, CNOR, NEA-BC**  
**Chief Nursing & Patient Care Services Officer**



Priscilla Ramseur became the Chief Nursing Officer of Duke Raleigh Hospital in September 2013. Prior to this role, she served as the Associate Chief Nursing Officer, Clinical Operations Director, Nurse Educator and Staff Nurse in perioperative services at Duke University Hospital from 1989-2013 and was a Staff Nurse at Duke Regional Hospital from 1986-1989.

She holds a BSN degree in nursing from North Carolina Central University, Durham, NC, and a DNP, MSN and Post-Master's Certificate in nursing administration from Duke University in Durham, North Carolina.

Ramseur is a member of the North Carolina Nurse's Association (NCNA), the American Organization of Nurse Executives (AONE), the North Carolina Organization for Nurse Leaders (NCONL), and the Association of perioperative Registered Nurses (AORN). She serves on the Wake County Urban Ministries Board, Vernon Malone High School Nurse Aide Advisory Board, and is a member of Zeta Phi Beta Sorority, Inc.

# *New Graduate Nurses and Transition to Practice: Tips for Success*

As a nursing student, your life was chaotic. Juggling all the responsibilities and demands of school plus your personal life was often challenging. You are now ready and excited to embark on a new journey that will transition you from student nurse to novice nurse and ultimately, to expert nurse. The beginning of this journey can be stressful, overwhelming, and frightening as well. New nurses can easily become overwhelmed as they leave the safety net of school and are expected to manage more patients. As a new graduate nurse, it is easy to feel anxious about doing everything right. However, there are strategies that you can employ to help ease this transition. Below are ten tips to help you transition as a new graduate nurse and position yourself for a long, successful, and rewarding career.

1. Maximize your time with your preceptor. Take advantage of your preceptor's wisdom and be willing to learn. A good relationship will help build your clinical skills, competencies, and promote a sense of appreciation, acceptance, and belonging which in turn, will enhance your self-esteem and confidence level.
2. Take advantage of every learning opportunity. Be teachable. Ask questions. Do not be shy. No one expects you to have all the answers. Keep your eyes open. Observe experts on your unit. You can learn a great deal by watching how they handle difficult situations and issues. Be willing to listen. Seasoned nurses have a wealth of information to share with you. There is no end to what nurses need to know. Read journals, watch videos, and attend conferences and webinars.
3. Be a team player – Good nursing care takes collaboration from all persons involved in the patient's care. Be helpful. Offer to help your peers. Let them know that you are willing to help, cooperative, and approachable.
4. Get organized – Create ways to help you be more organized and efficient. Cluster your duties. Write things down. Develop a sheet to help you keep track of your day.
5. Slow down – When you feel stressed, you may initially want to work faster and try to get more done. Even though this method may seem like the best way to catch up when behind, it often leads to errors.

## *New Graduate Nurses and Transition to Practice: Tips for Success Continued*

6. Set Priorities –Critical thinking and priority setting go hand in hand. Learn to evaluate which needs are most critical and look for ways to appropriately delegate tasks. Ask yourself these questions:

- What is the first thing I need to do? Why?
- Which task or action is most important? Why?
- What are the consequences if I do not act now?
- What is most important for the patient? Why?

7. Engage in self-care – Take time for yourself. Make sure you have time for friends, hobbies, family, and relaxation. Get as much sleep as you can. Pack nutritious lunches. Stay hydrated. Our brains and body need fuel and water in order to make good decisions and stay healthy.

8. Learn how to speak to physicians and other healthcare providers. Do not be afraid to talk with other disciplines involved in the patient's care. A good technique to use is the SBAR format: situation, background, assessment, and recommendations. Effective communication is paramount to patient safety. Do not be afraid to admit your mistakes. Learn from them and move forward.

9. Enhance your time management skills. Timely documentation is essential. Do not get in the habit of staying late to catch up on charting. Try to document as soon as possible after you complete a task.

10. Know your Nurse Practice Act. Be sure to practice within the legal scope of your profession. This mandate will help protect your nursing license.

Your challenge now is to pull together the knowledge, skills, compassion, and commitment required to make you the best nurse you can possibly be. Remember, that everything you learn, and experience will be important at some point in your career.

Congratulations on your accomplishments!

*Rachel W. Cozort, PhD, RN, CNE  
Associate Professor of Nursing  
Pfeiffer University*



# Don't Forget the NSNA Convention!

**When is it? April 4-8 2018**

**Where is it? Nashville Tennessee at the Gaylord  
Opryland Hotel**

Why should you go?

Networking!

NCLEX help!

Learning Opportunities to help YOU be the best nurse you can be! For more information check out the link below!

<http://nsnaconvention.weebly.com/>



<http://www.roomreservation.com/hotel/gaylord-opryland-resort-convention-center.htm>

## *My experience at 2017 NCANS Annual Conference*

*By: Lendra Gause*

Last year I attended the NCANS conference located in Wilmington, NC. This was my second time attending the NCANS conference and each year I have left with more insight into the nursing profession and with a new eagerness to begin my career as a Registered Nurse. It was also the first year that my school had a large number of attendees and it was a great way to bond with my fellow classmates and my instructors, too. I enjoyed the Kaplan NCLEX review and networking with other nursing students from schools across the state. Each session was informative and interactive, including guest speakers, giveaways, Q&A forums, and time to visit booths of various vendors. We were encouraged to “step outside of our box” by the guest speaker, Nurse Alice. I was inspired to join the NCANS board and I have been blessed to serve as Vice President of the board. Don't miss out on this year's conference and be sure to bring a friend!