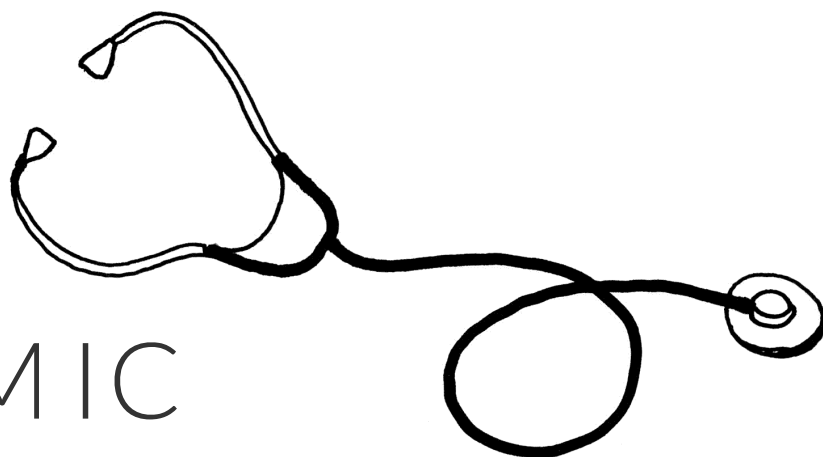


HYPODERMIC

January 2019



2018-2019 BOARD MEMBERS



(Back row, left to right): Kristopher McMurray, Ruth Sarah Newell, Dr. Evelyn Hoover, Lisa Benton, Brooke Walker, Lily Siedschlag, Amanda Tertychny
(Front row, left to right): Randie Ware, Korinne Coert, Kynadee Hoke, Christy Swinson

CONTENTS

Pages 2-3: National Student Nurses' Association Mid-Year Career Planning Conference

Page 4: North Carolina Association of Nursing Students Annual Conference

Page 5: Board of Directors Elections & National Student Nurses' Association 67th Annual Convention

Page 6: Hypodermic Helpful Hints

National Student Nurses' Association Mid-Year Career Planning Conference

Louisville, Kentucky | November 8-10, 2018



NCANS Board Member Attendees: Kynadee Hoke, Lily Siedschlag, Brooke Walker



The NSNA Career Planning Conference was just that - a time to network and plan for our future career. There were so many different nursing specialties represented, even some I had never heard of before. My favorite part of the conference would have to be the different panels. I feel that I really benefited from the question and answer sessions. The willingness of these nurses and other health care leaders to share their knowledge and wisdom provided all of us attendees with a wonderful opportunity for professional growth. I was also really pleased with the "Pharmacology Made Easy" session. The speaker was very engaging and made memorizing all of those medications seem, dare I say, fun. I purchased the book that went along with the session and plan to use it while preparing to take the NCLEX later this year. This was my first time attending a conference, and I am looking forward to all other opportunities I will have to attend even more.

-Lily Siedschlag, NCANS Publications Director

National Student Nurses' Association Mid-Year Career Planning Conference

Louisville, Kentucky | November 8-10, 2018

Attending the conference in Louisville was a wonderful learning and networking experience. I got to hear from a variety of different nursing fields that included hospice, infusion, US Army, pediatrics, dialysis and so many more. Each field bringing different perspectives as to how they impact the health care field individually. With common similarities in expressing the importance of a team dynamic and pulling in community resources for their patients. My favorite part of the whole conference was attending a session called "Pharmacology Made Easy." As someone who finds the multitude of drugs overwhelming at times, the speaker pointed out that memorizing the thousands of drugs is nearly impossible. Instead find common similarities in categories or grouping of drugs. Then familiarize yourself with specific adverse effects and conditions related to the category as a whole to simplify and make pharmacology less overwhelming.

-Kynadee Hoke, NCANS Treasurer



The NSNA Midyear Conference was amazing! Everyone there was friendly and wanted to help each other find their nursing specialty and a job. Speakers and panelists shared great information about several different fields in nursing and how to become involved in their organizations. Also, I learned a lot about the application process for RN jobs, such as how to write the perfect resume and cover letter. One of my favorite sessions I attended was the Exhibit Hall/Career Development Center because a lot of nurse recruiters from hospitals around the country came and talked to students about applications, specialties, and a lot of other things. I would recommend this conference to everyone because it opened my eyes to the many nursing opportunities!

-Brooke Walker, NCANS District 2 Director at Large



North Carolina Association of Nursing Students

2019 Annual Convention

Nursing: Where Do I Fit in?

Exploring where you belong in the nursing community.

March 2-3, 2019
Hilton Garden Inn
Raleigh/Crabtree Valley
Raleigh, NC

Keynote Speaker: Mary Ann Fuchs
Duke System Chief Nurse Executive



Hurst NCLEX Review

***Pharmacology Made Insanely Easy for
NCLEX® Success!***

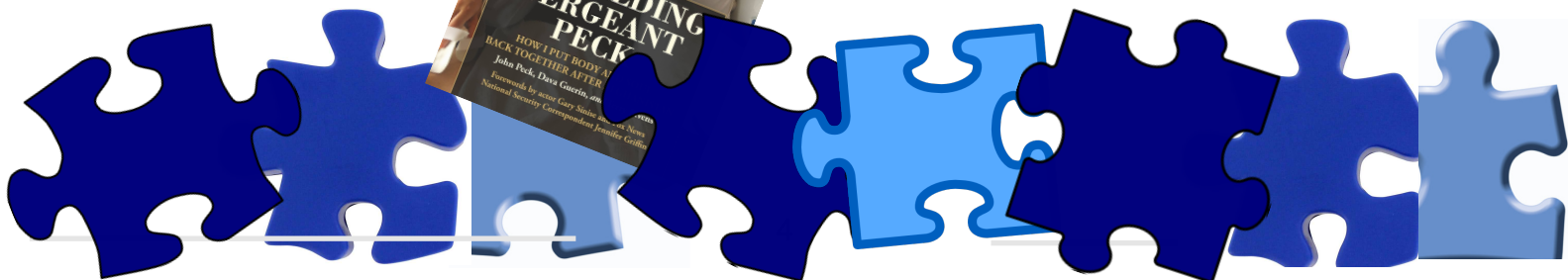
Loretta Manning, MSN, RN, GNP

You will learn to prioritize medications, nursing care, and associate learning by using images, mnemonics, active learning, and music. Five words summarize this pharmacology session, Success CAN BE FUN!"

John Peck
***The First Double Arm
Transplant.***
***Bringing a patient's
perspective.***



**Registration open and available
on our website at
[https://ncans.org/
2019-annual-ncans-convention/](https://ncans.org/2019-annual-ncans-convention/)**



NCANS Board of Directors Elections

Positions include:

- President
- Vice President
- Secretary
- Treasurer
- Breakthrough to Nursing Director
- Legislative Director
- Publications Director
- Directors At-Large

Applicants must be current members of NSNA. Applications are currently being accepted! The deadline to submit all application materials is February 17, 2019. Voting will take place at the Annual Convention, March 2, 2019.

Full descriptions of board positions as well as the board application can be found on our website at:
<https://ncans.org/apply-for-the-board/>

Board Member Positions will be open beginning May 2019.

National Student Nurses' Association 67th Annual Convention



National Student Nurses' Association

"Meet and network with students, faculty and nursing leaders from across the USA. General sessions, seminars, workshops and poster presentations will enhance your academic and clinical skills and you will expand your network at social events and in the exhibit hall. Graduating seniors will gain confidence with the NSNA/Wolters Kluwer Mini Review. NSNA's highest policy-making body, the House of Delegates, will engage state and school chapter leaders in resolutions and elections. Plus... faculty programs will ensure that there is something for everyone in Salt Lake City, UT.

Lifelong memories, leadership opportunities, networking and endless educational opportunities await you."

<https://www.nснаconvention.org/about.html>

April 3-7, 2019

HYPODERMIC HELPFUL HINTS

Nurses from across the state, in various nursing roles,
were asked the following question:

"What advice would you give to nursing students trying to secure their first job?"

"My advice to nursing students trying to secure their first job: Prepare a professional resume and cover letter. Secure references who will speak to your character, qualities, and abilities/skills. Formulate questions to ask your interviewer such as: what type of orientation and training do new graduate nurses receive? Are there opportunities for growth and development? (Such as a clinical ladder.) How do the managers set employees up for success?

Be open to new experiences -- especially if you apply to multiple positions, and you receive an offer from a unit that was not your first choice. Take advantage of your good fortune to obtain a position as a registered nurse. Learn everything that you can. Ask questions, learn new concepts, sharpen your skills, advocate for your patients, and treat all coworkers, patients, and families with the respect that they deserve. Also, be kind to yourself! You are a new graduate nurse, and you may not have perfected your critical thinking and clinical skills. That is normal. You will get there. It will certainly not be easy, but it will be worth it."

-Katherine, Family Nurse Practitioner



"My best advice would be not to stress if you don't get everything done. As nurses you feel like you have 12 hours to get everything done but it's a 24 hour job. Patient care doesn't stop. Do your best for 12 and if you didn't get to that lab draw or you didn't get to start a new bag of fluids it's okay. I still struggle with this.

-Madison, Labor and Delivery Nurse



"To remember you will not start out knowing everything. You still have a lot to learn so be open minded."

-Jennifer, School Based Public Health Nurse

"Be optimistic, authentic and courageous. Pursue the job you desire and continue making a difference as a nurse."

-Pamela Spivey, Leader, Mentor, and Coach: Spivey Consulting, LLC

Want to contribute to our next newsletter? If you have an experience you would like to share with your fellow NCANS members, please send them to Lily Siedschlag (lgregor7@uncc.edu)!

