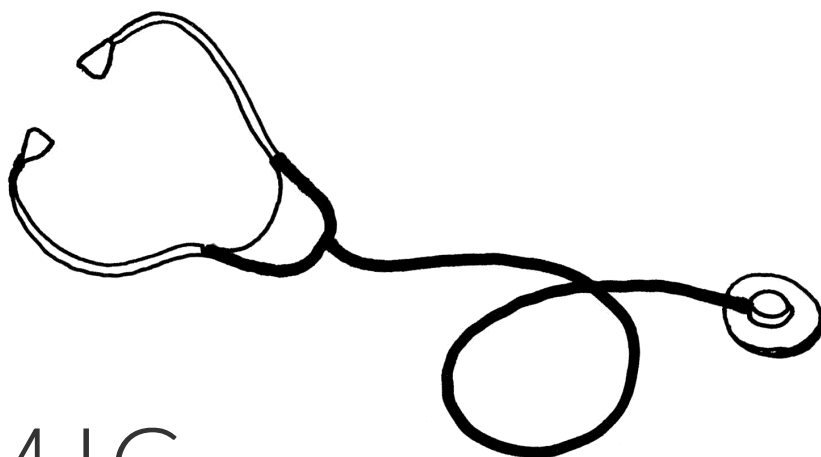




North Carolina
Association of
Nursing Students



HYPODERMIC

October 2019

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KEY DATES

National Student Nurses' Association
37th MidYear Conference

October 31-November 3, 2019

Chicago, Illinois

North Carolina Association of Nursing
Students Annual Convention

March 13-15, 2020

Wilmington, North Carolina

National Student Nurses' Association
Annual Convention

April 15-19, 2020

Orlando, Florida

MEET YOUR BOARD MEMBERS

President

Welcome to NCANS! My name is Kristopher McMurray and I graduate in December 2019. It is an honor to serve as your president for the 2019-2020 academic year. I had the honor of serving as your BTN Director last year and was able to learn a lot during the year to better the organization. It is exciting to have the opportunity to serve two years on the board of directors I am looking forward to bringing new and exciting ideas to the organization! I have over 7 years of leadership experience and I am looking forward to working hand and hand with the other students who sit on the board. When not working with the organization, you can find me on the lake or in the woods as I enjoy doing mostly anything outdoors!



Vice President

My name is Amanda Tertychny and I am a senior nursing student at Fayetteville Technical Community College. After my graduation in December 2019, I hope to pursue a career as a critical care nurse in an Emergency Department or ICU, with the ultimate goal of becoming a flight nurse. I am excited to combine my liberal arts background in history with the complex science of nursing. In my spare time, I enjoy reading, running, and hiking. I am thankful to be a part of NCANS and am excited to dive in!



MEET YOUR BOARD MEMBERS

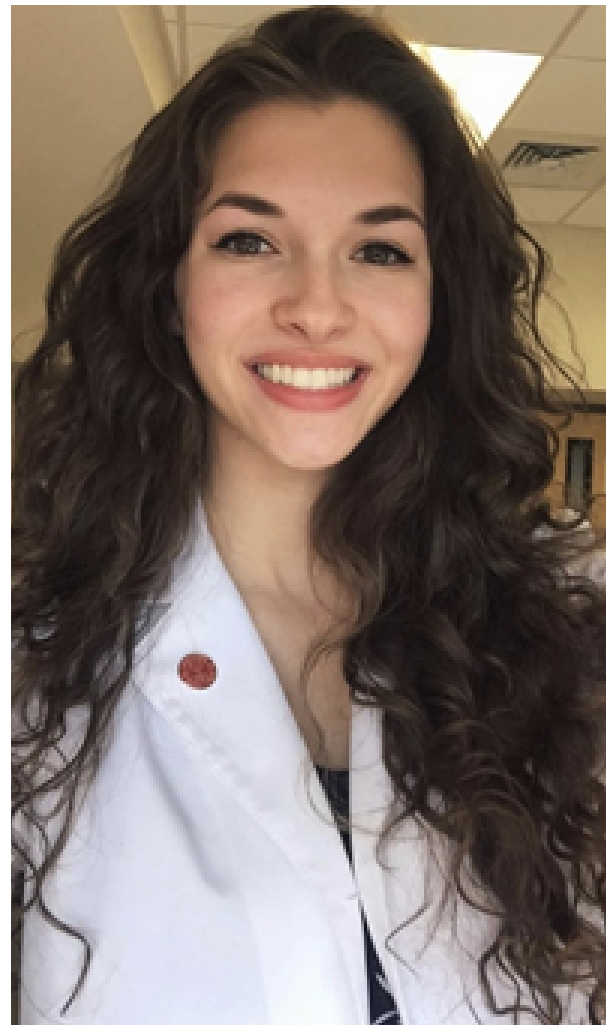


Treasurer

Hi my name is Korinne Coert and I am a California Native! The military brought me to North Carolina and I love it here! I am currently a second degree seeking student set to graduate in May 2020 from Fayetteville State University. I possess a background in psychology, law enforcement, the medical field and love working with and helping other people. I am a Certified Phlebotomist and EMT, and I possess certifications in ACLS, PALS and ECG/EKG. I look forward to encouraging others to work in this diverse field of nursing and being an active part of NCANS!

Secretary

My name is Shay Stout and I am excited to be serving as Secretary for the 2019-2020 year. I am a Senior nursing student at Fayetteville State University and I graduate in May 2020 with a BSN and a minor in Military Science. I am an Army ROTC Cadet, and will commission in 2020 into the US Army Nurse Corps. Following commissioning, I plan on becoming an ICU nurse, and my ultimate goal of becoming a CRNA. I have been involved with our Fayetteville State University's Student Nurses' Association since January 2018, and have served on our Executive Board as Historian, and Board of Officers as Secretary. Outside of school I like spending time with my cat, Elvis, weightlifting, doing yoga, and reading. I am looking forward to serving on the NCANS board this year and being apart of a professional team dedicated to helping others!



MEET YOUR BOARD MEMBERS



District II Director at Large

Hi! My name is Debbie Cunningham and I am a nursing student at Fayetteville Technical Community College graduating May 2020. I am in the second season of my life finally going after a long-held dream of becoming a nurse. I am a military brat, spouse, and mom. I love helping others and have many years of volunteer experience and serving my community. I am grateful and excited to be a part of NCANS.

District III Director at Large

Hi, My name is Nigel Saunders and I am a current fourth semester nursing student at Fayetteville State University. I am set to graduate in May 2020. I have medical experience in both military and civilian settings with an array of leadership experiences in many different organizations. I aspire to continue my education with hopes of one day opening up my own Pediatric Clinic. I look forward to serving NCANS and its associates and wish everyone the best this upcoming academic school year.



About a Nurse



"Mom's shift must've gone better today.
She made it closer to the bed before
falling asleep."

NURSING SCHOOL EXAMS:

WHICH PUMPKIN IS THE MOST ORANGE?



MEET YOUR BOARD MEMBERS



District V Director at Large

Hi, I am Kimberly Winn and I am grateful for the opportunity to serve as the new district V director at large! I am a second-degree student and currently attending Fayetteville Tech. CC set to graduate in May 2020. Nursing school has introduced me to many opportunities so I'm still contemplating where I'd like to work after graduation. For now, I'm thrilled to serve on the NCANS board and ready to bring my passion and ideas this year.

Breakthrough to Nursing Director

Greetings! My name is Sheika Bronson, senior nursing student, at Fayetteville Technical Community College. I have proudly served in the U.S. Navy, where I was able to obtain leadership and professional development skills. Upon graduation in December 2019, my hope is to seek a career as cardiac nurse or as an ICU nurse. During my free time I enjoy playing tennis, horseback riding, and ATV trailing riding. I am honored to be an active member of the NCANS and I am very excited to serving as the Breakthrough-to Nursing Director.



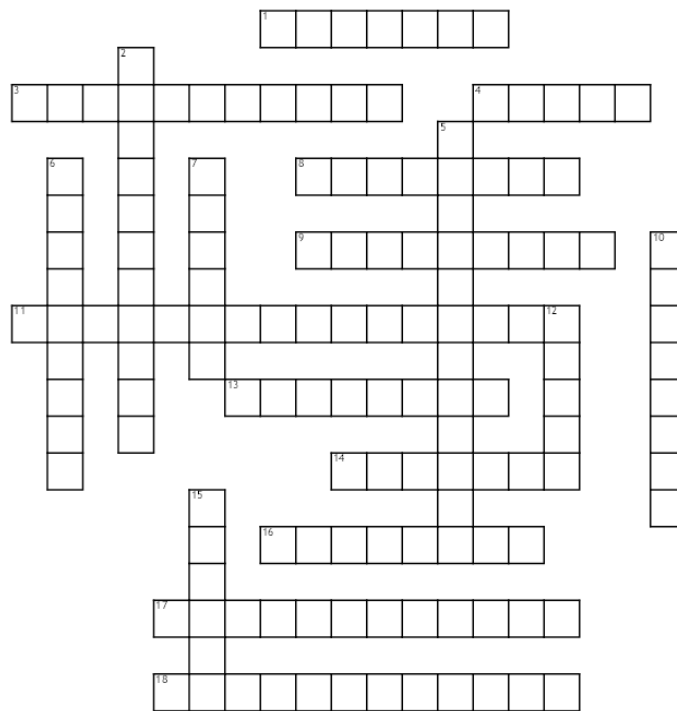
MEET YOUR BOARD MEMBERS

District I Director at Large



My name is Sarah Allen and a senior nursing student at Fayetteville Technical Community College. I am excited to combine my Accounting and Finance degree in the nursing career. In my free time I enjoy running, doing mud/spartan races, and catching up in my television shows. I am excited for the opportunity to be part of NCANS!

Fundamentals of Nursing



Across

1. difficult or labored breathing
3. removal of nonviable, necrotic tissue
4. illness with rapid onset of symptoms and lasts a relatively short time
8. urination during the night
9. data that is directly observed
11. refers to actions of a drug as it moves through the body
13. thick dark yellow or green drainage with a foul odor
14. inadequate tissue oxygenation at the cellular level
16. bluish or grayish discoloration of the skin
17. the act of listening with a stethoscope to the sounds produced within the body
18. study that deals with chemicals that affect the body's functioning

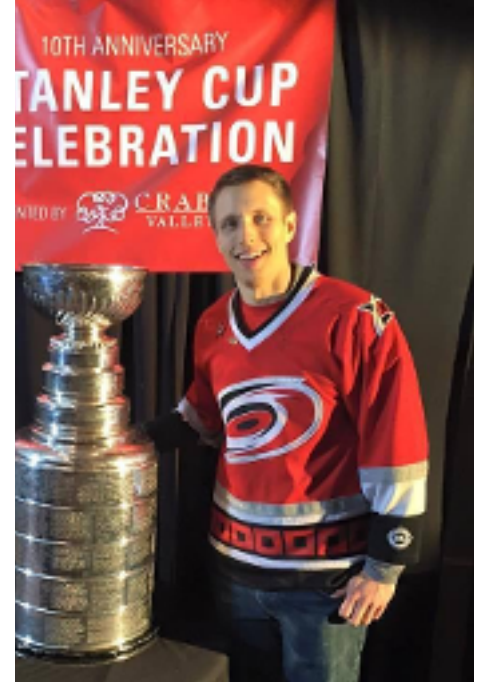
Down

2. pulse rate below 60 beats/min in an adult
5. injections administered into the adipose tissue layer
6. difficulty swallowing or the inability to swallow
7. thick, leathery scab or dry crust that is necrotic
10. exercises involving muscle shortening and active movement
12. artificial opening for waste excretion located on the body surface
15. point when the drug is at its lowest concentration

MEET YOUR BOARD MEMBERS

Legislative Director

Hey everyone! My name is Brandon Dressen and I will be serving as your Legislative Director for this coming term. I am very excited to help you by serving in this role. I am passionate about reading health care policy (I know, is that possible?) and being an advocate for us as we begin our careers. I am hoping to serve as a Pediatric ICU nurse upon my graduation in December 2019. Please reach out if you want to know anything about what is going on in NC or nationally with legislation as it relates to the benefit of our profession.



Publications Director

Hello, my name is Jessica Salvo and I am a current third semester nursing student at Rowan Cabarrus Community College. I will be graduating in December 2020. My plans after graduation are to work in a residency program starting in the Emergency Room. I would eventually like to be a flight nurse. In my spare time I love spending time with my two boys and my husband. I look forward to serving as your Publications Director for the 2019-2020 year.

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 Jessica Salvo (salvo_j_84126@rccc.edu)



LEGISLATIVE UPDATE

Happy Fall! This is the season where everyone is getting back into routines and resetting our priorities. As nursing students, we are very focused on what is happening right in front of us, that sometimes we forget to see what is going on around us.

As many of you know, and we are all very focused on the passage of the SAVE Act through the NC Legislature. We are fighting for the full authority of license to go into business and treat the great people of our state, especially for those in our rural areas, without having to go through outdated rules of "physician supervision." The NC Nurses Association helped to introduce this legislation in February 2019. We are still working for the bill to be passed to send to the Governor's desk for signature. How can we as nursing students be of help? Visit the NCNA website to review the news release about the legislation

(<https://ncnurses.org/about-ncna/latest-news/nc-legislators-introduce-bipartisan-save>)

Share information on your social media to get the word out. We will look to see this legislation passed before the end of the year.

In other news around the country, we have seen nurses continue to fight for their rights as well as the rights of their patients. Over 2,200 nurses at the University of Chicago Medical Center went on strike earlier this month, citing issues with mandatory overtime, continual short staffing, and working outside of expertise. The nurses were forced to stay out of work as the hospital needed to go through mandatory short term replacement with a guaranteed 5 days of work for the replacement nurses. Issues are still being resolved between the nurses' union and the hospital, and I will make sure to keep an eye on it for you. Remember, we want to work to be able to safely take care of our patients, and doing so in a manner that causes burnout increases errors and puts our patients at risk.

As we continue to watch how the nursing profession continues to make an impact in our communities, and across the nation, please let us know if there is an issue you see to be featured in a future edition of the Hypodermic. Email our Legislative Director, Brandon Dressen (bdressen@my.waketech.edu) to share the news.