

◆◆◆◆ NCANS ◆◆◆◆

# HYPODERMIC



# NEWSLETTER

SEPT 2022



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NEWSLETTER?



If you have an experience you would like to share  
with your fellow NCANS Members, please send  
them to [ncansboard@gmail.com](mailto:ncansboard@gmail.com)

◆◆◆◆ *NCANS* ◆◆◆◆  
**2022-2023**  
**BOARD MEMBERS**

President - Sydney-Jones Crawford

Vice President - Caroline Roseman

Treasurer - Katelynn Shearin

Secretary - Madd Grace Heartley

Breakthrough to Nursing - Heather Chapman

NCNA Staff Liaison - Camille Zarzar

Consultant - Lynne Braxton

Consultant - Nancy Jo Thompson

◆◆◆◆ **President** ◆◆◆◆

It is with great pleasure that I introduce myself as the NCANS President for the 2022-2023 school year. I am a Senior in the Upper Division Nursing Program at the distinguished Fayetteville State University. Bronco Pride!

My hometown is Detroit, Michigan. However, I have lived in the southern states for majority of my life. My expected graduation date is May of 2023.

For the past year, I have held a position in my school's local Student Nurses Association board. My plans after graduation are to work in Labor & Delivery, Mother-Baby, and Pediatrics. Additionally, I plan to obtain my DNP a few years after graduation.

My hobbies include traveling, serving my community, and spending time with my family and friends. I am very excited for this opportunity that has been placed in my life. I truly enjoy learning and networking with people. Lastly, I will uphold my duties and responsibilities as President, and always advocate for nurses! Thank you!



◆◆◆◆ **Vice President** ◆◆◆◆

Welcome! I am honored to serve as the 2022-2023 NCANS Vice President. I am currently a first year nursing student at the University of North Carolina at Chapel Hill working towards my BSN degree.

After graduation, my plans are to work for some time as an ICU nurse before applying to a CRNA program. In my free time, I like traveling, baking, watching Tar Heel football and basketball games, and spending time with my family and friends.



I am looking forward to setting a positive example and making a difference as a leader this year.

## Treasurer

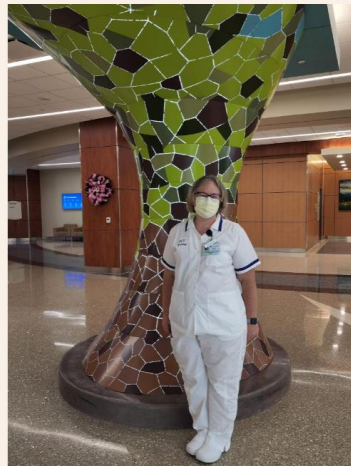


My name is Katelynn Shearin, and I have been given the honor to serve as your Treasurer for the 2022-2023 school year. I'm currently a senior in the ADN program at Pitt Community College with an expected graduation date in May of 2023. Go Bulldogs!

My goal after graduation is to work in an Intensive Care Unit while obtaining my BSN at East Carolina University. My passion for helping others has led me down the path of Nursing, and knowing that I can make a positive impact on someone's life makes this career so rewarding. I look forward to serving NCANS and inspiring nursing students that you can make a difference. We are the future of Nursing.

## Breakthrough to Nursing

I am a second year student in the ADN program at Pitt Community College in Winterville NC. Originally from southeastern Virginia, I moved to the Greenville area in late 2015. I hold a Bachelors of Science in Education from Old Dominion University and prior to beginning my nursing education I worked in various payroll jobs for more than 15 years.



As a second career nursing student I am especially passionate about Breakthrough to Nursing and honored to serve on the Board of Directors in this role for the 2022-2023 academic year. After graduation in May 2023 I plan to pursue my BSN and I hope to work in a Maternal-Fetal or Neonatal unit. Outside of school my priorities are my family; I am a wife, mother of two, and grandmother of three along with having two cats and two dogs.

## Secretary



Hello everyone! My name is Madd Heartley and I have the honor of working as the NCANS Secretary for the 2022-2023 year. I am a senior this year at UNC-Chapel Hill, where I have completed a major in American Studies and am finishing my final year of Nursing school. I also serve as the Treasurer for the UNC-Chapel Hill chapter of ANS. I'm from Indian Trail, North Carolina, a small suburb just south of Charlotte.

I'm passionate about reproductive and sexual health, and I hope to pursue a nursing career in reproductive health or obstetrics and gynecology. Outside of nursing, I love traveling, going to concerts, film photography, and spending time with my friends! I'm so excited to serve on the NCANS Exec Board this year and I'm looking forward to seeing what we can accomplish together.

## NCNA Staff Liason

◆◆◆◆ Consultant ◆◆◆◆



Currently full time faculty in the associate degree nursing program at Pitt Community College, where I enjoy working with both levels in class, lab, clinical and simulation. As faculty advisor for PCCANS, I've supported student activities of service within our community, state and region.

Over 30 years of clinical experience in staff and leadership roles within a wide variety of children's acute care units and women's services at a large tertiary care center in eastern NC. Looking forward to this experience with future nursing leaders in NCANS and with NCNA. Thank you!

◆◆◆◆ Consultant ◆◆◆◆

I am thrilled to be joining the 2022-2023 NCANS Board as a Consultant! When I am not working with NCANS, I work as an Assistant Professor at the UNC-CH School of Nursing. I also enjoy serving the rural healthcare community as a per diem Administrative House Supervisor at UNC Chatham Hospital.



My nursing experience includes critical care, leadership, women's health, and nursing education. I love mentoring future and early career nurses! I am excited to serve alongside an amazing group of future nurses!

◆◆◆◆ NCANS ◆◆◆◆

# 2022-2023 IMPORTANT DATES

NSNA Mid-year Conference:  
Nov 10-13, 2022 - Virginia Beach

NSNA Annual Conference:  
April 12-16, 2023 - Nashville,  
Tennessee

||||||| Become a Member |||||||

\$35 for the first year

\$40 for the second year

◆◆◆◆ \$70 for two years at one time ◆◆◆◆

<https://nsnamembership.org/>

# HYPODERMIC HELPFUL TIPS



What can you do to

*Prevent the Spread*



## ◆◆◆◆ *Prevent the Spread* ◆◆◆◆

### 1. Wash your hands.

Use soap and warm water. Rub your hands together for at least 15 seconds. Rub your palms, fingernails, between your fingers, and the back of your hands.



Clean your hands before touching or eating food. Clean them after using the bathroom, taking out the trash, or after visiting someone who is ill.

If your hands are not dirty, clean them with alcohol-based hand sanitizers. Rub all over your hands, under your nails, and between your fingers, until your hands are dry.

### 2. If you are sick, avoid close contact with others.

If you are sick, stay away from other people or stay home. Don't shake hands or touch others.



When you go for medical treatment, call ahead and ask if there's anything you can do to avoid infecting people in the waiting room.

## ◆◆◆◆ Prevent the Spread ◆◆◆◆

### 3. Cover your mouth and nose.

Many diseases are spread through sneezes and coughs. When you sneeze or cough, the germs can travel 3 feet or more! Cover your mouth and nose to prevent the spread of infection to others.



Use a tissue! Keep tissues handy at home, at work and in your pocket. Be sure to throw away used tissues and clean your hands after coughing or sneezing.

If you don't have a tissue, cover your mouth and nose with the bend of your elbow or hands. If you use your hands, clean them right away.

### 4. Make sure health care providers clean their hands or wear gloves.

Doctors, nurses, dentists and other health care providers come into contact with lots of bacteria and viruses. So before they treat you, ask them if they've cleaned their hands.



Health care providers should wear clean gloves when they perform tasks such as taking throat cultures, taking blood, touching wounds/body fluids, and examining your mouth or private parts. Don't be afraid to ask them if they should wear gloves.

## ◆◆◆◆ Prevent the Spread ◆◆◆◆

### 5. Get shots to avoid disease and fight the spread of infection.



Make sure that your vaccinations are current—even for adults. Check with your doctor about shots you may need.



Vaccinations are available to prevent these diseases:

Chicken pox

Mumps

Measles

Diphtheria

Tetanus

Hepatitis

Shingles

Meningitis

Flu (also known as influenza)

Whooping cough (also known as Pertussis)

German measles (also known as Rubella)

Pneumonia (*Streptococcus pneumoniae*)

Human papillomavirus (HPV)