

SNA TIMES

Volume 1, Issue 3
October 2003

2003 GANS Convention!

As many of you know, SNA recently attended the 51st annual Georgia Association of Nursing Students (GANS) convention in Augusta, GA. Every year nursing schools from across the State gather at the Country Inn & Suites to network with each other and potential employers, and compete for scholarships and other awards.

This year, Clayton College & State University made its mark at the GANS convention! For the first time in CCSU history, we had 28 students and 2 faculty advisors attend the convention. Our membership has increased to over 90 members that allowed us to have 10 delegates. (Delegates represent the total State and National number of members). We raffled a basket of nursing supplies, came in 3rd place in a skills relay race and now have a CCSU student that is a member of the GANS executive board.

Congratulations to the following people for taking home awards!



Kristal Lee- "GANS Member of Year." Kristal received a plaque, the knowledge lamp, and a \$250.00 check. She also won a free 90-day online NCLEX review from Hurst Services

Robert Ware- "Hospital America Scholarship." Rob's trip to the national convention will be completely paid for, and he will receive a stipend for the trip.

Everyone who donated pennies- Thanks to the wonderful donations of pennies, CCSU won penny wars!!! We had over 13,000 points and took home \$519.08!

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Quotes of the Month

- * **People don't care how much you know, until they know how much you care**
- * **We make a living by what we get—we make a life by what we give**
- * **A man is not finished when he is defeated. He is finished when he quits.**

"Assess" Your Knowledge

See if you can answer the follow questions that pertain to Physical Assessment. The answers may be found on page 2 of the newsletter.

1. What is another name for the "startle reflex" used to assess hearing acuity in infants?
2. What are the names of the three cranial nerves tested when you assess the cardinal positions of gaze? (Bonus: What are the numbers of these cranial nerves?)
3. Which of the two tuning fork tests is used to compare bone conduction hearing loss versus air conduction hearing loss?
4. What is the name of the point where extra heart sounds and murmurs are heard best?

SNA MEMBER OF THE MONTH



STACEY CLEMENTS

Congratulations to Stacey Clements– SNA Member of the Month!!

Stacey is a junior nursing student who has been attending Clayton State since the Spring of 2001 . At the GANS convention, Stacey was elected to the GANS board as the new West District Director. Stacy states “it will be challenging but I am looking forward to accepting and excelling at this challenge.”

Outside of school, Stacey works for Barnes and Noble and spends time enjoying being with friends. As for children, Stacey says she has 2 dogs that are as much responsibility as she can handle.

Stacey is thinking about becoming a pediatric nurse when she graduates.

If you see Stacey, please congratulate her for her accomplishments!!

BIRTHDAY BOX

SNA SENDS OUT BIRTHDAY WISHES TO:

ADONNESS ALMON 10/01

EMILEY BELL 10/8

BEATRICE RUSSELL 10/22

LISA SCHUHLER 10/22

KRISTAL LEE 10/23

CHRISTINE K. SMITH 10/23

AYESHA MUHAMMAD 10/28



THE NURSE'S PRAYER

May I be a nurse, Lord,
with gentle, healing hands,
who always speaks with kindness,
who cares and understands.
And while I'm serving others
as you would have me do,
please help me to remember
that I'm truly serving YOU.



Answers:
1. The Moro Reflex, 2. Oculomotor, Trochlear, Abdu-
cens (III, IV, VI), 3. Rinne Test, 4. Erb's Point

OCTOBER IS BREAST CANCER AWARENESS MONTH

October marks the 19th annual **Breast Cancer Awareness Month**—a campaign that has boosted mammograms, pushed for better treatments, and saved lives. Throughout October people wear a pink ribbon to honor survivors, remember those lost to the disease, and to support the search for a cure. In 2003, an estimated 211,300 women will learn they have breast cancer, 1,300 men will get the same news, and 40,200 people are expected to die from the disease.

If you can't prevent cancer, the next best thing you can do to protect your health is to detect it early. Recognizing symptoms, getting regular check-ups, and performing self-exams are just a few ways you can do this.

Here is what the American Cancer Society recommends to detect breast cancer early:

In 2003... 40,200 people are expected to die from the disease.

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health.
- Clinical breast exams (CBE) should be part of a periodic health exam, about every three years for women in their 20s and 30s and every year for women 40 and over.
- Women should report any breast change promptly to their health care providers. Breast self-exam (BSE) is an option for women starting in their 20s.
- Women at increased risk (e.g., family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests (e.g., breast ultrasound or MRI), or having more frequent exams.

Source: American Cancer Society www.cancer.org



NURSING HUMOR

Nurstoons

by Carl Elbing



www.nurstoon.com

“ WHERE STUDENTS BECOME THE VOICE OF NURSING”

2003/2004 SNA Board of Directors

Kristal Lee – President
Jerita James – 1st Vice President
Robert Ware – 2nd Vice President
Mary Phillips – Treasurer
Ayesha Muhammad – Secretary
Christie Aguirre – Pre- Nursing Liaison

We're on the Web!

studentorg.clayton.edu/sna/

Also visit

GANS: www.gansinfo.com

NSNA: www.nsna.org

The mission of NSNA is to:

- ◆ *Organize, represent and mentor students preparing for initial licensure as registered nurses, as well as those enrolled in baccalaureate completion programs.*
- ◆ *Promote development of skills needed to be responsible and accountable members of the nursing profession as well as advocates high quality health care.*

UPCOMING EVENTS

October

17th– National Breast Cancer Awareness Day

17th– SNA Meeting in B-11 @ 1:00

18th– Meals on Wheels Walk/BP screening

19th– AIDS Walk

21st– Flu Shots

21st– Riverdale High School Career Fair

30th– Riverdale High School College Fair

31st– Halloween!!

Portfolio Opportunities

Breakthrough to Nursing Activities

Event: Career Fair

Location: Riverdale High School

When: October 21, 2003

Time: 8:45– 11:00am

Contact: Robert (csu15898)

Event: College Fair

Location: Riverdale High School

When: October 30, 2003

Time: 6pm – 8pm

Contact: Robert (csu15898)

Nursing Websites



- www.nurse.com
- www.RN.com
- travelnurse.com

Comments or suggestions for this newsletter?

Contact Jerita at:
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