

# The KANS Connection

## Winter 2015

VOLUME II ISSUE 3

THE KANS CONNECTION

## Hello Fellow KANS Members!

By: Adam Tebben, KANS President

First off, I would like to say how excited the members of the KANS Board of Directors are to serve you all on a state level. With 100% confidence, I can say that my fellow board members are a group of really astounding individuals who are dedicated and determined to making a difference within and outside the organization. We have already had four meetings since the end of the state convention this past October, and have begun to make several large strides to improve our organization over the course of our tenure. Some of the projects we are

working on are: Planning for State Convention (Oct. 22nd-23<sup>rd</sup>, 2015), connecting with all nursing schools around the state to increase KANS membership and state convention participation, various bylaw changes and updates, organizational fundraising, constructing a nursing resolution, and many more!

In November, Treasurer (Joseph Jager), Legislative Chair (Bridget Camien), and myself had the pleasure of representing Kansas at the NSNA Mid-Year Convention in Portland Oregon. At the convention, we attended many workshops and

meetings that have already helped us formulate new goals and provide us with insight of how to improve our organization on many levels. After listening to the representatives of other states and the NSNA board members, it is my pleasure to report that Kansas has a very stable and well ran state organization. Go KANS!

Through the beginning of this year, we all aim to provide you with the best service that we can. Through effective planning, hard work, and the passion we have for the future of our organization, we WILL lead KANS in a prosperous direction. But it cannot be done without your support, input, and participation. With that said, I would

like to challenge you to become increasingly involved within your local chapters and state organization. The connections you make, the improvements you will see, and the self-growth you will experience will all bring great advantages to you and your future, while better preparing you for all that life has to offer. The difference that you make now is the difference that affects your future. Thank You!



## Highlights from State Convention

By: Joy Baker, Newsletter Editor/Historian

The 2014 Kansas State Convention of This Nursing students was a huge success! This year it was held at the Hyatt Hotel and Convention Center in Wichita, KS. There were approximately 180 nursing students in attendance.

The speakers were excellent this year. The speaker on Thursday was Matt Jones, who has fought cancer and won, and now competes in marathons all

around the world. His message was about finding a "V" for Victory in not only life's big triumphs but life's little triumphs as well. Matt Jones was very excited to be our guest speaker and his laugh was unforgettable. To learn more about Matt Jones please visit [www.matthewdjones.com](http://www.matthewdjones.com).

On Thursday afternoon, there were several breakout sessions for everyone to choose from. There was a breakout session about running for state and national offices by Kayla Fraley who is the 2014-2015 Nominating and Elections Chair and the NEC Committee Chair. There were also two breakout sessions from NCLEX prep organizations KissPharm and Hurst. The students that went to those were very impressed and learned a lot about how they can study for the NCLEX.

Another breakout session was by Kari Hess, who is a professor at Emporia State. She shared her message about self-care, which is very important to our field of nursing.

Another breakout session that was a big hit was the session with the hypnotist. The 2013 to 2014 board put the hypnotist in a room that they thought would be adequate for the turn out. There were so many people interested that they had to move to a bigger room. His presentation was very interesting and he shared things that we can do with our patients to help them relax or help relieve their pain.

Also on Thursday, the candidates for the state board positions were preslated and the delegates got a chance to talk with each one. There were about two or three preslated for each position.



The next day, Friday, each candidate got the opportunity to give a 3 minute speech about why they would like to run for office. The presidential candidate, Adam Tebben, gave a five minute presentation and then did a debate with Miranda Wayman, the 2013-2014 president. After each of the speeches, the delegates got the chance to talk to their schools about who they should vote for and which candidates that they liked. One change that the delegates decided is for Amy Mason, who was a candidate running for Legislative Chair, should be elected the Co VP of convention.

After the delegates voted, the endnote speaker, Karen Roberts, RN and DNP student gave a very informative presentation about self-care and making sure that as nurses or as students we do our best to take time for ourselves and do not get burned out. This has a positive effect on our patients as well.

After Karen spoke, the vote was in and the 2014-2015 KANS Board of directors was announced! After that very exciting moment. Convention was dismissed.

On the right is the list of the new 2014-2015 board!



Make sure to visit our website at:

[www.kansasnursingstudents.org](http://www.kansasnursingstudents.org)

And...

“Like” us on Facebook at:



[www.facebook.com/theKansConnection](http://www.facebook.com/theKansConnection)

## 2014-2015 Elected Board of Directors

President: Adam Tebben, ESU

VP Parliamentary: Amanda Loy, Bethel

Co VP of Convention: Amy Mason, Bethel

Treasurer: Joseph Jager, ESU

Secretary: Cheyenne Allen, ESU

Breakthrough to Nursing Chair: Jennie Nguyen, DCCC

Projects Chair: Kelsie Smith, DCCC

Membership Chair: Allison Roberts, ESU

Nominations and Elections Committee Chair: Kelsey Carr, ESU

Legislative Chair: Bridget Camien, ESU

Newsletter Editor/Historian: Joy Baker, ESU

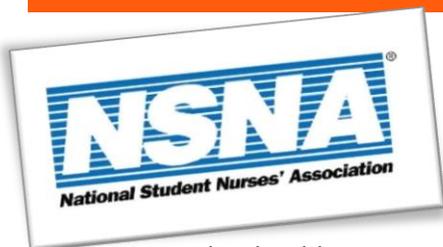
KANS KSNA Consultant/Advisor: Dr. Linda Adams-Wendling, Ph. D., ARNP, GNP-BC

KSNA Board Liaison: Angella Herrman

KANS Consultant: Ashley Griswold

To view the KANS directory visit:

<http://www.kansasnursingstudents.org/directory.html>



## Why Join NSNA and KANS?

By Jennie Nguyen, BTN chair

Why should you join KANS/NSNA? Being a member gives you access to nursing publications, study tools, and scholarship opportunities. It looks great on a resume and there are discounts! Who doesn't like discounts? These are fantastic perks but that doesn't truly answer the question of why you should become a member KANS/NSNA. Rather than giving you a list of reasons why you should join, I'll include what some of our board members have to say out the organization.

Membership Chair, Allison, believes that being a member has allowed her to make connections that are beneficial for her future career. She encourages students to join and be involved in their local chapters. Our Secretary, Cheyenne, joined KANS/NSNA to broaden her understanding of the nursing profession. She thinks membership is important because our organization serves as a way to represent nursing students on a larger scale. Newsletter Historian, Joy, became a member because she wanted the opportunity to promote nursing as a whole. She even got a discount for going to the state convention by being a member! Amanda, Vice President Parliamentary, was interested in gaining the knowledge and professionalism required to become a confident and caring nurse. She believes that being involved with organizations like KANS helps cultivate the skills needed to be ethical and professional nurses.

I personally joined KANS on a whim. It seemed like a good idea at the time, which I think is a common reason for students to join. In the past few months I have learned what the organization is capable of. It has allowed me to practice leadership skills, collaborate with other board members, and communicate with schools in a professional manner. I have had the chance to reach out to nursing students and act as a representative. Being an active member has given me the chance to develop skills I need to become a well-rounded nurse. As nurses, our skills reach much farther than just venipuncture, inserting foleys, or wound care. We fill important roles as leaders within our health care team, patient advocates, health promoters, and so much more. KANS/NSNA can bring nursing students one step closer to where we need to be.

---

## GOODBYE 2013-2014 BOARD

---

The 2014-2015 KANS Board of Directors would like to say our deepest gratitude and goodbyes to the 2013-2014 KANS Board. State Convention last October would not have been a success without you all! Our board is very excited to have Ashley Griswold, former VP of Convention, as a KANS consultant.

Best wishes in all you do now and in the future. You all are or will make excellent leaders and nurses.



# My Experience at Midyear Convention

By: Bridget Camien, Legislative Chair

Mid-year convention was an extraordinary experience and I am extremely grateful to have been given the opportunity to attend. In attending mid-year, I learned numerous skills that I will be able to utilize throughout my career as a nurse. I attended a variety of workshops ranging from product reps claiming they can make pharmacology “insanely easy” to workshops specific to my school and state SNA positions.

As the KANS Legislative Chair I have the honor to submit and hopefully present a nursing resolution to the NSNA. I have to be honest, before mid-year I literally had no idea what any of that meant. But through my experience at mid-year I learned about the importance of creating resolutions and how those resolutions are utilized by NSNA after they have been approved. During this breakout session I had the opportunity to converse with state and school SNA legislative chairs and I was blown away by the passion and excitement that comes with resolution creation. In my conversations with my peers I became aware of Kansas lack of involvement in this process. Due to this conclusion, I took it upon myself to approach the NSNA Legislative Chair to learn more about this amazing opportunity. She gave me some wonderful ideas on how to get my state more involved in resolutions and challenged me to bring resolution hearings to our state conference. She also extended the invitation to help her write the information articles



for *Imprint* as one of their ways to utilize approved resolutions, which I graciously accepted. I walked out of that meeting fully energized and ecstatic about my term as the KANS Legislative Chair.

The speakers that presented at mid-year were fantastic! I learned about many current health issues as well as the appropriate care and communication necessary for specific and nontraditional populations. One of my favorite parts of this convention was called specialty panel, there were two parts to this presentation. During these times we were able to hear from thirteen different nurses all from various nursing backgrounds. This opened my eyes to the plethora of job opportunities in the nursing profession.

Needless to say, mid-year convention was amazing! From this experience I truly feel like I can make a difference in the world of nursing. I cannot wait to utilize and share the skills and knowledge obtained from this convention.



Our board would like to thank Dr. Linda Adams-Wendling for all she does for the KANS board. We do not know what we would have done without her support in our transition into our new positions. Her continued support is what keeps us going!

## What to do about the flu...

By: Kelsey Carr, NEC Chair



December through March is what is known as “flu season.” The flu virus travels as a means of air droplets. It is spread when a person who is infected coughs, sneezes, or talks. You can inhale the droplets directly, or from objects such as a telephone, keyboard, or door handle then transfer them to your eyes, nose, or mouth. Once infected, you are contagious one day before symptoms appear to ten days after symptoms start. The flu can last 2-7 days, but most commonly only 4-5 days.

People who are at higher risk of contracting the flu are: children or people over the age of 65, health care professionals and child care personnel, people who live in close quarters with others such as nursing homes and military barracks, people who have a weakened immune system such as HIV/AIDS infected individuals and ones undergoing cancer treatment, people who have chronic illnesses such as asthma, diabetes, and heart problems, and lastly women who are pregnant, particularly in the second and third trimesters.

Your best defense against the flu is getting annual flu vaccinations. The Center for Disease Control and Prevention has now recommended annual flu vaccinations for everyone over the age of six months. To control the spread of infection you can wash your hands or use alcohol-based hand sanitizers, cover your mouth with a tissue or in your elbow when you cough or sneeze, avoid crowds, and stay home when you are sick so you do not infect others.

Symptoms of the flu include: a fever of 100°F or higher or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, headaches, body aches, chills, fatigue, nausea, vomiting and diarrhea. There is no cure for the flu, but typically nothing more than bed rest and plenty of fluids are needed. In some instances, your doctor may prescribe an antiviral medication such as Tamiflu or Relenza. You can also use an over-the-counter pain reliever such as acetaminophen or ibuprofen to fight the achiness.



Hello Kansas Nursing Students!

My name is Joy Baker and I am the new Newsletter Editor and Historian. I have really enjoyed putting this newsletter together and I hope that you all enjoy reading it!

If you have any ideas for future articles feel free to email me at:

[Historian.kans@gmail.com](mailto:Historian.kans@gmail.com)

I'd also like to thank fellow board members Adam Tebben, Jennie Nguyen, Bridget Camien, and Kelsey Carr for writing the articles for this issue.

You all rock!