



The KANS Connection

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Greetings KANS Members

by Tana Myers, KANS President

The 2015-2016 Kansas Association of Nursing Students board of directors are beyond thrilled and inspired to serve student nurses throughout the state.

The board was elected at the Annual Convention in late October. Since then, the board has had four very successful meetings. We strive to be an open and transparent organization and welcome any and all participants at our monthly meetings. The KANS board recently established a vision statement, "Our board is striving to support the growing numbers of KANS members through improved communication. We hope to be seen as the guiding examples of professionalism and teamwork for nursing students across the state of Kansas." We hope to convey this through practicing standards, ethics, and skills that students will need as responsible and accountable leaders.

The board has been keeping busy with several projects. We are working on our State Convention in late

October 2016, fundraising, resolutions to present at NSNA Annual Convention in March 2016, and many more. One that I am passionate about is contacting all nursing schools around the state to increase not only the number of members but also the quality of members. I look forward to visiting schools to share about how KANS has impacted my nursing career and life.

Through the KANS organization, I had the privilege to attend the Mid-Year Convention in Atlanta, GA. I met so many nursing students passionate about their future. It was truly inspiring and comforting to know that across the nation people felt the same way about nursing as I did. This convention allowed us to exchange ideas and talk about how, as an organization and student nurses to make a difference. KANS has been a very successful organization in the past and we hope to continue that trend into the future.



Nursing school is not easy. The Kansas Association of Nursing Students is here for you. We want to provide you the support necessary to be successful in school and your career. Through our blood, sweat, and tears, I am confident that we will lead KANS in the right direction. However, we cannot do this alone. We need all Kansas student nurses to stand up and support KANS. This support requires not only your membership fees, but your voice. I challenge you to become more involved in your local chapter and the state organization. We can make a difference together that will affect the rest of our lives. I look forward to serving you all through this year. Thank You!

Back to the Future 2015

by: Joy Baker, Newsletter Editor/Historian

KANS State Convention back in October 2015 was a huge success! The theme this year was "Back to the Future." Our convention featured a keynote and endnote speaker, breakout sessions, a quiz bowl, as well as our elections for the new term.

This year the keynote speaker was Shan Nanji. He is the creator and CEO of KISS Pharm. His company provides resources for nursing students to study and really retain pharmacology. He was able to share one of his PowerPoints with us.

There were also a variety of breakout sessions. There were breakout sessions with Kaplan and Picmonic, which help with test preparation and NCLEX preparation. There was also a breakout session that discussed deescalating a patient. There were many people at this breakout session. The speaker discussed many ways a nurse could help calm an agitated patient down. There was another breakout session. Kelsey Carr, the 2014-2015 NEC Chair, also put on a breakout session about running for office

On Thursday afternoon, there was a quiz bowl. This featured questions from Kaplan and Picmonic. Students were put into groups and then given a number to hold up when they knew the answer. A group of students from Neosho County Community College were the winners of the quiz bowl.

After the quiz bowl we had roundtables for the delegates to meet the candidates. This gave the delegates opportunity to get to know the people they would be voting for Friday morning.

On Friday morning, the House of Delegates voted in the new board of directors for 2015-2016 as well as bylaw changes. (See who was elected to which position on the right). We also heard from our endnote speaker, Jennifer Rogers, from Via Christi in Wichita. After Jennifer was done speaking, the new Board of Directors was announced!

Dr. Linda Adams-Wendling is the KANS Advisor. She has been the KANS Advisor for 10 years now and has decided that 2015-2016 will be her last year. To honor her years of service to the organization, the 2014-2015 Board of Directors decided to name her an honorary lifetime member of KANS! This was then voted in for approval by the House of Delegates.

Convention was a big success this year! Thank you to everyone who joined us and mark your calendars for October 20-21, 2016 for our next annual convention in Topeka, KS.



2015-2016 Board of Directors

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KANS Advisor: Dr. Linda Adams-
Wendling

NSNA Midyear Convention, Atlanta, Georgia

by: Payton Shook, Treasurer

In November of 2015, I had the amazing opportunity to accompany Tana Myers, KANS President, to the NSNA Midyear Convention in Atlanta, Georgia. As we landed in Atlanta, my nerves were soaring. I did not know what to expect for this convention.

The KANS board was elected into their positions just two short weeks before this convention. Tana and I were pretty new in our roles, still unsure of all of our responsibilities as a KANS board member. This convention was thrown in our path so quickly. However, I was blessed beyond measure to experience this opportunity of a lifetime.

There is a special language between nurses. We seem to understand each other. Therefore, communication with another from a different state was easy. We had our own language. We live for our passion of becoming a nurse and impacting our patients' lives, even in the smallest way possible. I was incredibly excited to meet others, not only to get to know them, but to hear their ideas about the field and share my own without judgment. I was able to do this easily with everyone I communicated with while there.

The Hyatt Regency Hotel in Atlanta was amazing. Coming from a small town in McPherson, KS, I was not accustomed to these enormous hotels with the space to hold not one, but three conventions simultaneously. It was easy to get lost in the many hallways on the bottom floor of the convention center, but the staff of NSNA kindly assisted me to the location of my meetings. It was amazing to see that they were not afraid to help others in this experience. It is important to me that I help those struggling to find their way, physically or mentally. To see my life goals played out in front of me every day while there, was breathtaking.

In society today, so many are left out because of their difference in appearance, ideas or social class. However, all of the segregation was left outside the doors of the Hyatt. We were all made to feel important. The speakers, especially the keynote speaker, made us feel important. She expressed that our decision to become nurses was going to impact the world. We need to be ready for it to rock. I have always been an introverted person outside of class and work. This statement showed me that I am perfect the way I am, that we are all perfect the way we are because who we are will change the face of nursing as we know it.

The panel of nurses that came to speak at the convention was incredible and another one of my favorite parts of the week. You could see the passion of each and every one of the nurses flow through them and surround the audience of students and instructors from different states. Usually, it is an unbearably awkward process to get members in the audience to come ask questions due to our feeling of embarrassment or insecurity. However, this panel made everyone feel comfortable, and again, important when asking their questions. What I have noticed in the field of nursing is that we all want everyone to succeed and find their home in this field. We want to help others find their niche and feel comfortable and welcome. I feel this was the goal of the convention; to convey information while giving comfort to the decisions we are making.

A key speaker, one who gave me hope, was the one who spoke about giving care to all the Ebola patients at Emory Hospital during this scare in the United States. Her team was prepared to handle this crisis and did it beautifully as all their patients survived this brutal disease. The reason this speaker stood



out to me, was because she expressed her feelings of concern, not only for herself but for her family. However, she was confident in her abilities and her knowledge to take care of these patients and go home safely to her family when all was said and done. I am nervous for those bizarre situations I will face as a nurse, but I am confident in the knowledge and skills shared to me by the amazing faculty at Emporia State University. Because of this speaker, I know that my ability to communicate with others, the comfort I give to my patients, and the passion I have for this career will allow me to impact the lives of all my patients.

This convention, while I was nervous to attend, gave me the determination I needed to continue doing what I love in life, taking care of and serving others to the best of my abilities. I am excited to see what this New Year has in store for me. I am ready to face any obstacle in my way in order to reach graduation. I am also looking forward to the amazing things our KANS board will accomplish for the year.



Benefits of ANA Membership

by Travis Williams, KANS/KSNA Liaison



I'm sure those in nursing school are excited to begin their careers. This profession has the privilege of affecting so many lives; it truly is an honor to be part of something so vast and important. As one progresses through their perspective program, they may or may not have been made aware of what ANA (American Nurses Association) is and what they do for us nurses. Simply put, they are the nation's only full service professional organization that represents the interests of the nation's 3.4 million registered nurses. The ANA not only represents our collective voice at legislature to change policies, they also offer their members many personal

and professional benefits like education and career development and discounted auto insurance. I invite everyone to visit the ANA webpage to see the full list of benefits offered and what the ANA can do for you.

Join now

<https://ebiz.nursingworld.org/PersonifyEBusiness/Default.aspx?TabID=1485>

Student benefits

<http://nursingworld.org/EspeciallyForYou/Student-Nurses/ANA-New-Benefits-for-Students>

RN membership benefits

<http://www.nursingworld.org/MainMenuCategories/ANAMarketplace>

RN personal benefits

<http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANA-Personal-Benefits>

FAQ

<http://www.nursingworld.org/FunctionalMenuCategories/FAQs>

NSNA Membership

by Zeidy Rodriguez, Membership Chair

To become a KANS member students must become a member of NSNA. In the state of Kansas once you become a member a NSNA you automatically become a member of KANS. The steps of becoming a NSNA members are easy. They must go to NSNA.org, click on join NSNA, then click on join now, and under the option of "Sign Up for New Membership" tab click on the link below. At that time you would fill out the application, put in the correct information, and pay the fee of one year to two years. After pay the fee you have become a NSNA and a

KANS member as well. The benefits of becoming a NSNA/KANS members are incredible! Being a member of NSNA allows you to get some discounts but also being a member of NSNA you have the chance of getting scholarships for nursing. Being a KANS member allows you to get connections at our annual convention that could possibly help your future career. Being a KANS members also allows you and your fellow NSNA/KANS members to enter applications to the annual convention that could help get your local chapter some funds. The benefit I personally like the most is at our KANS annual convention and at the annual NSNA convention you will meet so many people. From meeting fellow students in your state or meeting students from other



states but knowing that you and everyone else have a same goal/dream. To become nurses and helping others. To making connections with organizations, hospital, or faculty members that will increase your education and allow you to make certain connections that will help you working in the specialty you want to work in, is an amazing benefit.



Thank you for joining us at KSNA's Legislative Conference!



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<http://www.kansasnursingstudents.org>



Congratulations
to all of the 2016
Graduates!

