



VOLUME 1, ISSUE 2

The KANS Connection

January 2013

KANSAS ASSOCIATION OF NURSING STUDENTS

My Clinical Resolution is...

By Erika Adams, KANS Newsletter Editor/Historian

I still remember my first hospital clinical rotation. I was scheduled for Wednesdays in the Med/Surg Unit. All the horror stories our instructors had shared with us in lecture were coming back to haunt me. What if my patient has an allergic reaction or goes into cardiac arrest? What if I have to give my first catheter and I keep breaking sterile field and have to repeatedly start over with a new kit? I was incredibly nervous that somehow I would mess up. I kept thinking to myself, just get through the day without passing out. That may sound simple, but it was my goal.

Well, I made it through the day without passing out. My only big mistake was that I lost track of time while helping my patient & showed up extremely late to post-conference, which resulted in a very stern lecture from a very unhappy clinical instructor. I decided to step it up for my next Wednesday at the hospital. That day my goal was to develop a routine and get through the day in a timely manner- perform my vitals on schedule, figure out the computer system & work on charting, flow through my patient assessment, and by no means show up late for post-conference. I focused on my goal and everything fell into place, but I later realized I was so fixated on getting through the steps of the day that I

failed to personalize the care I gave. I was very kind and attentive to my patient, but I sort of went through the motions of being a nurse without being myself. So, for the next Wednesday I decided that I would work on letting my personality show through the care I provided in a professional yet warm manner. It worked and I was rewarded with a very content patient who felt confident with my abilities as a nurse. By the end of my first clinical rotation, I was a different nursing student than who I was at the beginning.

My point with all of this is that if we're constantly looking for ways to better ourselves as nurses then we can continue to grow and improve throughout our career. It's a new year and a fresh start so consider your strengths and weaknesses, and think about what you could improve that would make you a stronger nurse. Most likely you'll notice a huge difference in your confidence and also in how satisfied your patients are with the care you have provided them. Saint Francis de Sales said, *have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin the task anew.*



Day at the Legislature

KSNA's 37th Annual Day at the Legislature (DATL) will be held on Thursday, February 7, 2013, at the Topeka Performing Arts Center, 214 SW 8th Ave in downtown Topeka from 8 a.m. to 4 p.m.



Save the Date!

This year's Spring Summit will be held at 1100 on March 9th at Emporia State University. Attend our monthly board meeting and learn how to start a local chapter at your school.

If there is one thing that we can all agree on as nursing students it is that nursing school is expensive and with all the hours of studying for tests, sitting through lecture, and participating in clinicals, it is very difficult find time to work while in school. This can be especially true for nontraditional students who have families to support. Here are a few ideas to help you along the way.



- ✓ Check with local hospitals or workforce centers. Sometimes they offer nursing scholarships or grants.
- ✓ Check the websites of KSNA, NSNA, and other nursing organizations to learn about scholarships that are offered to nursing students.
- ✓ Check <http://www.hrsa.gov> for nursing scholarships, grants, and loan repayment assistance.



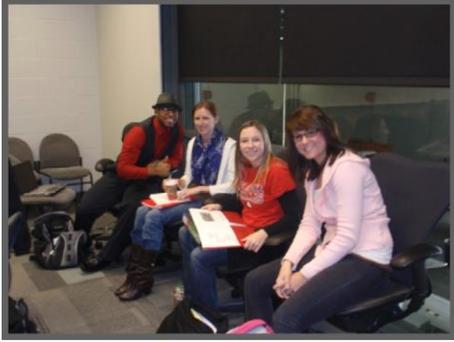
Pictured left to right: NSNA President, Joseph Potts and KANS President Christopher Robinson

National Student Nurses Association 30th Annual Mid-Year Conference

By Christopher Robinson, KANS President

As your KANS President, I was given the incredible opportunity of attending the 30th annual Mid-Year conference in sunny San Diego, CA. Besides the fantastic people and great town, I was able to experience the wonderful world of career planning with some of the best nurses in the United States. Opening day had many breakout groups that provided information about the American Red Cross, NCLEX review, Treasurer's certificate program, and Council of State Presidents. Opening night gave us attendees an idea of what to expect for the rest of the conference with the presentation "Nursing: A career for your lifetime," given by charismatic speaker, Donna Cardillo, MA, RN. And while most importantly the conference gave way to excellent learning opportunities along with meeting some of the exhibitors about career paths, it also provided each and every one of us with much needed fun and enjoyment.

Mid-Year is such a great opportunity to meet other nursing leaders and find the career path that you have been looking for. If you're given the incredible chance to represent your school or even your state, do not hesitate to shake hands, exchange business cards, and show what you're made of! Just always remember that you control your future and if you put forth the effort, you will succeed.

NOVEMBER 18TH, 2012

Pictured left to right: Cylas Brooks, Vice President Parliamentary; Lauren Kuefler, Treasurer; Kristan Chester, Membership Chair; Brook Kendall, Projects Chair



Pictured left to right: Markie Townsend, Secretary; Kris Baker, Vice President of Convention; Jordan Argo, NEC Chair

BE PROUD TO BE A NURSING STUDENT

35%

Only 35% of applicants are qualified and accepted into a nursing program.

28%

Surprisingly, 28% of applicants are qualified but not accepted.

SOURCE:

NATIONAL LEAGUE FOR NURSING. 2012. ANNUAL SURVEY OF SCHOOLS OF NURSING, FALL 2011. WWW.NLN.ORG/RESEARCH/SLIDES/INDEX.HTM

NOTE TO PRE-NURSING STUDENTS: Applying to nursing school is a very competitive and difficult process. The key is to give it your best and don't give up on your desire to become a nurse.



2012-2013
KANS Executive State
Board Meeting

January KANS UPDATE

By Erika Adams, KANS Newsletter Editor/Historian

Your 2012-2013 KANS Executive Board of Directors has now held several meetings since the state conference in October and we are all settling into our new roles. While we're still getting used to Robert's Rules, we have gotten a lot accomplished including the 2013 KANS calendar of events, along with the dates for our annual State Convention. Please mark your calendars for October 24th & 25th. This event will be held at the Holiday Inn in Wichita, KS. KANS Vice President of Convention, Kris Baker, has been working hard to plan an entertaining & interesting convention this year. We will be providing more information as this exciting event gets closer.

Miranda Wayman, KANS Breakthrough to Nursing Chair, is heading a committee to put together an informational brochure about the Kansas Association of Nursing Students and your KANS Vice President of Parliamentary, Cylas Brooks, has finalized the 2013 KANS Guidebook.

These are just a few of the examples of how we are working together as a board to promote the involvement of nursing students across Kansas.

2013 KANS Events

- Day at the Legislature
February 7th
Topeka Performing Arts Center
Topeka, KS
- Spring Summit
March 9th at 1100
Emporia State University
Emporia, KS
- NSNA Annual Conference
April 3rd-7th
Charlotte, NC
- KANS State Conference
October 24th & 25th
Holiday Inn, Wichita, KS



Previous KANS President, Liam Halim and Dr. Linda Adams-Wendling, KANS KSNA Consultant

The KANS Connection

I hope that you have enjoyed reading through the January issue of The KANS Connection. As always, I welcome any suggestions or comments.

The KANS webpage, www.kansasnursingstudents.org, is now up-to-date with the most current information. The contact information for the 2012/2013 KANS board is posted, so please feel free to email any of us if you have questions about KANS. Also, the official KANS facebook page, www.facebook.com/TheKANSConnection is a great way to keep connected with the Kansas Association of Nursing Students.

The state conference will be here before we know it. Have you considered running for a position on the KANS Executive Board? There are many great advantages including the opportunity to network with other nursing students, nursing educators, and nursing professionals. It is also an excellent way to stand out and show that you care. Recruiters love students who make the time and effort to be involved in nursing outside of the classroom. Another great way to be involved is to participate in your school's local chapter. If your school does not currently have an active chapter, please consider attending this year's Spring Summit at Emporia State University on March 9th at 1100. We hope to see you there!

Warmest regards,
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