



SC VITALS



Happy St. Patrick's Day

Issue 5
March 1st, 2009

South Carolina Student Nurses Association

NCLEX Question

The nurse has just completed listening to morning report. Which patient will the nurse see first?

- A. The patient who has a leaking colostomy bag.
- B. The patient who is going for a bronchoscopy in two hours.
- C. The patient with sickle cell crisis who has an infiltrated IV.
- D. The patient who has been receiving a blood transfusion for the last two hours and has a hemoglobin of 7.2 g/dl.

See second pg. for answer

Dates to Remember:

- **Capitol Day**
March 17
- **COSR Saturday**
April 4th 10:00
- **Nat'l Red Cross**
Month
- **Nat'l Eye Donor**
Month
- **Nat'l Kidney** Month

Capitol Day 2009

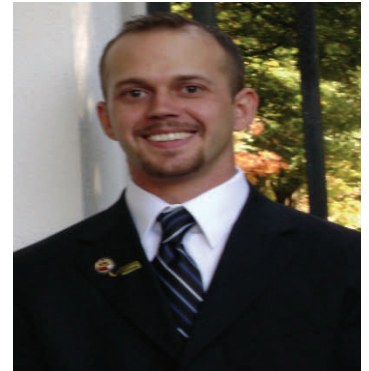
“Disparities in Health Care, Bridging the Gap”

This year’s Capitol Day promises to be a huge success! At this event, we will present to you the different problems associated with both Medicare/Medicaid and employer-sponsored health care plans. These presentations will be given by Tanya Walker, RN, Senior Clinical Case Manager for the Patient Advocate Foundation and Janet Myder who sits on the Board of Directors for the Myasthenia Gravis Foundation of America, a member organization of the Medicare Rights Coalition. Their presentations will be followed by a presentation from the South Carolina Hospital Association on the Tobacco Tax Initiative which aims to ensure 700,000 South Carolinians who do not currently have coverage. Dr. Maggie Johnson, South Carolina Nurses Association, will present yet another angle that may, if implemented, help to lower the overall costs of health care and increase the availability of providers. This presentation from SNCA focuses not on providing coverage, but on defining what an Advanced Practice Registered Nurse is, can do, and how they are licensed, certified, and how they practice. The Consensus Model for APRN Regulation suggests independent practice for APRN’s

which would end costs associated with unnecessary collaboration and allow more APRN’s into private practice.

Join us on March 17 at the Columbia Metropolitan Convention Center for Capitol Day! Registration starts at 9:30 and the program starts at 11:00. Lunch will be provided.

Professional dress is required.



Robbie Campbell
Legislative Director
campbell.snasc@gmail.com

March Spotlight School:

University of South Carolina Columbia/Lancaster/Salkehatchie

The SNA of USC Columbia is very proud of our philanthropy: A Free Medical Clinic in Columbia, having tripled our NSNA membership in 3 years. We just started an SNA chapter at our satellite schools in Salkehatchie and Lancaster. The students take their lower division classes at their satellite schools and then all of their upper division classes video streamed live from USC-Columbia campus! We are all in the same graduating class, just miles apart! We hold blood drives about 4 times a year, and host a “Back to School Bash” at the beginning of every semester. Our SNA is a 14 member executive board that mirrors the State board, we had 5 returning board members from last year. We recently raised \$1000 to a CON scholarship in

remembrance of a nursing student who lost her battle to leukemia.

In 2008 we won the SNA state award for Greatest School Chapter COSR Participants, and I was honored to receive the South Carolina League for Nursing Scholarship. We also received the Top Dollar Award, Outstanding Website Award, and Most Creative T-Shirt Award. Kelsey Skillas received the Outstanding Community Health Participant Award, and our Advisor Gloria Fowler received the Outstanding School SNA Advisor award. We are hard at work and hope to keep up the tradition as a great SNA constituent school.

Submitted by: Lauren Monroe,
SNA President



Health Occupation Students of America (HOSA) Leadership Conference

"Hello SC-SNA! My name is Sam Davis and I am the Breakthrough to Nursing Director. I hope all of you have had a great start to your semester and enjoyed the Leadership Conference! It was a pleasure to meet many of you and discuss with your local BTN Directors and the projects that your schools are participating in. I have heard many great ideas that your schools are doing to recruit future nurses in South Carolina. I have been working myself on a project to help SC-SNA in the recruitment of future nurses. HOSA is a high school organization whose mission is to promote career opportunities in health care and to enhance the delivery of quality health care to all people.

Along with SC-SNA's goal in offering

leadership experience and educational opportunities for students in South Carolina, this opportunity will be instrumental in SC-SNA reaching more students and potential future nurses. On March 12, SC-SNA will be participating in the HOSA 31st Annual State Leadership Conference as an exhibitor! This will be a great opportunity to discuss with high school students the bright future in nursing. This will also give your local chapters opportunities to go to local high schools and speak with HOSA clubs about nursing! Again, I want to say thank you for all of your hard work, leadership skills, and recruitment and retention efforts, keep it up! I look forward to this great opportunity with HOSA and the potential students that we may recruit into this great profession!"



To learn more about HOSA visit website www.hosa.org

Sam Davis
BTN Director
snascbtn@yahoo.com

CPR for your Interviewing skills

Resuscitate your interviewing skills by practicing **CPR**: Create a Positive Reputation. Your reputation depends on how you're presented on paper, in person, and by your references. To put your best foot forward, make sure that all three sources of information portray a consistent picture of you as the kind of nurse employers want to hire. To prepare for an interview, remember that your reputation hinges on what you say about yourself, what people say about you, and how you present yourself.

Let your enthusiasm shine through during your interviews. Too many nurses mistakenly hide their personality behind a chilly, so-called objective professional demeanor. Instead of being remembered for being professional, these applicants look like they have something to hide. Recruiters want to hire nurses with a passion for their practice and for helping their patients. Your enthusiasm defines your values. Be prepared to describe your best day at work, your favorite patient, and the coworker or supervisor you admire most. Praise for coworkers and a positive attitude are infectious. Avoid criticizing others because it portrays you as someone who is never satisfied and doesn't fit in.

Remember to highlight personal characteristics, such as a sense of humor or dependability, which make you a desirable coworker. Make sure you can back up each positive trait with an example of a situation when having the trait in question made a difference. When giving clinical examples, always explain why you acted as you did. Nurses need keen skills in critical thinking. Clinical decisions may seem routine to you, but explaining how you arrived at the proper decision will show that you exercise sound judgment.

Be clear about what kind of position you are looking for. Recruiters don't look for "good" nurses. Instead, they try to match the nurse's skills and interests with the needs of the job. Tailor your cover letter, resume, and interview to demonstrate how you can meet your prospective employer's needs. Every employer needs nurses who help meet the organization's goals and mission in a professional manner as part of a team. Give examples that show how you can benefit the organization.

Enhance your reputation by presenting yourself well during every telephone contact and face-to-face interview. Be cordial, polite, and patient with everyone you meet. Arrive prepared and on time. Dress in a fashion suitable to the organization and po-

sition you are applying for. Treat the interview as a conversation in which you listen, as well as talk, and ask questions, as well as answer them. Although you prepared examples in advance, allow the interview to unfold at the recruiter's direction. At the suitable time, cite an example you've prepared to illustrate a trait that creates a positive reputation.

Throughout the interview, feel free to ask questions to clarify any uncertainty you may have about the topic at hand. Also ask questions to gather information that you may need to decide whether you ultimately accept the position. Interviews are your best opportunity to learn about your prospective employer and the position.

You create a positive reputation by describing and presenting yourself, as well as being described by others, in a professional manner that meets the needs of your prospective employer.

Employers look for flexible, enthusiastic nurses who work well in teams and exercise sound professional judgment. But they also want nurses who share the organization's values. Remember to express your personal and professional values and show how you will be an asset to the organization. Reprinted with permission from:

Jeffrey Zurlinden, RN, MS, ACRN

NCLEX Question: Answer C