

ANSA's STAT

STUDENTS TAKING ACTION TODAY

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NEW BOARD TAKES OFFICE

By Kevin Arnold

Welcome to the 2005-2006 Board of Directors. The Arkansas Nursing Students' Association held its annual convention last October in Hot Springs, Arkansas.

The new Board of Directors took office ready and willing to serve ANSA members all over the state of Arkansas. Fourteen members consisting of twelve students and two faculty consultants will be guiding the ANSA for the 2005-2006 year.

Please take time to read through the biographies included in this issue to

get to know your District Director and other board members you may want to contact at some point in time.

Elected members include Taylor Wallace, President; Sue Kibiloski, Vice-President; Samantha Carr, Secretary; Jason Smith, Treasurer; Demetrius Pighee, Breakthrough to Nursing Chair; Abby Randolph, Nominations and Elections Chair; Chrystal Murphy, Legislative Chair; Kevin Arnold,



2005-2006 ANSA Board of Directors

Web Master & STAT Editor; Angie Steele, District I Director; David Shew, District II Director; Casey Guest, District III Director; Sandy Land, District IV Director; Denise Neil and Carrie Lee, Consultants.

Congratulations New Board!

www.ark-nursing-students.com

NEW WEB SITE UP AND RUNNING

By Kevin Arnold

No story here. Just want to let you know the ANSA website had been re-designed. You will find current events, convention information, publications, and a multitude of

forms that you may need for ANSA awards and convention registration. You may also sign up on an e-mail list I am creating to receive the STAT and any other important info.

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- Nursetoons
- N-CLEX Tips



2005-2006 ANSA BOARD OF DIRECTORS



President

- Taylor Wallace

Hello, my name is Taylor Wallace, and I'm the 2005-2006 ANSA President. I am currently a senior at the University of Arkansas in Fayetteville and will be graduating with a BSN in

May. I'm originally from Dexter, MO, but came to the UofA because I've always been a Razorback fan. I plan on continuing my education and receiving my CRNA degree.

I served on the ANSA Board of Directors during 2004-2005 as the District II Director. I'm very excited about this coming year. I want to keep in contact with all the schools

in the state and get them more involved. Our goals are to also get more chapters started in the state. I'm open to any ideas anyone has to offer and am always willing to take a call. If you ever have any questions or concerns please feel free to contact me. Again, I'm very excited about the upcoming year and hope to hear from you!



BTN Chair

- Demetrius Pighee

My name is Demetrius Pighee. I am currently a senior in the College of Nursing at the University of Arkansas for Medical Sciences in Little Rock, AR. I became a member of ANSA in Aug 2005. Since becoming a member I have become very active in ANSA. I am on the fundraising committee for our senior class and SNA. I am also currently the BTN Chair for our local SNA at UAMS in Little Rock. I am a Patient Care Partner (PCP) at Arkansas Children's Hospital in the Burn Unit. This position is an opportunity for the student nurse to work side by side with an RN practicing

and enhancing skills that have been learned in school and in the clinical setting. I am overjoyed that nursing school is almost over with and am eagerly anticipating graduation.

I was born in Little Rock, AR, and graduated from Parkview High School. I have obtained the highest achievement in Boy Scouts of America which is the Eagle Scout rank. I earned a Bachelor of Science in Biology from the University of Arkansas at Pine Bluff. I plan to work in the Burn Unit when I graduate and continue to further my education by going back and obtaining my Master's in Pediatrics and be an Advanced Practice Nurse. I am very passionate about nursing and the care that we provide. I enjoy seeing

the differences that we make in people's lives and the smiles that we bring to our patients and their families. I want to serve others and show the love of Christ in everything I do. Everything that I am and have accomplished and will become in the future is only because of my relationship with Jesus Christ. Without him I would not be where I am right now. I look forward to serving the state, reaching out and showing people the wonderful opportunities that nursing has to offer. If anyone would like to contact me I always have an ear and a heart to listen. Do not hesitate to call for anything. Again, I thank you for the opportunity to serve you.



Treasurer

- Jason Smith

Hello, my name is Jason Smith and I am the 2005-2006 ANSA treasurer. I am a senior BSN student at Arkansas State University - Jonesboro and will graduate in May, 2006. I was born and raised in Gulfport, MS but moved to Arkansas to attend nursing school. After graduation, I plan on moving back to the Gulf Coast to be closer to my family and help rebuild a devastated community.

I currently work in the second busiest ER in the state at St Bernard's. The work experience I have gained will lend itself directly to my future career and educational goals. After graduating, I plan on working in a critical care setting so that I may ultimately return to school to become a nurse anesthetist (CRNA) or possibly pursue a career in health care administration. Nursing has become a great passion in my life and I look forward to serving my colleagues and community throughout the life of my career.

As the ANSA treasurer, I look for-

ward to working closely with each board member and everyone involved in the organization. I also look forward to representing the nursing student body of the State of Arkansas and in my position I will work to give voice to the rising stars of this great profession. If there are any concerns or suggestions, please feel free to contact me at any time and you will have my full attention until a solution is met. I look forward to serving you over the next year and wish everyone the best in pursuing your career and educational goals.

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NEC Chair
- Abby Randolph

Hello, I am Abby Randolph, your 2005-2006 NEC Chair. I'm from Fort

Smith, Arkansas, and currently attend the University of Arkansas in

Fayetteville, Go Hogs! I am a junior nursing student, swamped with medical-surgical clinicals and care plans. I also balance a part time job at our school's fitness center; managing time is a major thing I'm learning, a definite must as a future nurse.

It's always been my dream to be a

nurse and being a part of the board is such an honor. I look forward to serving you, my fellow nurses across our great state. I also encourage you to get involved with your local chapters of SNA. I think you will find it very fun and rewarding. Please email me if you have any curiosities!



Legislative Chair
- Chrystal Murphy

Hello everyone! My name is Chrystal Murphy and I am your new 2005-2006

Legislative Chair. I am a junior at the Eleanor Mann School Of Nursing at the University of Arkansas in

Fayetteville. I currently reside in Gentry, AR with my husband and three daughters. I will graduate in May of 2007. Upon graduation, I hope to work in the emergency room or NICU.

Just to let you know a little about me, I coach 4th-6th grade cheerleading for the Gentry Youth Organization and have done this for the past

four years. I am also the Cheerleading coordinator for the Youth Organization. Although this is time consuming during football season, it's a lot of fun and it also gives me extra time with my girls.

I am excited to be serving on the board and hope to help out in getting more nursing students involved in the ANSA.



Web Master & STAT Editor
- Kevin Arnold

My name is Kevin Arnold and I will be your STAT editor and

Web Master for 2005-2006. I am currently a BSN student at UAMS -

Hope, AR.

My previous schooling includes Management Information Systems at Texas A&M University - Texarkana, TX and Sports Management at Texas A&M University - College Station, TX. Most of my free time, which is very little, I spend building

and maintaining web sites, golfing, playing my guitar or piano, or entertaining my extremely hyperactive dog Barney.



Vice-President
- Sue Kibiloski

Hello. My name is Sue Kibiloski and I am a nontraditional senior BSN student

at ASU Jonesboro. I am honored to serve as the ANSA vice president for the 2005-2006 term. I hope I am able to do the job as well as our past vice-president.

I am married and live in Paragould with my husband. We have been

married for 25 years and we have six children. Their ages range from 23 to 11 years old. Three are currently in college, two are in high school and one is in middle school. I have worked very hard to obtain this degree and I want to preserve the quality of nursing for future generations. I feel everyone in nursing school has an obligation to this organization and should be a member. I will do my best to help students understand the benefits of this organization and promote the SNA.



2005-2006 ANSA BOARD OF DIRECTORS



District I Director

- Angie Steele

Hi, I'm Angie Steele, and I'm your 2005-2006 ANSA District I Director. I am a senior student at the University of Arkansas for Medical Sciences in Little Rock and am anticipating graduation in May 2006. I am our local SNA corresponding and recording secretary and look forward to working with you all in this upcoming

year.

I live in Maumelle, AR, and have been happily married for the last nine years. We do not have any children just yet, but we have a fat cat named, "Booty." I am a server at a local restaurant and play golf or tennis whenever I can break away from nursing school (ha!).

I have two bachelor's degrees in business from UALR, and worked in advertising and sales for a short time after graduating in 2000. I

quickly learned that I would rather care for and continue serving people than compete and claw my way up that corporate ladder, so I decided to become a nurse.

I am thrilled to be a part of this year's ANSA Board of Directors and am proud to serve as a representative of nursing students in Arkansas. Feel free to contact me with any questions, comments or suggestions for success!



District I Director

- David Shew

Hello, my name is David Shew, the 2005-2006 District II Director. I am a current Junior BSN student at the University of Arkansas. I was born and raised in Atlanta, Texas where I graduated high school and enlisted in the Navy. I served in the United States Navy for five years as a hospital corpsman where my duties ranged from emergency field care to hospital care. After completion of my military service in 2002, I enrolled in Texarkana College and started my pathway to nursing. I received my certificate as an EMT in

the Spring of 2003 and continued taking biology classes until my transfer to the University of Arkansas. I have recently completed a minor in psychology and plan to use it in my future with nursing.

My goals for the 2005-2006 year as District II Director are simple and begin with bridging the communication gap between the state board and each school's Nursing programs. Communication is the key to success in nursing and in life and that is why it is important for us as nurses to voice ourselves and be involved in our respective SNA chapter, as well as, the NSNA. I would like to see an improvement in our student numbers in our State

and National Student Nursing Associations. If we work hand in hand with each other, then there is nothing we cannot accomplish. The military taught me to be a leader and a teacher and with the help of my fellow ANSA board members, we will help lead student nurses into tomorrow. Being the District II Director will take hard work and dedication, which is something I am very good in doing. A nurses work is rigorous and never ending, but I am up to the challenge. That is why am honored and excited to take the District II Director's position. I plan on working hard to serve everyone that comes to me, so I can ensure that their voices will be heard.



District III Director

- Casey Guest

Hello everyone! My name is Casey Guest and I am your new 2005-2006 Arkansas Nursing Students' Association District III Director. I am 24 years old and a senior at Arkansas State University in Jonesboro. I am active in our local chapter and wanted to get involved at the state level. I am excited about graduating in May of

2006. I live with my dog Bella that is spoiled rotten. When I am not busy with logs and studying for tests I spend my extra time with all my nursing friends. After graduation, I hope to enroll in a masters program within a year and specialize in female health.

I hope to educate the surrounding colleges in my district on the importance of becoming involved in the Arkansas Nursing Students' Association. Another goal I have is to start a new chapter at the colleges that

do not have ANSA. I want to be able to keep the lines of communication open between the state level and the chapters at the colleges and universities. I hope to be able to attend every college and university in my district. I would love to help anyone that is interested in ANSA in my district and any other district. I am here for all the students so please contact me with any questions or concerns that you might have. Thank you and good luck to all of you.

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District IV Director
- Sandy Land

My name is Sandy Land and I look forward to being your

District IV Director. I am 44 years old and married with three daughters. I have been working in the medical field in respiratory as an RRT for 15 years. I am currently in the UAMS Off-Campus BSN pro-

gram in Hope, AR. I am looking forward to working with everyone this year.



Consultant
- Denise Neill

My name is Denise Neill and I am one of the consultants for ANSA. I have enjoyed serving the students in this capacity for seven years.

I live in Texarkana, Texas and am on the faculty of the RN to BSN program at Texas A&M University-Texarkana where I teach community health, advanced med-surg case management, and issues in professional nursing practice. I also work part-time (mostly holidays and summers) in labor and delivery at Wadley Regional Medical Center.

I am married to Lance, who is an RN in surgical ICU at Christus St. Michael and

a former ANSA board member. We have two children, Vickie, a sophomore early childhood education major at UCA, and Garrett a senior at Texas High School, who is in band and theater.

In May of 2005, I completed course work for my PhD in nursing. My goal is to complete my dissertation and graduate from Texas Woman's University in August (or December) 2006. My dissertation will focus on the cognitive workload of nurses and the development of an instrument to measure this aspect of workload from the nurse's perspective.

As I begin my eighth year as a consultant, I am excited about the possibilities. ANSA is known as an award winning association and for setting the standard. I look forward to working with the members of the board of directors,

chapter advisors, and students around the state. I think this will be another great year with the possibilities limited only by our imagination and willingness to work. I can't wait to see what is achieved by the local chapters and the state as a whole.

Nursing is a fabulous profession and I wouldn't do anything else (which is probably smart since I already have 3 nursing degrees: ADN, BSN, and MSN). You are the future of our profession and I must say, based on past experience as consultant, the profession of nursing cannot be in better hands than yours. You are an awesome group.

Please let me know if I can assist you in any way. You can reach me via phone, letter, or email. (The best way to reach me is often by email.)



Consultant
- Carrie Lee

My name is Carrie Lee and I am one of the consultants for the Arkansas Nursing Students' Association. This is my second year as ANSA consultant. I

served as a past president and treasure for ANSA as a student. I currently continue to be a sustaining member of the National Student Nurses' Association.

I graduated from the University of Central Arkansas in May of 2004. I currently work at Arkansas Children's Hospital in the Cardiovascu-

lar Intensive Care Unit. I enjoy being part of a great team at ACH. Nursing has an endless amount of possibilities and is a wonderful profession.

I am available by phone or email. Please feel free to contact me for any information or assistance I may be able to provide.

Nurstoons

by Carl Elbing



www.nurstoons.com



Spring is Near and Fundraising Time is Here!!!!

By Tabitha Aaron

The days are longer, the sun is brighter, and the temps are hotter....

Spring is the perfect time to kick-off SNA fundraising. Fundraising is a great way to integrate SNA and your community. It allows us the opportunity to teach the public about our organization and promote a positive image of nursing. It can also be a lot of fun and create memories that will last a lifetime. Here are some quick, easy, and fun ideas for your next fundraising activity!!

Host a bowl-a-thon: This is a lot of fun and great exercise too! Get sponsors to donate a set amount of money for each pin that you knock down!

Have a car-wash: This is an easy way to make profits! You just need

to advertise your activity in advance. Plus, it is good clean fun!

Have a rummage sale: They say one man's trash is another man's treasure.... Rummage sales are easy money. We all have things we can do without. Advertise this activity in your local classifieds for a great crowd.



Raffle off a donated item: Many businesses are willing to donate an item to a raffle. All you need to do is print raffle tickets and sell, sell, sell!!!

Host a lock in: Get sponsors to donate a set amount of money for each hour that you're locked in! While you're there, have everyone

bring different NCLEX books and have a review!

Have a bake sale: Everyone loves fresh homemade treats! Have each member bring a different treat and watch them go!

Now what are you going to do with all that money? Funds that were raised can be donated to local charities. They can be used to buy school supplies for local schools. They can be used to buy medical supplies for a local charity health clinic. Funds can also be used to send members to state and national conventions or to provide incoming nursing students with scholarships. However your local chapter decides to use the funds, the point is to make a difference and have fun doing it!

Chart Bloopers

PROVIDED BY THE AMAZING DAVID

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. Discharge status: Alive but without permission.
5. Patient has chest pain if she lies on her left side for over a year.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
10. Healthy appearing decrepit 69- year old male, mentally alert but forgetful.



ONCOLOGY ~ A LESSON IN PREPARATION

Dear Nursing Students

I want to preface what I am about to write by saying that I am no stranger to death and dying. I have spent over thirty years of my life serving as pastor to several churches and have been a hospice chaplain for almost a decade. During that time I have witnessed more death than I care to remember. However, none of those experiences prepared me at all for the experience of losing my wife to cancer.

In the spring of 1998, my wife was diagnosed with a virulent form of uterine cancer. Despite all we could do, the cancer ravaged her and killed her in a little over six months. During that time we spent weeks confined in a hospital undergoing treatment. She went through more than seventy sessions of radiation therapy, two rounds of chemotherapy, and two major surgeries...all to no avail.

At the end of August 1998 we were sent home, assigned to a hospice, and told that death was eminent. By this time the cancer had spread to every part of her body the doctors examined. It was in her bones including her thigh, skull, and spine, her liver, her lungs and her brain. There was a growing tumor in her throat and you could feel small tumors under her skin almost anywhere you chose to touch. Her oncologist said they could probably find cancer in every major organ. Her pain level was intense and she came home on IV morphine as well as steroids, muscle relaxers, and narcotics by mouth.

Her pain was so intense that the hospice agreed to allow her oncologist in Dallas to manage her pain as they took care of every thing else. I was given the phone number of the doctor's nurse and called her every time the pain went beyond what the present doses of medication could control. This lady would walk me through the process of upping the narcotic levels and through

this process we did our best to keep my wife comfortable.

On the night she died, things deteriorated quickly. She began to fill up with fluid. I am not talking about hearing the death rattle but her lungs began to fill and fluid began to strangle her and leak from her mouth. My sister who is a registered nurse used a suction machine to help alleviate this problem. Her pain was increasing and we were having trouble keeping up with it.

On several occasions during the last twenty four hours of her life I called the nurse in Dallas and we raised the narcotic level. By two o'clock in the morning nothing was working and I made a desperate call to Dallas. I informed the nurse what we were dealing with and she helped me raise the level even higher. Then she told me to take the button that administered a secondary dose every few minutes for breakthrough pain and push it every time the machine would allow me to do so. She told me to push it and keep pushing it until it was over.

At this point she asked me, "Do you understand what I am telling you to do?" I did. I understood that I was going to sit by my wife and deliver morphine into her system until she stopped breathing. I was going to help her out of this situation.

At that moment I had absolutely no problem at all with doing this. My wife was drowning in her own fluid and in so much pain she was tossing in the bed and crying out even though she had been in a near comatose state for almost a week. Her suffering was intense and I had no problem at all in helping end this situation. I did what I was told to do. I punched that button

every time the machine allowed me to do so. In about thirty minutes my wife stopped breathing and died.

That experience took place almost ten years ago and I can tell you that I have struggled with what I did ever since. For months after she died, I walked around in a cloud of uncertainty, knowing I had helped her die. I knew in my head that the real killer was cancer but I also knew I had punched that button over and over until she was dead. My head knew she needed relief but my heart had great problems with what I had done to give it to her.

I still struggle with this. In my role as a hospice chaplain I have sat through many seminars on death and dying and I understand the process from a clinical point of view but I still struggle with what I did. My faith and my

upbringing both have ingrained in me the belief that life and death are God's business and that any intrusion on our part is wrong...no matter how warranted that intrusion may seem at the time. My own experience has only served to deepen that conviction. I can tell you by experience that any time we insert ourselves into the processes of life and death, no matter how desperate the situation may seem at the time, we will pay a heavy emotional, mental, and spiritual price. These are facts that the medical community needs to inform people about before they ask them, "Do you understand what I am telling you to do?"

Pastor Blain Markham,
Partnership Church of Texarkana

...she asked me, "Do you understand what I am telling you to do?"

STAT - Students Taking Action Today



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www.ark-nursing-students.com

NCLEX TIPS

[HTTP://KCSUN3.TRIPOD.COM/ID125.HTM](http://KCSUN3.TRIPOD.COM/ID125.HTM)

- Always keep a set of flashcards (whether bought or self-made) on hand in order to make use of traveling/commuting time.
- Set up a feasible study schedule early and plan to stick to it. There is nothing worse than wasting time feeling guilty for not adhering to an impossible schedule. When doing problems, read all of the answers, not just those you get right. This will reinforce your understanding as well as ensure that your original mode of thinking was correct.
- As you go through problems, mark the ones you miss. That way, you will be able to review those questions you had trouble with at a later date.
- Do not plan to spend every free moment studying. You need to reward yourself for your hard work once in a while. Make plans to see a movie with a friend, cook dinner, or take a trip to the gym.
- Bring energy food to the exam. A full day of testing can take a lot out of anyone. Raisins, chocolate, and nuts are great snacks.
- The night before the exam, pull out all of your paperwork and make sure you know where you have to be and at what time. Confirm any lodging and/or travel arrangements you have made. And try to relax. You have studied hard up to the test - passing is just a matter of calming down and facing the exam in an objective manner.
- Make plans to celebrate after your exam. You will have earned it!