

SNAP Shots

Student Nurses At Penn Newsletter



Knowledge will bring you the opportunity to make a difference.

- Claire Fagin

Semester Updates

CHAPTER NEWS

Hi everyone, and welcome back to another exciting semester of nursing activities with Student Nurses At Penn! In addition to bringing in the new Board that was elected last December, we have instituted some positive changes in the organization this semester. For example, we are incorporating community service projects into every general body meeting. We will continue to provide informative panels over the course of the semester on externships, doctoral and graduate programs, and other topics of interest to you.

On behalf of the SNAP Executive Board, I would like to express my appreciation for the enthusiasm we have seen already this semester. We count on you, our members, to make our outreach and fundraising efforts a continued success; remember, there will be more baked goods and clothing sales to come! One of our biggest events, Relay for Life, is coming up in April, and SNAP is teaming up with our fellow nursing organizations to donate and walk/run for a great cause. Please be sure to mark it on your calendar, and show up to show our nursing solidarity! Thank you again for being involved. We look forward to working with you throughout the semester!

- Janan McCormick

SNAP Secretary/Treasurer

NEW OPPORTUNITIES

Fundraising Committee

Looking to become more involved in SNAP, but don't know how? Join the Fundraising Committee! Over the course of the semester SNAP will be raising money for a variety of causes, including Relay for Life, the Walk for Water for Haiti, and other local organizations. **We need your help to reach our fundraising goals!** The fundraising committee is a great way to get involved with SNAP because it is fun, does not require a huge time commitment and is a great way to gain leadership experience. If you are interested or have questions, please contact Ryan Keating at keatingr@nursing.upenn.edu.

Peer Advising

This semester we will host more peer-advising activities in order to foster a stronger relationship between advisors and their advisees, stemming past NSO. After the next microbiology exam, coffee and snacks will be served for freshmen and their advisors. We are also exploring the idea of movie nights and study sessions. The new online textbook exchange makes it easy to sell your used textbooks! Coordination with current peer advisors will be ongoing. Contact Debbie Yiu (dyyiu@nursing.upenn.edu) or Lisa Sileo (lsileo@nursing.upenn.edu) with comments and questions!

CPR Certification

Two more CPR training sessions will be held before the end of this semester. Attending the class certifies you as a Basic Life Support (BLS) Health Care Provider, through the American Heart Association. Please watch for an e-mail towards the end of March announcing the next session!

How Much Does It Cost?

The cost is \$65 dollars per class.

No Time Before the End of the Semester?

One or two additional training sessions will be held over the summer.

Contact Kelly Chen at kech@nursing.upenn.edu with questions. Thank you!

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Coming Events

SNAP had strong representation at last November's State Convention, with twenty-five students in attendance (pictured below): G.J. Melendez-Torres, Amelia Cataldo, Katie Goldschmidt, Tamara Yang, Abby McDowell, Naomi Yager, Amanda Daley, Karen McVay, Debbie Yiu, Kaitlin Best, Gabriella Kim, Caroline Bourassa, Nora Casper, Ellen Chang, Lauren Cosgriff, Bianca Cutler, Leah Geoghegan, Emily Johnson, Ryan Keating, Hannah Lan, Michelle Murphy, Christopher Wojcik, Erica Blanco, Alison Ercole, Antonette Shaw. SNAP's devoted Faculty Advisor, Dr. Diane Spatz, was also there.

NSNA UPDATE

Defy Gravity: Reach New Nursing Summits

This year's keynote speaker, Dr. Patrick Hickey, literally has!

The spring semester is already in full swing and the National Student Nurses' Association's (NSNA) Annual Convention is right around the corner! The convention is being held in Salt Lake City, Utah from April 6 - 10. The theme is "Defy Gravity: Reach New Nursing Summits," and the Keynote speaker will be Patrick Hickey, Dr. PH, RN, CNOR.

Dr. Hickey is the author of, "7 Summits: A Nurse's Quest to Conquer Mountaineering and Life," a chronicle of his journey to climb the highest mountains on each of the seven continents. The conference will feature workshops on a number topics, and representatives from employers and nursing schools from across

the country will be present in the exhibit hall. The NSNA House of Delegates will meet to elect a new Board of Directors and review the resolutions presented.

Several SNAP members are scheduled to attend and the University of Pennsylvania will be well represented at this gathering of nursing students from across the country. The convention will provide opportunities for students to enhance their leadership skills, by serving as a delegate or running for national office, and is sure to be a great time! E-mail snapboard@nursing.upenn.edu for more information about attending!

- Amanda Daley '12
SNAP President



Stressed out by exams and validations?

Feel like you're always wearing scrubs?

Looking for some appreciation?

SNAP is pleased to announce that we will be hosting a week of fun-filled, nursing-spirited events during the week of April 9-15, in collaboration with many other nursing organizations. You can look forward to:

- Games
- Events
- Prizes
- Food



**Nursing Spirit Week...
Coming Soon!**

Exploring Health Care Reform: What About Repeal?

With the House of Representatives' January 19th vote to pass a bill entitled "Repealing the Job-Killing Health Care Law Act," which carried by a majority of 245 to 189, the health care reform debate seems far from over. Republicans such as Steve King (R-Iowa), maintain that the **Patient Protection and Affordable Care Act of 2010** (ACA), the health care reform bill that passed last November, will ruin doctor-patient relationships, damage the insurance industry and destroy jobs. Conversely, Democrats have labeled the actions of House Republicans

"reckless" and claim that their proposed alternatives would **add more than \$1 trillion to the already enormous federal deficit.**

"We may not do it today, and we may not do it tomorrow, but we will defeat this bill"

The measure repealing the ACA and removing health care-related portions of the Health Care and Education Reconciliation Act of 2010 failed when it reached the Senate, falling short by a vote of 47 to 51 (two Democratic Senators declined to

vote). The close decision left many politicians feeling bitter; as Sen. Orrin Hatch (R-Utah) observed, "**It's not too late to start over.**" We should repeal this bill and start over. We may not do it today, and we may not do it tomorrow, but we will defeat this bill." This vehement opposition to health care reform was met with frustration by Democrats, clearly embodied by Sen. John Kerry's (D-Mass) statement, "Republicans said they wanted to 'repeal and replace,' but this was a vote to repeal and replace reform with nothing but the **old, broken system that punished**

Mental Health Awareness

College life can be overwhelming. With the competing demands of schoolwork and extracurricular activities, it is easy to feel a little lost sometimes. Particularly in a setting where it may seem there is constant pressure to be perfect, it can be hard to take a step back and realize that in truth, we all get overwhelmed. And it's OK to ask for help.

This February, SNAP is

encouraging everyone on campus to **get involved** as we work to promote mental health awareness. Many students struggle with issues related to body image, feelings of inadequacy, and conflicts with friends and family, but they often don't feel comfortable talking about them. In an effort to try to **remove the stigma** surrounding mental illness, SNAP will be setting up a table in Houston Hall with

information on mental health. Brochures and pamphlets with tips on how to help a friend, recognizing signs of depression, and tricks for stress relief will be available, so be sure to come by and pick some up!

SNAP will also be active in **National Eating Disorders Awareness Week**, which runs from February 20-26. We are dedicated to creating a comfort-

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Some Important Findings About Mental Illness

According to a 2009 national survey conducted by the NIH between 2001 - 2004, among adolescents aged 8 - 15, **13 percent** of respondents met criteria for having at least one of the six mental disorders during the last year. About **1.8 percent** of the respondents had **more than one mental health-related diagnosis**, usually a combination of ADHD and conduct disorder. Among the specific disorders, it was found that:

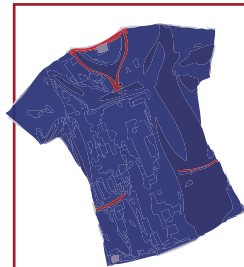
- 8.6% had ADHD (more males than females)
- 3.7% had depression (more females than males)
- 2.1 percent had conduct disorders
- 0.7 percent had an anxiety disorder (generalized anxiety or panic disorder)
- 0.1 percent had an eating disorder (anorexia or bulimia)

** More details at <http://www.nlm.nih.gov/science-news/2009/national-survey-tracks-rates-of-common-mental-disorders-among-american-youth.shtml>

patients and crushed businesses with soaring costs”.

Regardless of political affiliations, it seems that health care reform has reached a point of stagnation where action is focused more on repealing past measures, than on creating efficient and lasting solutions. Not a particularly encouraging sign for many health care activists.

- Christopher Wojcik '14
SNAP Legislative Coordinator



DESIGN CONTEST!

Due to popular demand, SNAP is introducing new nursing apparel and we want *you*, our very talented

students, to help design the future Penn Nursing gear. Get

your creative juices flowing, and draw us something that would look good on a T-shirt or a sweatshirt or whatever! The winner will be recognized school-wide and will receive a free piece of apparel featuring their masterpiece after it is printed!

Submit entries to Ryan Keating at keatingr@nursing.upenn.edu.

Interested in what Chris has to say, and want to learn more? Be sure to check out SNAP-PA's Legislative Coordinator blog at <http://legislativecoordinator.wordpress.com/> for the latest news!

Save the Date SNAP General Body Meetings

Monday, February 21

Room 218, 1-2 p.m.

Come learn about the great resources available at the **Tutoring Center!**

Wednesday, March 16

Room 218, 1-2 p.m.

HUP Magnet Director **Danielle Calabrese** will share her experience with legislation and health care -- don't miss out!

Monday, April 4

Room 118, 1-2 p.m.

Join us for an **Alumni panel**, as we learn about the amazing ways Penn Nursing grads are putting their degrees to use.

Monday, April 25

Room 218, 1-2 p.m.

Relax before finals with a nice lunch, some **stress-relieving yoga**, and **great company**.

Sweet Tooth?

Or need more great nursing gear?

Honestly, who doesn't want more of our awesome Penn nursing apparel? Look for baked goods and clothing sales on these dates:

Monday, February 28

Monday, March 28*

*Proceeds benefit Relay for Life!

Monday, April 18

Or, order apparel 24/7 at <https://sites.google.com/site/snapupenn/>



Questions? Comments?

Want something included in the next issue of SNAP Shots? Have a suggestion for improvements? Or, did you love it so much you can't wait to let us know? Send us an e-mail at snapboard@nursing.upenn.edu, we want your feedback! Also, visit our website at www.nursing.upenn.edu/snap. Thanks for your support!

What A Resource! -- Why You Should Visit the Biomed Library Soon

Meet: Dr. Sherry Morgan

Who: Biomedical Librarian and Liaison to the School of Nursing.

Dr. Morgan has an RN and BS in Nursing Education, an MS in Library Science, and a PhD in Medical Anthropology. She worked as a nurse for 11 years, and has been working in nursing library science for over 20 years!

What: Dr. Morgan is available as a resource to all SON students (undergraduate, graduate, and accelerated degree), faculty and staff. She is experienced in helping narrow down broad topics for senior inquiry projects, N50 research papers, and literature reviews for Doctoral research, performing database searches (PubMed, CINAHL), teaching students to use RefWorks, and creating bibliographies from lists of citations.

Why schedule an appointment?: Because you can (and her help is free)!

How: E-mail semorgan@pobox.upenn.edu (include open days/times in your schedule in the message)

Where: Biomedical Library, Johnson Pavilion

When: Mon-Fri by appointment

- Interview by Nora Casper '14
SNAP Brains Chair



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-able environment for open conversation about mental health issues and we want *you* to help us achieve this goal.

- Tessa Messing '13
SNAP Lifesavers Chair

Looking ahead...

2/21 - Peer Advising Application Deadline

SNAP's Peer Advising Program is an excellent resource for incoming freshmen. This year's application for potential peer advisors is due by **5 p.m. on Monday, February 21** to Emily Ford, at epapir@nursing.upenn.edu.

3/20 - Walk for Water for Haiti

On Sunday, March 20, the University of Pennsylvania School of Nursing is sponsoring a 5K walk to raise funds for a national nursing school and its affiliated clinics in Port-au-Prince, Haiti. Haiti has faced challenges with its water supply since before the earthquake of January 12, 2010, with more than 60% of Haitians having no access to water. Funds raised by the walk will be used to provide filtration systems and access to clean water. Without clean water, the people of Haiti are at high risk for disease, as evidenced by the recent cholera outbreak.

Walkers can carry buckets of water in solidarity with Haitian women who travel long miles

for clean water. SNAP encourages students to register for the walk and donate to a great cause. Contact Angela Nguyen at nguya@nursing.upenn.edu for more information.

4/9 - Relay for Life

Combating Cancer one Step at a Time

Each year, Penn students band together and walk for one unifying cause: to combat cancer. The American Cancer Society's annual "Relay for Life" is a 12-hour walk to raise cancer awareness and money for cancer research and education. Aside from the walk itself, Penn's Relay for Life hosts special performance groups, contests, and activities for participants to enjoy. Last year, over 2,000 Penn students walked, and they raised more than \$110,000. It was the largest fundraiser on Penn's campus to date, and SNAP is proud to have contributed to its success.

As nursing students, we have a duty to contribute to this cause and exercise our influence as future health care providers. This year's Relay for Life will be held from **Friday, April 8 to Saturday, April 9, between 8 p.m. - 8 a.m. on**

Franklin Field. We strongly encourage all nursing students to show how much you care by getting a group of friends together and registering to walk! Log on to www.relayatpenn.org and register with the SNAP team. The registration fee is \$12 and includes a T-shirt. Contact Leah Geoghegan at leahge@nursing.upenn.edu with questions. See you on the field!

The works cited for Chris's article on Health Reform are as follows:

<http://www.nytimes.com/2011/01/20/health/policy/20cong.html>

<http://www.politico.com/news/stories/0211/48730.html>

<http://www.cnn.com/2011/POLITICS/02/02/senate.health.care/index.html?hpt=T2>

http://www.huffingtonpost.com/2011/01/19/health-care-repeal-vote-s_1_n_810835.html

http://en.wikipedia.org/wiki/Patient_Protection_and_Affordable_Care_Act#Repeal_efforts