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VOLUME 1 | March 2012



Oklahoma Nursing Student Association

# Pulse Point



## UPCOMING EVENTS:

Tuesday February 14<sup>th</sup> 2012  
1600-1800- "Check your Heart for your sweetheart!" Free blood pressure checks. At the University of Phoenix (first floor escalator commons) in Tulsa.

Tuesday February 28<sup>th</sup> 2012  
0730-1700- Legislative Day "Nurse's Day" at the Capitol. Join your colleagues and shape the future of the nursing profession and healthcare in Oklahoma! At The National Cowboy and Western Heritage Museum in OKC.

March (TBA)- Health Fair in OKC

April (TBA)- Cooking breakfast for Clarehouse in Tulsa.

## Letter from the Editor

Welcome to Pulse Point Newsletter of 2012! My name is Marvie Paez, Newsletter editor of 2011-2012. I am a junior at Bacone College. This is our first issue of the year. It includes a lot of exciting news about what's going on in the world of nursing in Oklahoma! First, look at all our upcoming events around Tulsa and Oklahoma City, and don't forget to save the date for our Annual ONSA Convention in Norman! Second, a letter from the president is presented to you by our one and only president, Devon Morris. Third, coming up this month on Tuesday February 28<sup>th</sup> 2012, Legislative Day "Nurse's Day at the Capitol" is an important part of the nursing world. Please encourage yourself, as students, to go to this great opportunity to hear about what's going on in the state of Oklahoma! Fourth, our Road Trip Tour consists of several nursing seminars offered free just for your school. Lastly, we are hosting a fundraiser campaign for Premadhara Baker to help her go to nursing school in India so that she can provide nursing care for her nation. Being part of the ONSA and NSNA is a great opportunity for us, nursing students!

If you haven't yet, please add us on Facebook- Oklahoma Nursing Student Association and join our page- Oklahoma

Nursing Student Association. Enjoy our first issue of the Pulse Point Newsletter! Thank you!

Sincerely,  
Marvie Paez  
Pulse Point Newsletter Editor  
[onsanewseditor@gmail.com](mailto:onsanewseditor@gmail.com), [oknsa.org](http://oknsa.org)

## SAVE THE DATE!

ONSA PRESENTS

LIGHTS! CAMERA! ACTION!

**CONVENTION 2012**

SHOW DATES: NOV. 1-2, 2012  
VENUE: EMBASSY SUITES, NORMAN, OK

**ALL NURSING STUDENTS INVITED**  
REGISTER NOW TO GET YOUR BACK-STAGE PASS FOR BREAK-OUT SESSIONS, PHARM REVIEW, EXHIBITS, RECRUITERS, & MORE!

Information & Registration at [www.oknsa.org](http://www.oknsa.org)



## Letter from the President

“Consider your accomplishments and your opportunities for growth, and see how you can continue on your path toward your goals.”

Welcome to the Oklahoma Nursing Student Association Newsletter! And a happy new year! This newsletter is for you, so I hope you will take a few minutes to read about new events and information concerning your organization.

At the beginning of each year, I think about how I can make the New Year my best one yet, and how I can improve from the previous year. I would encourage you to take a few minutes, when you have time (in nursing school!?) to reflect on the previous year. Consider your accomplishments and your opportunities for growth, and see how you can continue on your path toward your goals. I would encourage you to challenge yourself, to set goals and make a plan for achieving them, in your personal, educational, and professional life.

If your goal is to become more involved in leadership, consider running for a position at your local or state chapter. If your goal is to take ownership of your career in nursing, I encourage you to join your student organization (ONSA). The ONSA continues to keep its members informed on the best ways to advance one's career and stay involved in the future decision making in nursing. I encourage you to check out our website, [www.oknsa.org](http://www.oknsa.org). There, you will find upcoming events and ways to get involved.

This spring we are traveling to schools all across the state and are happy to come to your school to do a nursing review (see the front page of our website for details). We also invite you to be a part of Nurses' Day at the Capitol on February 28 in Oklahoma City. We will be teaming up with the ONA to lead nurses from across the state to become involved in legislation that is affecting nurses in Oklahoma.

Stay informed with everything that is going on at the state level of your nursing organization! I hope you have a wonderful spring semester. Make 2012 the year you get involved!

- Follow us on Twitter, @oknursing
- Follow us on Facebook, Oklahoma Nursing Student Association – ONSA
- Check out our website, [www.oknsa.org](http://www.oknsa.org)

Sincerely,



Devon Morris  
ONSA President ~ 2011-2012

This year is going to be a great year as we have a lot of new board of members coming from different parts of Oklahoma!

### Board of Members of the Year 2011-2012:

-President- Devon Morris, University of Oklahoma

-1<sup>st</sup> Vice President- Tara Gantz-Davis, Langston University- Tulsa

-2<sup>nd</sup> Vice President- Hollie Burns, Bacone College

-Secretary- Tracye Carter, University of Central Oklahoma

-Treasurer- Stephanie Creek, University of Oklahoma-Tulsa

-Director-at-Large- Tatum Middleton, Tulsa Community College

-Newsletter Editor- Marvic Paez, Bacone College



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Legislative Director-  
Melissa Ayers, Bacone  
College

Membership Director-  
Jennifer Combs, Bacone  
College

Public Relations- Tiffany  
Richardson, Bacone  
College

Community Projects  
Director- Kelly Jo  
Brown, Tulsa  
Community College

Breakthrough to  
Nursing- Amanda Carey,  
Southwestern Oklahoma  
State University

OLN Consultant-  
Rhonda Lawes,  
University of Oklahoma

ONA Consultant- Rachel  
Shupp, St. John Medical  
Center

Graduate Consultant-  
Crystal Moore, St. John  
Medical Center

Presidential Consultant-  
TJ Little, OU Medical  
Center



## Legislative Day “Nurse’s Day” at the Capitol- February 28<sup>th</sup>

The ONA encourages all Nurses and Nursing Students to get involved in the legislative process and to attend the Nurses Day at the Capitol. This is your opportunity to get involved and make a difference in issues facing nursing and healthcare in Oklahoma.

You will have the opportunity to:

- Hear from legislative experts, legislators and ONA’s Lobbyist.
- Educate legislators concerning the issues vital to the nursing profession
- Increase your awareness of the roles and values of nursing in the political arena
- Have your voice heard concerning legislation affecting delivery of care and the nursing profession.
- Join with other nurses who share the same concerns (oklahomanurses.org)

For more information please visit [oklahomanurses.org](http://oklahomanurses.org).



## Road Trip Tour

**Free Student Nursing Seminar  
Options Available at Your  
Campus!**

**ABG Interpretation- There’s No Place  
Like Homeostasis- 1 hour**

A fun and interactive session designed to help student nurses learn how to effectively interpret ABGs.

**Pharmacology Review Options for 1, 2,  
3 hour review**

Students will experience the “learning that sticks” method for key concepts all the nurses should know about drugs that are most commonly described

**Neuro Injuries- Knock on Wood- 1  
hour**

This session will help students understand how the brain and central nervous system work and what happens when they are injured by disease or trauma.

**Surf’s Up! - Riding the wave of fluid  
shifts and IV solutions!- 1 hour**

Overview of where intracellular and extracellular fluid should be, how the body maintains the appropriate fluid balance and ways to assess patient’s current fluid status including a simple approach to osmolality

**Want Another Topic? No Problem!  
Just let us know and we’ll create a  
session for you!**

Our speaker has been a nurse for 20 years, a published author, and has taught hundreds of students and nurses on both a state and national level. If you have another topic you would like your students to have, just give us enough notice and we’ll create one for your campus!

For more information contact our Director-at-Large: [Tatum Middleton on sadal@gmail.com](mailto:Tatum.Middleton@sadal@gmail.com)

## Premadhara Fundraiser Campaign



### Premadhara Bhasker

In **India**, a young woman has dreamed of providing nursing care to the people of her country. With your donation, you can make her dreams come true and send Premadhara to NURSING SCHOOL!

So join us. **Take Heart.** Meet the need for a hurting nation. Let's work together and send Premadhara to Nursing School!



Please visit our website [oknsa.org](http://oknsa.org) to make donations to our Premadhara Fundraiser Campaign.

### Joining the Oklahoma Nursing Students Association (ONSA)

To become a member of ONSA, you must first join the National Student Nurses Association (NSNA), [nsnamembership.org](http://nsnamembership.org). NSNA is the national pre-professional organization for nursing students. **NSNA defines its membership** as nursing students in Associate Degree, Diploma, Baccalaureate, generic Masters and generic Doctoral programs preparing students for Registered Nurse licensure, as well as RNs in BSN completion programs. Once you have become a NSNA member, you are considered a member of ONSA!

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A constituent member of the [National Student Nurses Association, Inc.](http://National Student Nurses Association, Inc.)  
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