



## ALOHA NURSING STUDENTS!



### FEBRUARY HISNA UPDATE!

The next general meeting will hold the board elections, which will take place on April 6, 2020 at Henry Hall 223 from 1800 to 2000 (Chaminade University of Honolulu). Please be on the look out for any emails from HISNA in regards to how to apply to be a board member or refer to our social media platforms for any updates.

The Hawaii Student Nurses' Association is also inviting you to attend the spring mixer, which will take place at the Clarence T.C. Ching Conference Room at Chaminade University of Honolulu on April 23, 2020 at 1800 to 2000.

Hope everyone is having a good spring semester!



Sincerely,  
Liberty Alconis  
UH Manoa  
HISNA Director of Communications

### OVERVIEW:

1. February HISNA Update
2. Student Opinion: 2019 NSNA Convention
3. Tips and Tricks: Clinical Experiences
4. HISNA Scholarship Opportunity

# 2019 NSNA CONVENTION Salt Lake City, Utah



Last year I attended the NSNA's 67th annual convention in Salt Lake City, Utah. It was an awesome experience full of many educational and professional development opportunities. We started off our mornings with the NCLEX Mini Review powered by Lippincott PassPoint. The course goes over how to schedule the test, how it is scored, and tips on how to pass. We did practice questions and were able to compare our answers to hundreds of other nursing students. Each person receives a review book that can be taken home to review or to share the information with fellow classmates.

The exhibition hall is full of so many things to do. You can meet with healthcare agencies and learn about new grad programs available, learn about professional and specialty nursing organizations, go to the career development center and get your resume reviewed, look at all the poster presentations, and collect a bunch of free merchandise. For those interested in furthering their education, there are so many different college and university reps to talk to in the hall.



There are many learning opportunities. You can get a certification for American Red Cross Disaster Health and Sheltering. Pharmacy students provide overdose education and go over how to administer Naloxone in the case of an overdose. There are also so many different focus sessions held throughout the week. Some of the ones I attended included: Getting Writing Right-How to Succeed at Writing, Career Fitness-Landing Your Right Job in the Current Market, The Nurse Licensure Compact: What Nursing Students and New Nurses Need to Know, Pharmacology Made Insanely Easy, and Emergency Nursing and Specialty Certifications: From Flight Suites to Scrubs. There will definitely be one that will spark your interest!



Written by:  
*Julianne Gonzaga*  
*UH Manoa, HISNA Media Director*

# Clinical Experiences

Your clinical experience is what you make out of it. Clinicals can be intimidating and scary at times but it allows you to see in practice what is learned in the didactic setting. It is a valuable experience that allows you to practice not only nursing skills, but also critical thinking.

Clinicals also give you the opportunity to learn patient advocacy as you are placed in a situation wherein you have the power to point things out to your preceptor that you feel need to be addressed. You are placed in an environment wherein you are encouraged to apply what is learned into practice in all aspects of patient care. Here are some tips to get the most out of your clinical experience.



**The basics.** Get enough sleep. It is very hard to get through the day without taking good care of yourself. Getting adequate rest is essential because it allows you to focus on what is happening in clinical rather than how tired you are. Eat enough food. You need energy to fuel your mind in order to make necessary connections in dealing with your patients.



**Communication.** It is important that you and your preceptor are on the same page. If something is unclear, it is important to ask for clarification. This is especially true when it involves carrying out a procedure or administering medications to the patient, as to prevent mistakes that could cost a life. Accept that you will not be perfect. You are a student; you are learning about how it is to be a nurse and it is okay to be unsure and ask for clarification.



**Be involved.** Work collaboratively with the interprofessional team. Listen in on physician rounds and if possible, ask to observe procedures and tests. While there are often many opportunities for this, it is equally as important to know the reasoning behind what is being done. This allows for a more well-rounded and in-depth overall experience. A task is just a task but knowing why you are doing the task makes all the difference.



Written by:  
*Hazel Pasua*  
*UH Manoa, HISNA Secretary*

# HISNA SCHOLARSHIP OPPORTUNITY!

HAWAII STUDENT NURSES' ASSOCIATION  
PRESENTS:

## HISNA 2020-2021 EDUCATIONAL SCHOLARSHIP

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**DEADLINE: MARCH 30, 2020**  
**PLEASE VISIT HISNA.ORG TO APPLY!**

For any questions, please email [hisna.mediadirector01@gmail.com](mailto:hisna.mediadirector01@gmail.com)

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