Meet the new MANS Board of Directors!

Meet the 2017-2018 MANS Board of Directors! Learn more about who will be representing Maryland this upcoming year on p. 2-9.

Are you interested in joining MANS? The position of Treasurer is available! Visit our website to view vacant positions. If you are interested in applying, contact Mikaila Orellana at mansmembership@gmail.com.

The next MANS Convention is coming Spring 2018!

Stay tuned for more details as they develop by checking our website! Save the Date information located on page 9.

In This Issue:
Meet your MANS Board of Directors .......................................................... p.2
Presidential Minute .............................................................................. p.10
MANS Membership .............................................................................. p.11
MANS Student of the Month Bulletin .................................................. p.12
September Student of the Month Profile .............................................. p.13
Camp Cardiac ......................................................................................... p.14
NSNA Summer Leadership Conference ............................................... p.15
Who Represents You? ............................................................................ p.17
Loah Ieremia
President

Loah Ieremia is enrolled in the nursing education program at Howard Community College. She will be attending her last semester this Fall and is expected to graduate December, 2017. Upon graduation, she will then attend Frostburg State University to pursue a Bachelor’s of Science in Nursing. Last year she represented Howard Community College as president of her school’s NSA chapter. Loah aspires to specialize in emergency medicine and someday work in Shock Trauma. During her term, Loah hopes to increase school chapter involvement with MANS and NSNA.

Amanda Mullins
Vice President

Amanda Mullins is a third semester nursing student at Harford Community College and she is also enrolled in the Associates-to-Bachelors program through Towson University. She is expected to graduate May, 2018, after which she will pursue a career in the Johns Hopkins Burn Center. She also currently serves as the Vice President for Harford’s SNA chapter. During Amanda’s term as the MANS Vice President she hopes to increase local membership and participation and host a successful convention.
Erin Rodriguez
Secretary

Erin Rodriguez is currently a nursing student in the ADN program at Harford Community College and the Bachelors program at Towson University. She works at University of Maryland Upper Chesapeake Medical Center in the Kaufman Cancer Center. She is pursuing her EMT certification and volunteers with the Abingdon Fire Company in Harford County. She aspires to join the Maryland State Police after graduation and become part of the aviation division to be employed as a Flight Nurse/Paramedic.

Tony Li
Treasurer

Tony Li is a BSN student at University of Maryland, Baltimore (Shady Grove Campus), with an expected graduation date of December, 2017. He serves as Co-Treasurer on his school board, University of Maryland Association of Nursing Students (UMANS). Tony is currently working as a Medical Technologist in the Core Lab at Washington Hospital Center and hopes to increase quality improvement processes between the lab and nursing units to better serve patients. Tony’s goal while serving as Treasurer is to raise awareness for current and future nurses about the importance of advocating for our profession.
Meet your 2017-2018 MANS Board of Directors

Jennifer White
Newsletter Chair

Jenn White is a third semester nursing student at The Community College of Baltimore County with an expected graduation date of May, 2018. She earned a Bachelor of Science in Psychology from Towson University. Jenn is currently employed as an ER Tech at MedStar Franklin Square Medical Center where she was able to earn her Lean Six Sigma Green Belt Certification. In addition, she works as a psychiatric discharge planner at the University of Maryland St. Joseph Medical Center. As the Newsletter Chair, she hopes to bring a greater awareness to the issues facing nursing students today.

Hellen Lougon
Public Relations Chair

Hellen Lougon is currently enrolled in her second semester of the nursing program at Howard CC, with an expected graduation date of December, 2018. She is interested in becoming a nurse in the intensive care or emergency care unit. She aspires to one day be able to work in Shock Trauma. Hellen’s mission as the Public Relations Chair is to help guide other fellow nursing students find resourceful information through the MANS website and our social media.
Kelly Alford is a graduate of Harford CC. She is currently an RN to BSN student at Towson University. Kelly works for the Department of Veterans Affairs. She loves working with the veteran population because she feels like it’s her chance to serve the men and women that served our country. Kelly looks forward to attending community health events across Maryland this year. If you would like her to attend an event please email her at manscommunity@gmail.com.

Rieanna McClelland is an ADN student at the Community College of Baltimore County, Essex with an expected graduation date of May, 2018. She has served as the Curriculum Committee Representative to her local NSA chapter. Rieanna is interested in pursuing a career as a critical care nurse. As Breakthrough to Nursing Chair, she looks forward to educating students of all ages about the nursing profession while encouraging diversity throughout the field.
Mikiaila Orellana  
Membership and Nominations Chair

Mikki Orellana is a dually enrolled nursing student, who will graduate from the Community College of Baltimore County in May, 2018 with her Associates Degree in Nursing. She will then continue attending Frostburg State University’s ATB program and graduate with her Bachelors of Science in Nursing in May, 2019. She completed her prerequisites during her time at University of Maryland, College Park where she earned her Bachelors of Science in Community Health. She is currently a full-time staff member at Johns Hopkins doing breast and ovarian cancer research. After graduation, she hopes to work in pediatrics and pursue her Doctorate of Nursing Practice to become a nurse practitioner. As the Membership and Nominations Chair of MANS, her goal is to spread awareness of the benefits of joining professional association and increase membership of NSNA among the nursing students in Maryland.

Tania Roque  
Legislative Chair

Tania Roque is currently a nursing student at Howard Community College and will graduate in December, 2018. Tania is currently a Peer Leader for Anatomy & Physiology and is also involved with her school’s Student Nurse Association. She has a very strong interest in intensive care, most specifically neonatal intensive care. Tania’s goals for her term as Legislative Chair include spreading awareness and knowledge of the legislative aspect of nursing to her peers while encouraging active involvement.
Meet your 2017-2018 MANS Board of Directors

**Joon Kim**  
*Resolutions Chair*

Joon Kim is an ATB nursing student at Howard Community College (HCC). Joon is aiming for his Associate’s Degree at HCC and then his Bachelor’s Degree at Stevenson University. He is expected to graduate from HCC in December, 2017 and from Stevenson in December, 2018. Joon is an aspiring nurse anesthetist who is currently working in the Cardiovascular Unit at St. Agnes Hospital and is passionate about serving his community to enhance a better health care system.

**Ariel Anderson**  
*Image of Nursing Chair*

Ari Anderson is a second semester nursing student at Howard Community College in Columbia, MD with an expected graduation date of December, 2018. She earned a B.S. in Health and Wellness and minored in Spanish at Canisius College, where she played Division I women’s lacrosse. In addition to serving on the MANS Board of Directors, Ari is Vice President of Howard CC’s Honor Society, Phi Theta Kappa. Ari is currently working as a student nurse on the Heart and Vascular Unit at Anne Arundel Medical Center. After graduation, Ari hopes to join the U.S. Air Force as a nurse specializing in trauma/emergency medicine. During her term for MANS, she would like to portray the positive aspects of nursing to the public and to highlight how diverse and important nurses are in the medical field.
Meet your 2017-2018 MANS Board of Directors

Sheila Pierre-Louis, BSN, RN
State RN Consultant

Ms. Sheila Pierre-Louis received her ADN from Montgomery College in May 2015 and continued to receive her BSN from University of Maryland, Baltimore, the following year. At Montgomery College Sheila reintroduced a nursing club, held position as president, and initiated a NSNA chapter at her school. She currently works on a Neuro/Surgical Intensive Care Unit at a local hospital where she commits her time to her patients and is actively involved in improving patient health outcomes through patient satisfaction and advocacy. Sheila is serving her 4th term with MANS as the State RN Consultant. In previous terms, Sheila has held the position of MNA Liaison, State Secretary, and Public Relations Chair.

Dr. Marianne Eichenberger
Faculty Advisor

Dr. Marianne Eichenberger is a Professor of Nursing at the Community College of Baltimore County. Her area of specialization is psychiatric mental health nursing. She began her journey in nursing as an inpatient nurse on a unit working with adults struggling with all types of mental illness and she has had the opportunity to care for psychiatric patients in acute and community settings. She began teaching at the Community College of Baltimore County in 2001 and continues to enjoy teaching the Mental Health Nursing Concepts course and working with students as a faculty advisor to the Nursing Student Association. She is looking forward to working with the Maryland Association of Nursing Students as their faculty advisor.
Shajuana Taylor, RN
*MNA Student Liaison*

Shajuana (Shae) Taylor is an ATB student at Towson University Northeast. She received her Associates Degree in Nursing from Harford Community College in May, 2017. Shae represented Harford as the President of her school chapter, the Harford Community College Student Nurse Association, and was awarded the District 7 Student Leadership Award. Shae is currently working as a new graduate nurse at R. Adams Cowley Shock Trauma Center University of Maryland on their Neurotrauma IMC Unit. During her time as MANS-MNA student liaison, Shae hopes to bridge the gap between nurses and nursing students, in hopes that students and nurses build a closer relationship.
Talofa Nursing Students of Maryland,

My name is Loah Ieremia and I am your 2017-2018 Maryland Association of Nursing Students (MANS) President. I am overjoyed to represent the students of Maryland in the National Student Nurses’ Association (NSNA)! Over the course of the next year I will be interacting with you and your schools, so I would like to take this opportunity to introduce myself.

I was born and raised in El Paso, Texas. I am the second oldest of six girls, and my family is originally from the beautiful island of Samoa. I will be completing my last semester of the nurse education program at Howard Community College and will then go on to attend Frostburg State University’s RN to BSN online program. I aspire to specialize in emergency medicine and hope to work in Shock Trauma.

Your MANS board has worked diligently over the summer to build a solid foundation for the year ahead. We have lots of great things planned for you and hope that you will participate. In order for us to better serve you please contact us through social media or our website to share your ideas, things you are doing at your school, or simply to tell us how much you enjoy being a nursing student.

Over the summer the board attended NSNA’s summer leadership conference. There we learned about NSNA opportunities, and multiple tools that will help us better serve you. We also have begun planning the 38th Annual convention. Next year it will be held on March 17, 2018 at Howard Community College.

I am ecstatic to embark on this journey with you. As we continue to contact your schools please do not hesitate to reach out to us or to join us at one of our monthly meetings. Remember we are here to serve you! I look forward to meeting you all and wish you the best of luck in your Fall semester.
As a nursing student, we all have those moments where we feel as though we are under insurmountable stress between school, clinical, studying, and trying to maintain somewhat of a social life as a way to decompress from it all. You yourself may have had the thought of “how am I going to make it through this?” or “I cannot add anything else to my plate right now.”, but somehow we all make it through and push forward to the next semester. And that is because we are training to be nurses, one of the toughest jobs there is. A job where you can be on your feet for 12+ hours, with hardly any time to eat or use the bathroom because you are too busy taking care of your patients and because you prioritize them over yourself. During this time of learning how to take care of patients, we also need to take time to learn a different task, a task that is extremely beneficial to our careers, which is how to be a professional.

Over your career, you will continuously learn different ways of how to be a professional in your work environment. One of the easiest ways to learn is by joining a professional association. There are several reasons why joining a pre-professional or a professional association is helpful to you and your career path. Some people join so that they can continue to learn professionalism from the pros in the field. Others join so that they can attend conferences and stay up to date on new things in their profession. And some join to help network and have the opportunity to meet new people in their profession. Every person has their own reasons behind taking the time to join associations and all of those reasons are helpful to that person’s career in some fashion.

If you cannot think of any reasons just yet as to why you may want to join the pre-professional association, MANS, let’s go over some of the benefits of joining. Each year, MANS hosts an annual convention for members. During this convention, there are many different break-out sessions that are available to the nursing students who attend. These break-out sessions are educational, fun, and give students a chance to hear about different topics that interest them. For example, during the 2017 convention, one of the breakout sessions was on Narcan training. During the session, the presenters who were RNs went over the current opioid epidemic in Maryland, information about the drug Narcan, how to administer it, and how to get it from a pharmacy without visiting a doctor’s office. Everyone who attended the session was given two doses of Narcan to keep.

Other benefits in becoming a member of MANS include: access to professional role models, leadership opportunities, insight to volunteer opportunities, scholarship opportunity, building connections with nursing students and faculty from around the state, and the list goes on. MANS is here to serve the nursing students in our great state. Our priority is to ensure that we help Maryland nursing students achieve greatness and to help them by providing an environment that fosters learning and growth.

At this point you may be asking yourself, “Wow MANS seems so cool and beneficial. How can I join?” if so, then you are correct in the fact that MANS is cool and beneficial. If you would like to join, it is extremely easy. All National Student Nurses’ Association (NSNA) members are also provided membership to MANS. Membership to NSNA is $35/year and you can become a member by going to nsnamembership.org and filling out the signup form and that’s it. Also, not to mention that being a member of NSNA comes with even more benefits such as discounted merchandise, 2 national conferences, and access to community outreach projects. If you have any questions about MANS or becoming a member, please email Mikki Orellana at mansmembership@gmail.com.
CALLING ALL NURSING STUDENTS!

Nurses are an efficacious and cohesive group that thrives off working together within their specific field and at the multi-disciplinary level. Although they are connected through the profession, there are many aspects of their individual being that make each of them unique in some way. All of these diverse characteristics they possess bring something explicitly valuable. The face of nursing is ever-changing, and is represented by a myriad of individuals. As fellow nursing students, we are cohesive, successful, and strong as well. We are the future faces of nursing! What makes you the individualistic and stellar nursing student that you are? How do you stand out from the rest of us in a positive way that reflects the “image of nursing” that you project to the world? Let us know!

Be featured on our Social Media pages and Website at www.mdnursingstudents.org!

Submit: Name, School, Anticipated graduation year, degree that will be awarded (RN, BSN, MSN, DNP, CRNA, etc.), hobbies, your planned nursing specialty (med. surg., peds., Emergency Dept., Heart and Vascular, etc.), a short-term and a long-term goal you have, what makes you the unique nursing student that you are?

All submissions sent to: mansimageofnursing.com

MARYLAND ASSOCIATION OF NURSING STUDENTS (MANS)

6 Park Center Court Suite 212
Owings Mills, MD 21117
September Student of the Month:
Tania Roque

Tania Roque is currently a nursing student at Howard Community College and will graduate in December 2018. She is currently a Peer Leader for Anatomy & Physiology at school, is involved with the Student Nurse Association, and currently serves as the Legislative Chair on the Board of Directors for the Maryland Association of Nursing Students. She is also a member of Phi Theta Kappa honors society, as well as the Hispanic Student Union. Tania has a very strong interest in intensive care, most especially neonatal intensive care; which makes complete sense, as she has always had a passion for working with kids. She has tutored children, as well as volunteered with special needs children. Tania's short-term goals include successfully completing the Nursing Program at Howard Community College and then continuing on to attend the University of Maryland School of Nursing to complete her bachelor's degree. Her long-term goals include completing a DNP program, travel nursing, and participating in medical mission trips. Congratulations Tania!
Camp Cardiac is a week-long summer day camp for high school students ages 15-18, put on by medical students in cities around the nation. During the course of the week, students receive their CPR certification through the American Heart Association, attend basic lectures about the anatomy and physiology of the heart, engage in hands-on workshops, and learn about eating habits and exercises geared towards a heart healthy lifestyle.

Members of the MANS Board of Directors attended the camp on August 8, 2017. It was held at the University of Maryland School of Medicine in Baltimore which is under the direction of Mr. Kevin Fan. While most of the high school students attending the camp are interested in pursuing a career in medicine there is a time slot carved out for other healthcare professionals to introduce and present their roles as part of the healthcare team. Kelly Alford (Community Health Chair) and I presented to a group of high school and medical students regarding the role of the nurse and the opportunities available in nursing. When asked what words they associate with nurses, most of the students replied with familiar terms such as: “caring”, “kind”, and “compassionate”. We were able to explain that while nurses do exemplify those characteristics, they are also so much more. We emphasized that nursing is a field growing in autonomy and variety. Nursing goes far beyond the hospital in fields such as research, home health, informatics, education, schools, travel, anesthetist, legal consultation, forensics, mental health, oncology, and countless other. We were very impressed with the students’ initiative to be spending their summer vacation educating themselves about the medical field, so we wanted to be sure they left the presentation understanding the many options nursing offers.

Altogether, it was a wonderful experience to share our passion for nursing with these students. We hope that the Maryland Association of Nursing Students will continue its work with this camp in the years to come.
Friday, July 28, 2017 several members of the MANS Board of Directors traveled to Mt. Sinai Hospital in New York City to attend the NSNA’s 2017 Summer Leadership Conference that was held in the Icahn School of Medicine auditorium. The conference was a wonderful experience. The topics presented ranged from general leadership tools to help one become even more of an asset to their state or school Student Nurse Association, to specific advice about various career paths that came directly from different nurses in prestigious leadership positions at Mt. Sinai Hospital.

When the conference began, the nursing students were welcomed by Dr. Mancino, who created a comfortable and familiar environment by introducing the crowd to each other and highlighting the different places everyone had traveled from. Her opening introduction was followed by Ms. Kenya Haney who presented the official handbook for state, school, and national NSNA leaders titled *Getting the Pieces to Fit.* During this presentation, the bylaws were briefly referenced and discussed, management tools for school and state chapters were presented, and she also touched on guidelines for starting a NSNA chapter as well as applying for NSNA constituency status. Next, Mr. Dev Persaud discussed the fiduciary duty of NSNA treasurers and explained how the treasurer’s job shouldn’t be an individual feat. Mr. Persaud stressed that each member has a responsibility to monitor their state or school’s chapter and make sure they are abiding by the overall bylaws and individual rules or understandings that each chapter has. After a short break, Ms. Sarah Zhou, NSNA’s Communications director and member of Image of Nursing Committee, discussed what her committee does, the NSNA’s social media venues, and Imprint (the NSNA’s magazine). She even discussed how individuals could submit a proposal to write an article or enter a submission for NSNA’s social media or magazine (such as a photo or advertisement). The morning presentations were ended by a panel of nursing leaders from Mt. Sinai Hospital introducing themselves and answering questions about various strides the hospital has made in improving patient care, patient satisfaction, and improvement in the technology within the hospital that contributes to efficiently identifying the patient’s principal hospital problem and prompt treatment.

The final morning presentation was concluded with a very interesting live demonstration of what Mt. Sinai calls *Purposeful Patient Rounding.* This method of nurse rounding is said to be the most efficient and patient-friendly way to round. It gives the patient reassurance and undivided attention right away. Performing purposeful patient rounding allows the nurse to get everything necessary in order to complete all tasks that need to be done at that time. This demonstration compared the two methods of rounding (Purposeful v. Traditional) and showed how traditional rounding leaves things unaddressed, questions unanswered, and causes the patient to call more because the nurse isn’t getting everything taken care of at that time. This was an extremely useful presentation. This demonstration highlighted flaws in traditional rounding that one does and see how to correct them in order to make the patient more comfortable and take less time away from the nurse so he/she can get more things done in a shorter time. Many students will be able to take this knowledge with them and pass it on to their coworkers and nursing supervisors to improve the hospital where they work as well.

During the lunch hour, the MANS Board of Directors decided to enjoy lunch at Joy Burger Bar, which was near the Icahn School of Medicine auditorium. The group took a short stroll through the busy city of Harlem and took in the picturesque buildings of the city as they made their way to Joy Burger Bar. The beautiful, sunny weather was perfect for the short outdoor walk. After enjoying a quick but delicious lunch, the students made it back to the auditorium just in time for the next few presentations.
The afternoon portion of the conference focused on the different leadership opportunities for nursing students and how to use available resources to pursue continuing education. Different speakers addressed issues such as: diversity in the workplace, empowerment of nursing students, financing one’s education (scholarships available), and why knowledge is so important to becoming a better nurse. Towards the end of the conference, Dr. Mancino presented about running a formal meeting and why planning agendas and recording minutes is not only important, but required by NSNA bylaws. Dr. Mancino listed criteria for what makes a meeting a “formal meeting” versus an informal gathering of board members. She discussed the meaning of having a quorum, taking attendance, and holding board members to set rules in order to conduct business in a fair and organized manner. She touched on different ways to ensure the meetings are efficient and why it is so important that the members present are both respectful to each other and work cohesively toward a common goal. Finally, Dr. Mancino closed the afternoon presentations by speaking about the NSNA mid-year career planning and the upcoming conference in November that will be held in San Diego, CA and touched on the Annual Convention coming up in April, 2018. She discussed why it is so important to at least attend one of these and how much you will get out of attending it.

The conference ended with an intense raffle of highly sought-after prizes including items such as NSNA memorabilia, Johnson and Johnson back-sacks filled with useful nursing tools and t-shirts, supplemental study card packs, different textbooks, and the grand prize: the NCLEX-RN study book. Many student’s days were made as they were lucky enough to have the matching raffle ticket in order to claim the prize. At the close of the conference, everyone filed out of the auditorium to take a group picture and say their goodbyes. This was an extremely beneficial experience. Attendees had the privilege of acquiring a great deal of information and knowledge that they will be able to utilize in their future endeavors. The next leadership conference date has already been set for Friday, July 27, 2018 with the location to be announced, so block this day off in your schedule now!
Do you know who your Senators are? Your representatives? How about which district you live in? Do you know how to find out?

As the American Nurses Association states, “Nurses have a unique opportunity to lend their expertise in influencing policy at all levels of government...Being the #1 most trusted profession in the country allows nurses to truly take charge and make a difference in the policy arena.”

As Nursing students, it is of extreme importance that we inform ourselves and our peers. Moreover, it is very important that we become involved, as we are the future of nursing! Our future profession demands that we advocate for our patients & that goes beyond the bedside, it goes directly to influencing policy!

A great place to start is the ANA advocacy & policy page: [http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy](http://www.nursingworld.org/MainMenuCategories/Policy-Advocacy)

To find out who your elected officials are, visit the Maryland Nurses Association “Who Are Your Elected Officials” page: [http://mdelect.net/](http://mdelect.net/)

Reference List


