Welcome to the 38th Annual MANS State Convention! The Maryland Association of Nursing Students is honored to have Rear Admiral (RADM) Sylvia Trent-Adams, Ph.D., R.N., F.A.A.N. and Nurse Mendoza R.N. as our keynote and endnote speakers. Their knowledge and experience embody this year’s theme-Shaping the Next Generation of Nursing Leaders. Please take a minute and check out their biographies on page 7 and 8.

The MANS Board of Directors is extremely grateful to all of the breakout session speakers for coming today to share their knowledge and experience. Thank you to the exhibitors, sponsors, and Howard Community College for their support to help make the 2018 MANS State Convention a memorable and rewarding experience.
Talofa Nursing Students of Maryland!

Welcome to the 38th Annual MANS State Convention! I am excited to meet you all! We are so grateful to Howard Community College for hosting us for the second year in a row. Howard Community College’s Nurse Education Program is known for offering various pathways such as an accelerated RN, Traditional Evening RN, Paramedic to RN, and Military to RN to name a few. Howard CC’s NCLEX-RN board score for FY2017 has increased to 89.92 percent from FY2016 89.47. Howard CC remains higher than both the state and national averages and has scored fourth place of 16 community colleges and has tied with Harford Community College for third place in the number of RN graduates in the state.

We are so ecstatic you could join us today. The board has worked diligently to secure job and educational opportunities for you all to explore. Our breakout sessions have a variety of topics that will explore this year’s theme, “Shaping the Next Generation of Nurse Leaders.” You too can be a leader in your local community by running for a position on the board.

Last year I made the greatest decision of running for president during the House of Delegates meeting. Why did I run for office? I wanted to make a difference and be an example to the next nursing student who may think that they are not qualified to run. Being a part of this board has helped me to explore different communities across the state. It has also helped me grow in ways I didn’t expect.

Serving as president has also allowed me to meet students from across the state and share the similar but different experiences in our nursing programs. Serving on the board and attending nursing school is not an impossible challenge. This year’s board was successful because of the support we give each other. Often in our monthly meetings I would emphasize the importance of putting academics first. Each board member has done a tremendous job in their position and they all continue to work hard for the students of Maryland.

As the day progresses I hope that you stop by the various vendors, purchase a cord and pin for graduation from the MANS store, and fill out an application to run from the floor. This is also a great time for you to network with different schools and hospitals because the connections that you make today could shape your future nursing career.

We the board are here to serve you, so if you have some questions throughout the day please do not hesitate to stop us. I hope you all have a wonderful day and don’t forget to stay till the end as we have lots of great raffle prizes and Nurse Mendoza’s end note address! And as you leave here today best wishes as you continue your journey of becoming a nurse!

Kind regards,

Loah Folole Ieremia

Loah Folole Ieremia
President, Maryland Association of Nursing Students
EARNING YOUR RN: ONE STUDENT’S PATH

Written by: Nina Rodriguez, CCBC-Essex

Not every student chooses the same path to obtain their RN degree. I have been in and out of college working on my nursing degree for about 10 years now. I tried going right after high school but at that point I wasn’t quite sure what I really wanted to do. The freedom of being out of school was just so tempting, it was hard to stay motivated. Being out of the parent’s house and being on my own meant bills adding up that I was responsible for. I became interested in nursing when a friend told me about a nursing assistant program (CNA) where I could get hired right away, paid by the hiring nursing home, and I could get out of Taco Bell and make some decent money. I enjoyed the CNA program so much and enjoyed my job at the nursing home. I felt like it was my calling; something I was meant to do, to care for and be there for others. At that point, I knew I wanted to take it further and become a nurse but at 20 years old, living on my own, it was hard to get through school and make ends meet.

Throughout the years I have gained so much experience working as a nursing assistant in many different health care settings. I have worked at nursing homes, home health care, a medical surgical unit, and my current position at Medstar Franklin Square in the Emergency Department. Out of all the places I have worked, the Emergency Department is my favorite. I have been a multifunction technician there for almost three years and have learned and seen so much. I enjoy the rush of critical care. I appreciate being at the forefront of healthcare and being there for patients and comforting them when they are their most vulnerable. Being a CNA has taught me a lot about patients, healthcare, and nursing; it has further grown my desire to become a nurse. I have met some of the best nurses who have shown me that nurses are a special kind of person and I aspire to be a part of that.

After several years of getting through prerequisites, in and out of the community college; at age 29, I completed all requirements to apply for The Community College of Baltimore County (CCBC) Associates Degree Nursing Program. I was so excited, but anxious because I was a C student. I put so much more time into work than my prerequisite school work, my science grades were not straight A’s. I knew, in such a competitive program, I would need my grades to be better but I just did not have the time or the money to retake classes over again. I just went ahead and applied. Sure enough, I got the email that I was wait listed for the associate degree nursing program (ADN). I was upset because that meant I would have to wait a whole semester to apply and hopefully not be wait listed again.

I received another email from CCBC offering me a seat in the Practical Nursing (PN) program. I had no idea CCBC even offered a PN program. I never really considered it because my heart was so set in being a registered nurse (RN). All I could think about was if I choose to do the PN seat I would be waiting even longer to become a nurse. I took the chance and accepted the seat. From the first day of lecture I was so ecstatic that I accepted this offer. I was officially in a nursing program! No more boring biology, math, and English classes. I was finally in a program I can relate my passion into my education and to pursue my nursing career. The more I went through the program the more I learned that a Licensed Practical Nurse (LPN) is just as much a “nurse” than a RN or BSN. Sure, there is more education involved in the degree programs, the delegation and job descriptions are different, but we all practice the core foundation of nursing; caring.

The PN program is a great opportunity to becoming a nurse. We are being drilled with the thought that we must become a nurse through a bachelor degree or through an ADN program. But, LPNs are needed and have opportunities to practice nursing as well. I have seen many different career opportunities for LPNs in many different settings including pediatrics, mental health, clinics, long term care, assisted living, physician offices, transitional care units, and I even spotted some positions in hospital’s acute settings in Maryland. The idea that LPNs are no longer involved in healthcare or that there are few opportunities, is a huge misconception. The CCBC PN program did an amazing job at shining the light that this is a fallacy. The PN program is an excellent way to have a nursing career, whether you want to enjoy the career of a Licensed Practical Nurse or gain the experience as a LPN then continue your education as a Registered Nurse through a transition program.
Earning Your RN (cont.)

The PN program is a rigorous program and prepares you in becoming a safe, efficient nurse. The year of the practical nursing program was broken down into four semesters; fall, winter, spring and summer. I started 08/2016 and graduated in 08/2017. We had foundations of nursing course, pharmacology, concepts 1 and 2, mental health, maternal-newborn, pediatrics, and nursing trends. Many clinical hours were spent at mental health facilities, labor and delivery units, pediatric facilities, daycare centers, medical/surgical units of hospitals, long term care, and transitional care units. I was able to perform every skill I learned in lab, watch a C-section and vaginal birth, assess a pediatric patient, teach daycare children about benefits of sun screen, assist a mom with positioning her newborn to breastfeed for the first time, and visit a beautiful hospice center. In the PN program, we were able to do projects and attended events that allowed us to take what we were learning as future nurses and teach the public, which was an exciting opportunity. In our labs, we learned about proper bathing, bed making, transferring patients, giving medications, enteral tube feedings and medication administration, injections, physical assessments, dressing changes, inserting Foley catheters, and so many more skills. The program required us to do simulations in which we were able to practice scenarios we learned in theory with live or mannequin “patients”, with students from other CCBC healthcare disciplines. That was an enjoyable learning experience. The nursing trends course was also helpful in that it prepares you for the day you complete the program. In that course, we learned how to properly complete resumes, execute nursing interviews, finding jobs, and how to prepare for applying to take the NCLEX-PN. The program even had representatives from healthcare facilities come to the classroom to talk to us about job opportunities available to us with their facilities. This program was not easy. It required you to be diligent with your time studying, completing course work, and making the effort to get help in areas you may need assistance with. The instructors of the program could not have been better and the amount of resources the program had available were amazing. When I talk to students from ADN or BSN programs, I feel they have a hard time understanding the roles of LPNs and what we learn in the program. When I tell them that I am in my second semester learning about subjects they will not learn about until their 3rd semester, they seem surprised. But, if you would have asked me before I started, I would have felt the same way.

I am proud to say that I finished the LPN program going from a C student, to one who earned all A’s with the exception of two B’s. Studying the material was exciting to me because I was a CNA in an Emergency Room during school. It was so interesting to relate what I was learning in school to what I was seeing at work. I even received the “Outstanding Student Award” during our pinning ceremony. The instructors were amazing, guiding you every step of the way through lecture and clinical. I do not feel shorted at all for going through the LPN program.

Currently I am enrolled in the CCBC LPN-RN transition program because my goals are to eventually earn a master’s degree in nursing and maybe even a doctorate. I feel the PN program benefited me to have knowledge about the new material I am learning in this transition to the ADN program. CCBC offers a LPN-RN transition program after completing the NCLEX-PN and working six months as an LPN. The transition program is allowing me to gain my ADN in three semesters. The knowledge and skills I learned in the PN program is aiding me tremendously in this part of my education. The first semester of the transition program consists of everything learned by the ADN student’s first year. It is a very fast paced first semester as we are required to learn a whole year of material in one semester, but it is most certainly doable. The next two semesters we integrate with the ADN students. The next two semesters we will be taking: concepts 2, concepts 3, maternal-newborn, professional practice, and pediatrics. Being that CCBC has the PN program and ADN program, in my opinion, acceptance into the ADN program is much smoother and less competitive if you graduated from their PN program.

I would recommend the PN program to anyone who has not worked in healthcare, who wants to become a nurse but not sure how they feel about the field. I also recommend the PN program to anyone who wants to start working as a nurse in a year. The best part about nursing is the fact there are many different paths that you can take to achieve your goals and aspirations. I have no regrets with the path I took with my nursing education and wish I would have learned about it sooner.
Dear Convention Attendees:

On behalf of the 2017-2018 MANS Board of Directors, I’d like to welcome you to the MANS 38th Annual Convention. The theme is “Shaping the Next Generation of Nursing Leaders” and we hope by the end of this exciting day, you will be inspired to become a nursing leader yourself!

There are over 15 breakout sessions planned, which will cover an expansive range of topics. You can expect to gain insight about several interesting types of nursing careers, collaborate with peers in the CODE simulation, get answers to your burning questions at the new nurse grad panel, prepare for the NCLEX and fine tune your interview skills. There are also many hospital representatives and nurse recruiters spread throughout the convention, both as exhibitors and breakout session speakers.

During our opening and closing ceremonies, you will hear from very accomplished keynote and endnote speakers. The day’s events will begin with Rear Admiral (RADM) Sylvia Trent-Adams, Ph.D., R.N., F.A.A.N, who is serving as the current Deputy Surgeon General. The convention will conclude with endnote speaker, Nurse Mendoza, who will speak with a rich background of ICU experience and an impressive social media following.

I would like to sincerely thank Howard Community College for hosting our 38th Annual State Convention. I would also like to thank all of our sponsors and exhibitors which include, but are not limited to, American Public University, Frostburg State University, MedStar Health, Notre Dame of Maryland University, Hurst Review Services, and many more! Lastly, I would like to thank our State Faculty Advisor Dr. Marianne Eichenberger and RN Consultant Ms. Sheila Pierre-Louis whose counsel and encouragement made today possible.

Again, on behalf of myself and the MANS Board of Directors, thank you to each and every one of you who helped to make today a success!

Amanda Mullins

Amanda Mullins

MANS Vice President and Convention Chair
Rear Admiral (RADM) Sylvia Trent-Adams, Ph.D., R.N., F.A.A.N.

As Deputy Surgeon General, Rear Admiral (RADM) Sylvia Trent-Adams advises and supports the Surgeon General regarding operations of the U.S. Public Health Service (USPHS) Commissioned Corps and in communicating the best available scientific information to advance the health of the nation. She served as the Acting Surgeon General from April 2017 through September 2017 and as Chief Nurse Officer of the USPHS from November 2013 through May 2016.

RADM Trent-Adams has held various positions in HHS, working to improve access to care for poor and underserved communities. As a clinician and administrator, she has had a direct impact on building systems of care to improve public health for marginalized populations domestically and internationally.

Prior to joining the USPHS, RADM Trent-Adams was a nurse officer in the U.S. Army.

RADM Trent-Adams received her Bachelor of Science in Nursing from Hampton University, a Master of Science in Nursing and Health Policy from the University of Maryland, Baltimore, and a Doctor of Philosophy from the University of Maryland, Baltimore County. She became a Fellow in the American Academy of Nursing in 2014.
Nurse Mendoza, ICU R.N.

Nurse Mendoza is a Critical Care Registered Nurse for UCSD Medical Center & a Scrubs Magazine Representative. He puts his seven years of healthcare experience to work in the ICU, caring for acutely ill patients, stroke victims, patients with neurological disorders, burn victims & now Cardiovascular ICU. He started his own video educational blog detailing his experiences, providing tips for his fellow nurses, and sharing his passion with the world.

His digital Nursing presence catapulted him into the national spotlight, with appearances on the television show, “The Doctors” and features in several national publications with Scrubs magazine, & All hearts digital magazine. He has had the opportunity to present & speak at Chico State University, Samuel Merritt University, Florida International University & Arizona State University.

Nurse Mendoza is fluent in both English and Spanish and won't quit until he's completely satisfied with changing the nursing world by educating & sharing his nursing experiences by inspiring & motivating, by being a voice for all nurses, aspiring nurses, student nurses & especially the MEN & minorities entering this nursing profession. He firmly believes not only in being proactive for his patients, but most importantly for himself by being physically healthy and incorporating cardio 2-3 times a week staying @cardiacstrong.

"To be a great professional role model for our patients, we must learn to practice what we preach by delivering great care & incorporating a small dose of daily fitness & a large dose of education by being CardiacStrong,” -Nurse Mendoza

CardiacStrong - Registered Nurses or athletes following their Heart, Staying Strong, spreading Cardiac Awareness by Inspiring & motivating others through their execution.
A brand inspiring, educating and empowering CardiacStrong nurses and all other health care professionals
8:00 am - 9:00 am  Registration_________________________Health Science Lobby
Delegate Credentialing
Continental Breakfast

9:00 am – 10:30 am  Opening Ceremony and Keynote Address_____Smith Theatre

Welcome Message
Amanda Mullins– MANS Vice President

President’s Welcome
Loah Ieremia– MANS President

Roll Call
Erin Rodriguez– MANS Secretary

Welcome from Howard CC
Archiena Beaver, RN, MSN, BA-Chair, Director of Nursing
Dr. Georgene Butler- Dean, Health Sciences
Dr. Kate Hetherington– President, HCC

Greetings from Maryland Nurses Association (MNA)
Dr. Mary Kay DeMarco, PhD, RN, CNE President – MNA President
(Will introduce keynote speaker)

Keynote Address
Rear Admiral (RADM) Sylvia Trent-Adams, PhD., R.N., F.A.A.N.

8:00 am - 4:00 pm  Exhibition Hall/Vendors______________Exhibit Area

10:30 am - 10:40 am  Transition to Session #1

10:40 am - 11:25 am  Breakout Session #1

1. NP’s Role in Primary Care Shortage______________________ HS 110
2. Where are the Men in Nursing?_________________________ HS 111
3. Compassion Fatigue in Today’s Changing World____________ HS 112
4. Shock Management with Hurst_________________________ HS 113
5. Hearing Voices that are Distressing______________________ HS 150
6. Preparing for the Job Search - Advice from the Professionals HS 162
7. Our Role In The Criminal Justice System________________ HS 163

11:25 am - 11:30 am  Transition to Session #2
11:30 am - 12:15 pm  **Breakout Session #2**

1. You May Be the Best, but Do You Outshine the Rest?  
   **HS 110**
2. Applying Nursing Judgement and Critical Thinking to Lab Analysis  
   **HS 111**
3. New Graduate Panel  
   **HS 150**
4. Graduate Nurse to Critical Care Nurse  
   **HS 162**
5. Kaplan  
   **HS 163**
6. Cardiac Arrest Simulation  
   **HS 370**

*Limit to 12 students each session*

12:20 pm - 1:20 pm  **Explore Vendor Exhibits and General Student Lunch**  
   **DH 100/HS Lobby**

12:30 pm - 1:20 pm  **Kaplan-sponsored Faculty Lunch & Learn (Invite only)**  
   **HS 112**
Condensed Item Writing –Maria Flores-Harris DNP, RN, CNE (Kaplan)

12:20 pm - 12:50 pm  **Council of School Presidents Lunch (Invite only)**  
   **HS 163**

1:00 pm – 2:30 pm  **HOD Meeting**  
   **HS 150**

Delegate Roll Call –*Delegates must attend this session*
MANS Executive Report
Bylaws Resolutions
Elections for MANS Board of Directors 2018-2019

1:30 pm - 2:15 pm  **Breakout Session #3**

1. Overdose Response Training Program  
   **RCF 401**
   *Limit to the first 50 students*
2. Resilience in Nursing: The Why and How  
   **HS 110**
3. Travel Nursing  
   **HS 111**
4. House of Delegates Meeting  
   **HS 150**
5. ABC’s of Trauma Nursing  
   **HS 162**
6. Cardiac Arrest Simulation  
   **HS 370**

*Limit to 12 students each session (repeat)*

2:15 pm – 2:30 pm  **Transition to Smith Theatre**

2:40 pm - 4:00 pm  **Closing Ceremonies**  
   **Smith Theatre**

*Endnote Speaker*
Edgar Mendoza, RN –Nurse Mendoza

*Announcement of the 2017-2018 MANS Board of Directors*
Mikki Orellana– MANS Membership and Nominations Chair

*Presentation of Awards and Scholarships*
MANS Executive Officers

*Raffle Ticket Winners*
MANS Executive Officers

*Final Words and Farewell*
Amanda Mullins- MANS Vice President
MANS 37th Annual State Convention

*Free Event Parking in Lots A, B, & C

*Registration located on 1st Floor of the Health Sciences Building (HS Bldg. located directly adjacent to Lot B)

*Please park all school buses in the back of Lot C

*All buildings are handicap accessible

**Symbols**
- HS: Health Sciences
- DH: Duncan Hall
- HVPA: Horowitz / Smith Theater
- RCF: Rouse Company
- Foundation Student Services Hall
**Hearing Voices that are Distressing-HS 150**  
**Marianne Eichenberger PhD, RN**  
During this simulation participants are provided with a CD (Hearing Voices that are Distressing) and a headset. During the first section the participants are encouraged to walk around interacting with others and in the next section the participants pair up and complete a set of cognitive questions on each other while listening to the CD. The final section is used to debrief and discuss the experience.

**NP’s Role in Primary Care Shortage-HS 110**  
**Cameron S. Campbell CRNP**  
Describing NP’s role in how we can help provide quality primary care. The U.S. currently has a significantly high amount of patients looking for primary care, but a provider shortage. How we can help (i.e. Primary Care NP’s) and discussing the day to day role in what we do for patients.

**Where are the Men in Nursing?-HS 111**  
**Dr. Jonas Nugh PhD, FACHE, NEA-BC, RN**  
This presentation addresses the history of the men in nursing. It provides an overview of the history of men in the nursing profession from the 1800s to present day, it identifies challenges that men face in the profession and provides recommendation for the profession to adopt as a means of addressing the present shortage of registered nurses.

**Compassion Fatigue in Today’s Changing World-HS 112**  
**Mary Christine Cox MS, RN-BC**  
On a daily basis we are being bombarded with events here at home and internationally where people need assistance. As caring individuals, nurses are on the front line when it comes to being compassionate and jumping in to assist. But where do we draw the line before we reach compassion fatigue?

**Shock Management with Hurst-HS 113**  
**Ann Wood RN, MSN**  
A high impact session on Shock Management to experience Hurst’s comprehensive, step by step approach to NCLEX® success. We cover must know content, develop critical thinking and application skills, master NCLEX® testing strategies, and practice high level NCLEX® style questions.

**Preparing for the Job Search- Advice from the Professionals-HS 162**  
**Terry Bennett, RN, MS, CHCR, Lenora Holloway, RN, MS, CHCR & Melissa Liddic, RN BSN**  
The job search and interview process can sometimes be as scary as taking your NCLEX. The Maryland Association of Healthcare Recruiters (MAHCR) would like to ease your worries by providing some helpful tips that will better prepare you for your search. At the end of our session you should feel more confident in helping identify an ideal healthcare system that suits your professional needs, you should feel more prepared for the interview process, and you will gain a better understanding of what the interview process looks like from the recruiter’s point of view.

**Our Role In The Criminal Justice System-HS 163**  
**Christine Cooley RN, BSN, FNE-A**  
This session will cover the intricate role that Forensic Nurses play in the collection, documentation, and preservation of evidence from both victims and suspects that are involved in violent crimes. The discussion will include how the forensic nurse’s role intersects with local, state, and federal law enforcement in their pursuit of justice. Also, there will be a demonstration of some of the tools used to collect and preserve that evidence. Ex: Alternate Light Source (ALS), Evidence Collection Kit, traumagrams, etc.
**Breakout Session 2 Descriptions**

You May Be the Best, but Do You Outshine the Rest? - HS 110
Deborah Mello RN, BS

A Johns Hopkins nurse recruiter will share secrets of what recruiters and nurse managers look for in resumes, applications and candidate interviews. Participants will gain helpful tips for resume building, interviewing skillfully and standing out as a nursing graduate.

Applying Nursing Judgement and Critical Thinking to Lab Analysis - HS 111
Rebecca Sinclair-Bennett RN, MSN, PhD

Let's face it...labs can be confusing! Understanding the textbook definition and memorizing a number is easy, but analyzing labs can be hard. After a quick review of numbers and definitions, this session will use case studies to analyze labs and apply nursing judgement for decision making related to nursing interventions.

New Graduate Panel - HS 150
Kelly Alford RN, BSN, Neurology
Sashay Brown RN, BSN Specialty Surgical Unit
Shae Taylor RN, Shock Trauma
Ugo Okwudiri RN, BSN, CEN, Emergency Dept.
Moderated By Sheila Pierre-Louis, BSN, RN

A chance to ask new graduate nurses about the transition from student to nurse, the NCLEX, how they got their job and any other questions you may have.

Graduate Nurse to Critical Care Nurse - HS 162
Cathy Jamaris-Stauts MS, RN

Graduate nurses are very much interested in becoming a critical care nurse or caring for patients in critical care areas. What experience, certifications and graduate level degrees qualifies you to become a critical care nurse?

Cardiac Arrest Simulation - HS 370
Susan Thompson RN, MS

Participants in the simulation will take on a variety of roles in caring for a patient in cardiac arrest. Pre-briefing will include a short overview of cardiac arrest algorithms and the nursing interventions to be used. Debriefing will focus on the participants learning throughout the event. Limited to 12 students each session.

Kaplan - HS 163
Dr. Roxanne Rash

Sample lectures demonstrating effective tools for the NCLEX-RN review. Led by an expert instructor who will highlight the test taking strategies and tips to help you prepare to pass the NCLEX on your first try!
Breakout Session 3 Descriptions

Overdose Response Training Program-RCF 401
Liesele Stadeli & Claudia Lempges, Howard County Health Dept, Bureau of Behavioral Health
The World Health Organization (WHO) and the MANS 2017 Resolution supported the widespread training of naloxone administration to combat the opioid overdose epidemic so a training session is being offered. Participants will receive a dose of naloxone and an Amphastar delivery device. Limited to the first 50 students.

Resiliency in Nursing: The Why and How-HS 110
Judith Boyle MS, RN
Compassion fatigue is a topic that can be found worldwide in nursing literature. All nurses are at risk for developing compassion fatigue because of their work of caring. Compassion fatigue can be prevented and treated through building resiliency by using five antidotes: Self-Regulation, Intentionality, Perceptual Maturation, Connection and Self-Care.

Travel Nursing-HS 111
Laura Speicher, Aureus Medical
Come to learn about travel nursing and how to best prepare for it. Find out how much experience is needed and what to expect once you’re ready.

ABC’s of Trauma Nursing-HS 162
Pamela Shumate DNP, RN, CCRN-K, CNE, CHSE
This session will provide an overview of trauma nursing. The focus will be on initial assessment and prioritization for trauma patients. Warning: some pictures may not be suitable for the squeamish!

Cardiac Arrest Simulation-HS 370
Susan Thompson RN, MS
Participants in the simulation will take on a variety of roles in caring for a patient in cardiac arrest. Pre-briefing will include a short overview of cardiac arrest algorithms and the nursing interventions to be used. Debriefing will focus on the participants learning throughout the event. Limited to 12 students each session. (repeat)

House of Delegates Meeting-HS 150
School delegates will vote on bylaw changes and the 2018-2019 MANS board of directors
# Featured Tables and Events

- **#MANS2018**
  Use the hashtag #MANS2018 when posting pictures and videos at convention! The MANS BoD will select 2 photos and the recipients will both win a prize! Don’t forget to like us on Facebook and follow us on Instagram (@mdnursingstudents) for updates!

- **MANS Store/NSNA information**
  Are you graduating soon? Stop by our MANS store to inquire about purchasing a MANS cord and pin. Not an NSNA member, no worries sign up today to qualify to buy a MANS cord and pin. **Please check with your school if you can wear graduation regalia purchased through MANS during your pinning and/or graduation ceremony.**

- **Delegate/Candidate Credentialing Table**
  Interested in running for a MANS Board of Directors (BoD) position? You can run from the floor even if you didn’t apply prior to convention. Don’t miss out on this great opportunity to make a difference in your community! Get more information about running for office at this table.

- **Exhibitor Hall- Health Science Lobby**
  Check out each exhibitor offered at this year’s convention. Ranging from educational to career opportunities you will not want to miss this networking opportunity!

- **Raffle Tickets**
  Each attendee will receive one ticket upon check in. Save your ticket to turn in at the end of the day as you walk into the closing ceremony!
  Entry into convention = 1 ticket
  Each 1 donated item = 1 ticket
  Completed Convention Survey (located in your bag) = 1 ticket

- **Donate to support House of Ruth**
  This year the MANS BoD has partnered with House of Ruth to help victims of intimate partner violence. Bring any donation item listed on the MANS website to help this great cause. Remember for each donated item you will receive 1 raffle ticket.

- **Penny Wars Table**
  Last year Community College of Baltimore County (CCBC) Essex won the Penny Wars. Will they win again or will another school step up to the challenge? Stop by this table to make a donation and help your school win the war. All pennies will result in a positive point while all other monetary value will result in a negative point. The school with the most points or pennies wins! The school that wins will be announced in the next newsletter and all proceeds will go to House of Ruth.

- **Delete Blood Cancer- DKMS**
  DKMS is an international nonprofit organization dedicated to the fight against blood cancer and blood disorders by: creating awareness; recruiting bone marrow donors to provide a second chance at life and more. Stop by and see how you can help DKMS with their mission to delete blood cancer.
• **Cardiac Strong**  
How do you deal with the stress of Nursing school? Be sure to visit Nurse Mendoza to find out more information about how you can be Cardiac Strong. While you’re there don’t forget to take a picture with Nurse Mendoza and use #MANS2018.

• **Hurst Review**  
Are you graduating soon? Are you prepared to take the NCLEX? Come by the Hurst table to find out more information on products available to help you succeed on passing your NCLEX the very first time.

• **Photo Booth**  
Want a memory of today’s convention? Grab your friends and head over to the Hurst table to find the photo booth. Remember to tag us on Facebook and Instagram and use #MANS2018.

• **Overdose Response Training Program**  
In support of last year’s resolution MANS has secured another Naloxone training this year. The first 50 participants will be able to participate in the training and receive Naloxone to take home. Make sure you’re there early, or seats will be taken.

• **Voter Registration**  
As a nurse you can participate in advocating for health policies to our politicians. Are you registered to vote on such pressing issues? It’s never too late to get involved. You must be a US citizen, a Maryland resident, and over the age of 16. If you meet those qualifications and would like to get involved stop by to fill out a voter registration card.
MANS would like to thank the following organizations for helping to make the 38th Annual State Convention a success.

**Exhibitors & Vendors**

- American Public University
- Anne Arundel Medical Center
- Aureus Medical Group
- Cardiac Strong
- Chamberlain University
- DKMS Delete Blood Cancer
- Frostburg State University
- Hurst
- Johns Hopkins Bayview Medical Center
- Johns Hopkins Health System
- Kaplan Review
- Kaplan University-Maryland Campuses
- LaSalle University
- MD Association for Health Care Recruitment
- Maryland Nurses Association
- Medstar Health
- Medstar Montgomery Medical Center
- Mercy Medical Center
- Notre Dame of Maryland University
- Sheppard Pratt Health Care
- Stevenson University
- University of Maryland Medical System
- University of Maryland School of Nursing
MANS would like to extend our gratitude to the following companies that generously donated items for the raffle!

Littmann Stethoscopes
Nabee Socks
NRSNG
The Greene Turtle
Wolters Kluwer
Kaplan Review
We Are: An accredited, flexible, online university *Focused on Nurses!*

**RN to BSN**
- Early admission program – start before passing NCLEX-RN
- Complete in less than a year for under $13,000

**Doctor of Nursing Practice (DNP) Educational Leadership for nurse educators**
- 28-month program
- Practice-focused

**Additional Nursing Programs**
- RN to BSN/MSN
- MSN – five specializations
- DNP – Executive Leadership and Informatics Leadership

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MANS Quarterly
Benefits of MANS...Why Join?

Written by: Mikki Orellana, MANS Membership Chair

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.
Loah Folole Ieremia  
*President*

Loah Folole Ieremia graduated Howard Community College’s Nurse Education Program December 2017. She is enrolled in the RN-BSN program at Frostburg State University and is expected to graduate May 2018. Loah will continue her nursing journey on a Medical Surgical Telemetry unit and looks forward to learning and serving the community at the hospital. She hopes to increase chapter involvement with MANS and NSNA and increase student attendance at the state convention.

Amanda Mullins  
*Vice President*

Amanda Mullins is a 4th semester nursing student at Harford Community College and is also enrolled in the Associates-to-Bachelors program through Towson. 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 President for Harford’s SNA chapter. During Amanda’s term as the MANS Vice President she hopes to increase local membership and participation as well as 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.

Tupochere Kasambwe Kalebe
Student Consultant

Tupochere Kasambwe Kalebe, RN graduated May 2017 from Howard Community College’s Nursing program. She is attending University of Maryland University College to pursue a Bachelor’s of Science in Nursing. Currently, Tupo is working at a community hospital on the Intensive Care Unit. She looks forward to serving the students of Maryland and hopes to increase membership and active involvement of school chapters.
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, RN  
*Community Health Chair*

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  
*Breakthrough to Nursing Chair*

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.
Mikki 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.
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.

Ari Anderson
Image of Nursing Chair

Ari Anderson is a third semester nursing student at Howard Community College in Columbia, MD with an expected graduation date of December 2018. She is also enrolled in the ATB program at Frostburg State University, with an expected graduation date of Summer 2019. 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 and Treasurer of Howard CC’s Student Nurse Association. 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.
Sheila Pierre-Louis, BSN, RN, CCRN
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.

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