Welcome Convention Attendees!

Today marks the 36th Annual MANS State Convention! The Maryland Association of Nursing Students is privileged to be joined by Jo Ann Webb, RN, MHA, FAAN and Marianne E. Hess, MSN, RN, CCRN as our keynote and endnote speakers. Both speakers are outstanding leaders and have been recognized for their extraordinary accomplishments within the nursing profession. They exemplify this year’s theme, iLEAD, which focuses on the qualities of leadership, education, advocacy, and dedication. Be sure to read their biographies on page four.

The MANS Board of Directors is incredibly grateful to both Ms. Webb, Ms. Hess, and all of our breakout session speakers for taking the time to share their knowledge with us today. We thank the exhibitors, volunteers, and Notre Dame of Maryland University for the support they have provided which made the 2016 MANS State Convention possible!
Student today. Nurse tomorrow. Together, we’ll get you there.

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Welcome to the 36th Annual MANS Convention!

Dear Convention Attendees:

I bring greetings on behalf of the 2015-2016 MANS Board of Directors. Welcome to the 36th Annual MANS State Convention. This year our theme is iLEAD: Leadership, Education, Advocacy, and Dedication. These are the qualities that will continue to shape the nursing profession for years to come.

We have an exciting day planned for everyone with over 20 speakers leading our breakout sessions who will present on various nursing specialties. Topics like forensic nursing, environmental health nursing, travel nursing, perianesthesia nursing, and trauma nursing just to name a few. We will have simulation labs where attendees can test their skills and learn simultaneously. NCLEX review sessions will be provided for those who will be taking their boards soon and need refreshers! A grad panel will be assembled for students who want to pick the minds of recent grads and learn through their experiences. There will also be a nurse recruiter/nurse manager panel, so that students can find out how to make themselves the best candidates when applying for residencies and job opportunities. Additionally, we encourage everyone to visit Knott Lobby and Doyle Hall where we have a versatile group of vendors and recruiters from all over.

During our opening and closing ceremonies, we have two very accomplished keynote and endnote speakers, Jo Ann Krukar-Webb RN, MHA, FAAN, Vice President of Federal Relations and Policy at the American Organization of Nurse Executives (AONE), and Marianne E. Hess MSN, RN, CCRN-K, Interim Manager of the Professional Development and Education Department at George Washington University Hospital. Both speakers are sure to bring invaluable wisdom and encouragement to continue our journeys into the exciting and versatile climate, which describes the present day field of nursing.

Throughout the day, make sure to stop by our community fundraising table where we will be collecting canned foods to donate to Our Brother's Keeper, and hygiene products such as tooth paste, shaving cream, lotion, etc. to donate to Healthcare for the Homeless!

I would like to sincerely thank Notre Dame of Maryland University for hosting our 36th Annual Convention. It was more than a pleasure working with the staff, faculty, and students to organize this event.

I would also like to thank all of our sponsors/exhibitors which include, but are not limited to Anne Arundel Medical Center, Assessment Technologies Institute (ATI), Aurelius Medical Group, Hurst Review, Johns Hopkins University, Kaplan Test Prep, Kaplan University, Mercy Medical Center, Maryland Nurses Association, MedStar Health, Notre Dame of Maryland University, Penn State College of Nursing, Walden University and many more!

Lastly, I would like to thank our State Consultant Ms. Tess Bailey, RN whose advice was more than appreciated throughout this huge endeavor and we are earnestly indebted to you.

Again, thank you to everyone who helped to make this convention a success.

Abaneh Ebangwese

Abaneh Ebangwese
MANS Vice President and Convention Chair
**Featured Events and Tables at the 36th Annual MANS State Convention**

✓ **Download the 2016 MANS State Convention App**
  Download the "Guidebook app" onto your phone today. If you do not already have an account create one, so you'll be ready to go at convention. Select "enter passphrase" and enter **"MANS36Convention"**. Once you have searched for the passphrase, the MANS app will be displayed. You must select "Get this Guide" to view the entire app. This app allows you to access information about convention at the touch of a button.

✓ **#MANS2016**
  We want to see you enjoying yourselves! Post photos and videos using the hashtag “#MANS2016” throughout the convention day. Photos that you take may be featured on our Facebook page or Instagram (md_nursing_students). Don’t forget to like us on FB and follow us on Twitter @mdstuddnursing for convention updates!

✓ **Raffle Tickets**
  Save your raffle tickets to turn in at the end of the day as you walk into the closing ceremony!
  - Entry into convention = 1 ticket
  - Every 1 item of food donated = 1 ticket
  - Completed Convention Survey (located in your bag) = 1 ticket

✓ **MANS Store**
  Graduating soon? Look out for our MANS table where you can purchase both NSNA and MANS cords for graduation! The popular “I ♥ Nursing” T-shirts and pins will also be for sale!

✓ **Delegate/Candidate Credentialing Table**
  Are you interested in running for a MANS Board of Directors (BOD) position this year? Stop at this table to sign up and get all the information! You **can** run from the floor for a MANS BOD position even if you did not apply prior to convention. Don’t miss out on this great opportunity!

✓ **Canned Food Drive Table**
  Share what you can and donate your canned goods! Each non-perishable food item donated earns you one raffle ticket. All items will then be donated to My Brother’s Keeper, Baltimore.

✓ **Penny Wars Table**
  Got spare change and an altruistic, but competitive spirit? Drop by this table and place your spare change in a jar to help your school win the war and help those in need all at the same time. The school that wins gets to choose a charity to donate all proceeds to!

✓ **Healthcare for the Homeless Charity Drive**
  We all know how important it is to have our personal hygiene products and how frustrating it can be to run out. Imagine how much more frustrating this is for those that are homeless. MANS is asking you to bring your donations of personal care items (e.g. toothpaste, shampoo, etc.) to convention, and we will donate them to the non-profit, Healthcare for the Homeless. For an extensive list of items being sought, please visit: http://www.mdnursingstudents.org/convention-faqs

✓ **Exhibitor Area - Knott Lobby and Doyle Hall**
  Check out all of the exhibitors who have generously offered to table at this year’s convention! From nursing recruiters from various hospitals to NCLEX prep organizations, you won’t want to miss out on this great opportunity! More information on the next page!
Exhibitors at the 36th Annual MANS State Convention

Check out all of the exhibitors who have generously offered to table at this year’s convention! From nursing recruiters from various hospitals to NCLEX prep organizations, you won’t want to miss out on this great opportunity! Exhibitors can either be found in Knott Lobby or Doyle Hall Formal.

See below for specifics locations:

**Knott Lobby**
Anne Arundel Medical Center
Aureus Medical Group
ATI Nursing Education
Donate Life/Living Legacy
Hurst
John Hopkins School of Nursing
Johns Hopkins Hospital
Kaplan Test Prep
Kaplan University
MedStar Health
Messiah College
Notre Dame of Maryland University
Penn State College of Nursing
Stevenson University
University of Maryland School of Nursing (UMSON)

**Doyle Hall Formal**
Maryland Association for Health Care Recruitment (MAHCR)
Mercy Medical Center
George Washington University Hospital
University of Maryland Medical Center (UMMC)
Walden University
Jo Ann Webb, RN, MHA, FAAN

Keynote Speaker

Ms. Webb is the Vice president for Federal Relations and Policy for the American Organization of Nurse Executives (AONE), a subsidiary of the American Hospital Association. She is the chief lobbyist and senior director of policy and advocacy relations for the over 9200 registered professional nurses in executive practice who are members of AONE. Ms. Webb served as an Army Nurse and holds a BSN degree from Penn State University and a Master's in Health Administration from George Washington University. She has done post-masters work at George Mason University where she is a guest lecturer and holds an adjunct faculty appointment.

She has held senior executive positions in the legislative and executive branches of government including three Senate confirmed presidential appointments as the Director of the National Cemetery Administration, the assistant secretary for Policy and Planning at the Department of Veterans Affairs and the National Veterans Business Development Corporation. She has also served as the subcommittee staff director in the US House of Representatives for the Veterans Affairs Committee and as a legislative director in the US Senate. Ms. Webb has been published in, *JONA, Nursing Administration Quarterly* and the *Journal of Nursing Scholarship*. For the past 10 years she has written a regular column on federal relations for AONE’s *Voice of Nursing Leadership*.

Ms. Webb is an Alumni Fellow of Penn State University and one of the founders of the Penn State Women’s Leadership Initiative, a program to provide mentorship and professional development opportunities to university women. She serves on the Penn State Nursing External Advisory Board and is an associate professor at the Georgetown University School of Nursing and Health Studies. She was awarded the Exceptional Service Award from the Department of Veterans Affairs and is a fellow of the American Academy of Nursing. Ms. Webb is a trustee with the Society of Ships Sponsors and is the sponsor of the USS Abraham Lincoln, an aircraft carrier home ported in Everett, WA.

Marianne E. Hess, MSN, RN, CCRN

Endnote Speaker

Marianne Hess is a clinical expert with a broad range of teaching experience nationally and internationally. Based in Washington, DC, she currently serves as hospital education coordinator, critical care at George Washington Hospital. Prior international experience includes implementation of the clinical nurse educator role at two prominent Russian healthcare facilities and serving as resource nurse-instructor at the Plastic and Reconstructive Surgery Center in Yerevan, Armenia. In addition to her critical care experience, Marianne has expertise in bone marrow transplantation, travel nursing, trauma, and general hematology/oncology. She is ACLS certified. Marianne holds a bachelor's degree in nursing and is a member of the American Association of Critical Care Nurses (AACN) and Sigma Theta Tau International. She is fluent in Russian. Consulting experience includes: Premier, Inc., the Advisory Board Foundation, the Armenian General Benevolent Union (AGBU), Russian Children's Hospital, and the Medical Center of the General Management Department of the President of the Russian Federation. She recently completed graduate studies in Innovative Learning, *Global Education Development Institute*. 
Applying Nursing Judgment and Critical Thinking to Lab Analysis

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 judgment for decision making related to nursing interventions.

Rebecca Sinclair-Bennett, MSN, RN

Burns

Interested in burns? This breakout session will give you an opportunity to share previous knowledge on burns and a subsequent short classroom activity will help the observer develop insight into the severity of burns. Knowledge extrapolation will occur in regards to age-related differences in burn patients and much more!

Jessica Eck-Elliott, MS, RN-BC

Certified Registered Nurse Anesthetist (CRNA) Q&A

Interested in becoming a CRNA? Ask Dr. Pellegrini, the director of the CRNA program at University of Maryland, questions about the education needed, the job itself, and what he loves about this specialty during this breakout session.

Joseph Pellegrini, PhD, CRNA

Climate and Health - Nurses As New Voices for the Environment

We are currently facing the greatest public health threat of our time - climate change. Information about health risks associated with a variety of climate changes such as heat waves, droughts, wildfires, droughts, and flooding provides nurses an opportunity to inform and limit adverse health impacts. Nurses are one of the most trusted health professionals and their engagement on this issue can have a significant, positive impact on the health of their patients, communities, and policy decisions. Come learn more about what you can do to help!

Katie Huffling, RN, MS, CNM

Camp Nursing

Who would have thought that camp would be a great place to practice community based nursing! A camp nurse is involved in a community, caring for both children and adults. Explore the role of a camp nurse with a nurse who has practiced camp nursing in a variety of settings and has been active nationally with the Association of Camp Nurses!

Barbara Hill, RN, MSN, CNE, CMSRN

Exploring Global Opportunities in Nursing

Come explore ways that you can engage in international nursing careers and opportunities! Listen to Dr. Pulcini talk about the kinds of experiences that she’s had and what they meant for her career as a background to engaging in international opportunities.

Joyce Pulcini, PhD, FNP-BC, FAAN, FAANP
Fostering Nursing Engagement Through Involvement in Professional Nursing Organizations

Current climates in healthcare demand that the professional nurse embraces and foster a culture of life-long learning for survival and to answer the call of quality care to those we serve. This means many things, and undoubtedly of significant is the need for a strategy for continual advancement. As a professional nurse, you must demonstrate a commitment to guide your career through continuing education and organization involvement. Come learn more about how to do so from the Vice President of the Maryland Nurses Association!

Karen Evans, MSN, RN-BC, SD-CLTC

Hands-On Introduction to SimMan 3G

Watch his eyes constrict, feel his pulses, hear his heart and lung sounds, try chest compressions, and more. (Level: Pre-Nursing and beginning nursing students)

Janice Brennan, MS, RN-BC, CNE

Hurst Mini NCLEX® Review

Come and experience Hurst's nationally renowned comprehensive approach to the NCLEX® as we review electrolytes and acid-base imbalances. Using our steps of must know content, developing critical thinking and application skills, teaching NCLEX-specific testing strategies and practicing high-level NCLEX-style questions, we will introduce you to the tools essential to conquering the NCLEX the first time!

Ann Wood, RN, MSN

"I Hear Voices..." A Low Fidelity Auditory Hallucination Simulation

Time and time again, we are told, "no matter what specialty you chose, you will have to take care of psychiatric patients." During this one-hour simulation, students will experience auditory hallucinations in an effort to have a better understanding and greater appreciation for those who deal with them on a daily basis. Join us in this exciting simulation to learn and discuss teaching strategies that would be effective when working with those who hear distressing voices.

Dr. Marianne Eichenberger, RN, PhD

iLEAD Because Others Have Paved the Way: Words of Affirmation Every Student Nurse Wants To Hear

Reinforcing student nurses on why it is important to encompass the MANS 2016 theme of iLEAD as a way to direct their nursing practice. By defining iLEAD and giving examples of those that have laid the foundation for iLEAD mantra, students will leave empowered and ready to make iLEAD an everyday part of their practice. Don’t miss out!

Cherra’ Timberlake-Blount, MSN, RN, CMSRN

Investigate a Career in Forensic Nursing

Interested in pursuing a career in forensic nursing? Come get all your questions answered and learn all the details you need to know about this exciting career path during this breakout session!

Erin Pollitt, MHA, BSN, RN, FNE-A, SANE-A

Kaplan Faculty Lunch & Learn: Teaching Millennials

This breakout session for faculty discusses the millennial/modern student, their characteristics, learning styles and how to engage them in the classroom. (1 CEU hour)

Maria Flores-Harris, DNP, RN, CNE, Director of Nurse Consulting
Kaplan NCLEX Review
Kaplan will deliver two sessions. The first will be a pharmacology workshop and the second will be a sample lecture demonstrating the effective tools we teach in our NCLEX review course. Led by an expert instructor, we will highlight test-taking strategies and tips to help you as you begin to prepare to pass the NCLEX on the first try!
_Rhonda Roxanne Rash, Ed.D, ND, MS, RN, CNE_

Legal Nurse Consulting and You
What is a legal nurse consultant? This breakout session will delve into what legal nurse consultants do, go over case examples, and explore the several work settings LNCs are employed in. You won't want to miss out!
_Marcia Bell, RN, BSN, CAPA, CLNC_

Neonatal Nursing
A neonatal intensive care unit (NICU) nurse cares for the newborns that need hospitalization. This is a difficult job that requires a great deal of knowledge and empathy. However, if you enjoy working with newborns and new families and want a challenging career in a health field, this may be the job for you. Attend this breakout session to learn about this exciting field from a NICU nurse practitioner!
_Rosemary Gurel, NNP-BC_

Neurocritical Care Nursing
Did you love learning about the nervous system during school? Interested in a career using that information after graduation? Lead by an experienced neurocritical care nurse, this breakout session will highlight the indications and the utilization of the neurocritical care practice, as well as the current nursing practice at the Johns Hopkins Neurocritical Care Unit.
_Gordon Han, BSN, BS, RN, CCRN_

New Graduate Nurse Panel: Transitioning from a Nursing Student to a Nurse
The transition from being a student nurse to a new nurse can be stressful and nerve-racking. Ask new graduate nurses about their experiences fresh out of nursing school and how they thrived on the floor. Nothing is off limits!
_Sashay Brown, BSN, RN; Blerta Hamza, BSN, RN; Emily Odenwald BSN, RN; Sheila Pierre-Louis, ADN, RN; Jessica Wagner, BSN, RN_

Nurse Manager & HR Professionals Panel
Ever wonder what nurse managers and recruiters look for in their applicants? Well now is your chance to ask firsthand and find out! In this breakout session, you will be able to ask a panel of Human Resources Professionals and Nurse Managers questions about how to successfully fill out applications, how to succeed in interviews, stand out as candidate, and whatever else comes to mind!
_Ann Bures, MA, RN, CHCR; Cyndy Ronald, BA; Mary Jo Simke, MS, RN_

Nursing Research: The lived experience of Non-English speaking Hispanics who have experienced an acute care hospitalization
Nursing research is a growing field in nursing that strongly impacts the future of our chosen profession. Come learn more about the research conducted by Dr. Jana Goodwin on the Hispanic population in the United States and the challenges they face during hospitalization.
_Dr. Jana Goodwin, PhD, RN, ANPC_
Pediatric Nursing: Opportunities for Family-Centered Care
Have a passion for working with children? Interested in a career in pediatrics? This experienced pediatric nurse, professor, and clinical instructor will present the many different options available to practice pediatric nursing, entry into pediatric nursing as well as concept of family-centered care and understanding the pediatric patient.

Ann Hoffman, MS, RN

Perianesthesia Nursing 2016
Perianesthesia nurses are involved in much of the surgical process from preparing patients for the surgical experience, monitoring and supporting a safe transition from an anesthetized state to responsiveness, and discharging patients from the perianesthesia care unit. Want to learn more? Come listen to a nurse with over 15 years of experience speak about the role of a perianesthesia nurse, residency programs, and much more!

Nickcole Price, BSN, RN, CPAN, CAPA

Revising Your Nursing Résumé
A résumé is a powerful and essential tool in the job search process. How do you make your résumé stand out? In this breakout session, we will discuss formatting and provide tips and resources to help you revise your résumé. Whether you are looking for a student nurse or new graduate position—we can help!

Tiffany Murphy, MS & Whitney White, BA

Skills Throw Down
Challenge your colleagues in this friendly competition, demonstrate your expertise. Dare to be the best! (Level: Juniors and Seniors)

Janice Brennan, MS, RN-BC, CNE

The ABC's of Trauma Nursing
Seen the latest docu-drama featuring Baltimore's Shock Trauma Center? Been dreaming of a career in trauma nursing ever since? This breakout session will provide participants with an overview of Trauma Nursing. The focus will be on initial assessment and prioritization for individual trauma patients and for mass causality incidents. Warning: some pictures may not be suitable for the squeamish!

Pamela Shumate, DNP, RN, CCRN-CMC

Travel Nursing 101
Working as a travel nurse, you will add a new dimension to an already rewarding profession. The difference is, you will be on a working vacation in the location of your choice! This breakout session will discuss the ins and outs of travel nursing and how our student outreach program can help you transition from school to your career.

Veronica Goodwin, Nursing Student Outreach Coordinator

Wound Care Basics and Opportunities in Wound Care Nursing
Chronic wounds are a global healthcare challenge and care of chronic or complex wounds requires extensive skills and knowledge. In this breakout session, you'll learn about common skin and wound conditions a wound nurse would be expected to recognize and treat, as well as relate opportunities available to a Certified Wound Care Nurse and the process to becoming certified from one who has done so herself!

Amanda Owen, RN, BSN, CWSN
Dear Maryland Nursing Student,

I hope you all had a relaxing and rejuvenating winter break! Break is always an excellent time to self reflect on the hard work and effort you put into the semester, enjoy time with family and friends, and think and plan for the future. Therefore, I am excited that you are sharing the start of your semester with us by joining the Maryland Association of Nursing Students (MANS) at our 36th Annual Convention. MANS would like to thank our hosts of convention - Notre Dame of Maryland University. Opening their School of Nursing only a few years ago, they have been nothing but supportive to work with once again after hosting their first MANS Annual Convention, the 34th convention back in January 2014.

As you may have seen through our various ways of contacting you, the MANS Board of Directors (BOD), have been very busy finalizing and setting in place the finishing touches for the convention on Saturday, February 13, 2016. While the day has a variety of breakout session speakers, inspiring key and end note speakers, and many vendors/exhibitors, I would like to take a moment to speak about the House of Delegates (HOD) meeting.

Here at the HOD meeting, the MANS BOD convenes with other school representatives, or delegates. At convention, the BOD discusses their accomplishments for the year, presents changes to the Bylaws, and delegates vote on the new BOD for 2016-2017. Last year, I decided to run for president because I realized in my nursing pre-requisites that speaking up and taking action early on in your career leads to opportunities and connections that broaden your nursing knowledge and realm. This is why I am so glad I ran for president. Despite the late nights, long conference meetings, and end-less email correspondences, providing the gift of opportunities and resources to students has given me the largest gift of gratitude in giving back to nursing students and nurses just like you! This is why I urge you to read our newsletter to hear from all the other BOD members on why you should get involved in MANS! Working alongside of the BOD members, all passionate and gifted with many different talents, these members make me very proud to be a part of the next generation of nurses as they are truly inspiring!

Speaking of the BOD, they have had their hands full carrying out their Bylaw duties. The Resolution Chair has been working hard in creating a resolution to present to the National Association of Nursing Students (NSNA) at the Annual Conference in Orlando, Florida. Meanwhile, MANS has been working side by side with the Maryland Association of Nurses (MNA) in creating opportunities for nursing students to connect with nurses in the workforce. As you are aware, we have several community outreach projects here at convention. These include: penny wars, canned food drive, and clothing drive for a homeless shelter. Also, the Break Through to Nursing (BTN) chair has been working closely with many different elementary, middle, and high schools to reach out to young students, educating them about nurses, and the impact nurses have. As advertised on our social media web pages, the Image of Nursing (IoN) chair has created a commercial revolving around these years convention theme iLEAD: Leadership, Education, Advocacy, and Dedication. The video is certainly inspiring!

This year has been full of prosperity and creativity in providing many different avenues for student nurses to be heard and to become involved. Coming to convention is just one of many opportunities we provide, and we hope that you will continue to stay connected, become involved, and share with others the benefits that we have to offer all Maryland nursing students! Please do not hesitate to contact us to share news about your school chapter, desire to start a chapter, or any other comments, questions, or concerns you have. We are here to assist you in your nursing career!

Welcome to the 36th MANS Annual convention. I am so glad you are taking the first steps into establishing a foundation of what the nursing realm has to offer! I look forward to meeting you all here at convention!

Sincerely,

Sarah Trandel
President, Maryland Association of Nursing Students
2015-2016 MANS Board of Directors

Sarah Trandel
President
University of Maryland, Shady Grove

Abaneh Ebangwese
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MNA Student Liaison
John Hopkins University

Sashay Brown, BSN, RN
Image of Nursing Chair
Towson University
Kelly Bell
Visiting Board Member from the NSNA

It is our pleasure to introduce Mrs. Kelly Bell, visiting board member from the National Student Nurses’ Association (NSNA). Mrs. Bell is the incumbent Secretary/Treasurer for the NSNA and was a former Treasurer of MANS. She recently graduated from Johns Hopkins University and is thrilled to have passed her NCLEX. Her nursing education, combined with her previous degree in Business Administration from Boston College, will serve her well when she continues her education towards a master’s degree in healthcare administration.

Mrs. Bell will begin her career in Pediatrics at UCLA this spring. When not involved in school and NSNA activities, Mrs. Bell enjoys spending time with her husband and 2 year old, Jax. She looks forward to meeting you at today’s MANS Convention and hopes to see you again in Orlando at the 64th Annual NSNA Convention, March 30th-April 2nd!
This fall, Physicians for Social Responsibility hosted the Climate Health Summit. The summit addressed the need for the healthcare industry to participate in solutions regarding climate health. Experts from a variety of fields spoke about the necessity of these solutions based on the negative effects the harsher climate is having on public health.

The summit consisted of a variety of topics. Some of the talks focused on the Direct Impacts of Climate Change. Current trends are showing with more extreme temperatures and hotter seasons, precipitating the spread of infectious diseases beyond normal territories that will thrive longer due to warmer climates. Dr. Susan Clayton gave a great talk on mental health and its correlation to climate in the context of variables such as socioeconomic status, natural disasters, and other environmental stressors. Further significant topics at the summit included Population Health Impacts of Climate Change. Throughout some of the seminars, which were presented addressing this category, it was learned that food, water and weather are being affected by the climate, which in turn is affecting public health due to limited resources, pollution, and stressors on agriculture. Food and water insecurities are occurring in surprising locations. For example, some Native American communities in California do not have running water. Water must be trucked in to the community on a regular basis. Additionally, nurses know how important water is in a person’s health, so lack of adequate water hydration is a major health concern. What’s even more surprising is that this is happening in the United States, a developed country, so one can only fathom what is occurring in countries that are less developed.

The summit also addressed solutions and policies being implemented. The Clean Power Plan is a major policy being put into action by the Environmental Protection Agency to help combat negative health outcomes related to the climate. It is predicted that implementation of the policy may prevent 3,600 premature deaths, 1,700 non-fatal heart attacks, and 90,000 asthma attacks in children in the year 2030 (EPA, 2015). The Clean Power Plan is a step towards improving conditions that can improve health now and hopefully in the future.

Surmised from the previous paragraphs, the conversation of climate at the summit was not centered on climate change but rather the effects climate is having on the public’s health. There are negative effects that are evident now from the fluctuations in the climate and man-made pollutants. Healthcare providers can play a key role in the efforts to reduce harm from pollution and extreme weather conditions. On an intimate scale, nurses can of course educate, advocate, and get involved with “Green Teams” for the institutions he/she works for. Hospitals are also implementing more green initiatives as modeled by University of Maryland Medical Center and Anne Arundel Medical Center. Hospitals should also become more aware of emergency preparedness efforts for the hospital itself and the surrounding community as we experience more extreme weather events, which will continue to affect more people.

The American Nurses Association recognizes the significant role nurses play in environmental health with the publication of ANA’s Principles of Environmental Health for nursing Practice with Implementation Strategies in 2007. Climate change may be controversial, but the public’s health is not. Nurses can take action to protect and improve the public’s health.
Why Get Involved?

There are so many benefits that arise from getting involved in both pre-professional and professional nursing organizations. Becoming a member of your school’s organization, National, as well as MANS, can open various doors and provide you with an array of opportunities to develop your leadership skills, network, and most importantly learn more about your future profession and the many paths within it. With the right balance, it is possible to find the time to excel in nursing school as well as participate in your schools, state, and national organizations. Often we are told that getting involved in extracurricular is a great “resume booster”, however it can be so much more than that! Take a look at what the MANS Board of Directors had to say when they were asked:

“How has getting involved in MANS and/or your local school chapter helped you? What has your experience been like?”

Sarah Trandel
President

Incredible. My experience on the MANS board has been nothing but incredible. Being part of the largest nursing student run organization in Maryland, MANS, has exposed me to endless opportunities, promoted professional and personal growth, in addition to leadership, organization, and time management skills. These are priceless skills that I have gained and will utilize while in the nursing workforce and personal life.

Through my position in representing the Maryland nursing students, I have interacted with nursing school deans, hospital executives, and professors. Here, I have been able to spread awareness of the need for and ways for you to become a nursing leader - even at the bedside! Becoming involved in MANS will allow you, as it has allowed me, to provide educational and networking opportunities for student nurses who otherwise would not have. This gift of giving is priceless and full of gratification!

Safa Soliman
Newsletter Chair

Getting involved in my school chapter, the University of Maryland Association of Nursing Students (UMANS) as treasurer and subsequently, the state chapter as Newsletter Chair has been a transformative experience to say the least. Not only did I have the opportunity to travel to Atlanta, GA for the NSNA Mid-Year Convention, where I was able to network with nursing students from across the nation and learn so much about the profession, I was also able to step out of my comfort zone to garner skills that I would not have been able to gain otherwise! From creating my first newsletter to attending my first budget meeting, I’ve gone through a tremendous amount of personal and professional growth by getting involved in my school and state chapters. I encourage everyone to do the same, as the skills you gain will help you excel and thrive in whatever environment you chose after graduation!
Why Get Involved? (cont.)

Written by: The MANS Board of Directors

Stephanie Swope

_Breakthrough to Nursing Chair_

Becoming a member and joining the board of the Towson University Student Nurses’ Association (TUSNA) has probably been the most satisfying part of my college career thus far. Joining TUSNA led to running for a position on the Maryland Association of Nursing Students (MANS) board of directors, as well as becoming a member of the National Student Nurses’ Association (NSNA). Getting involved in my local and state chapters has provided me with educational resources to bridge the gap between student nurse and professional. In addition, it has given me the opportunity to grow immensely in my leadership skills, network with both peers and professionals, and explore the profession and all of its many facets. Without this experience, I would not have met many of the individuals who have helped shape me into an incredible leader and soon a nurse. Get involved! You won’t regret it!

Sheila Pierre-Louis, RN

_Secretary_

As I approach my halfway mark of my second term with MANS, I can honestly say that this organization has changed me for the better. I remember attending my first MANS meeting, back in 2014. As President of Montgomery College’s Nursing Club, I was constantly looking for avenues to get students involved. I had reached out to a member of MANS and was invited to a meeting, without knowing much about the organization. I attended that meeting full of uncertainty and walked out of the meeting inspired to make my mark. It was then I decided to establish a NSNA chapter at my school, and run for a board position with MANS. MANS has enabled me to strengthen my leadership skills and utilize my voice where it matters. Being a part of MANS has facilitated both personal and professional growth, which has helped me become a better nurse. Most of all, MANS has granted me the opportunity to bond and work alongside some of the most inspirational nurses and nursing students in Maryland and across the nation. If there’s one thing I can suggest, it would be to get involved now!
**Why Get Involved? (cont.)**

Written by: The MANS Board of Directors

Andrew Richardson  
*Legislative Chair*

As a member of both a local chapter, University of Maryland Association of Nursing Students (UMANS) and state chapter, Maryland Association of Nursing Students (MANS), I am pleased to say that I have developed many critical leadership skills. I have spent my first two semesters of nursing school observing previous leaders who held my positions in action. Their professional stature was admirable and motivated me to replicate exactly that. In my local chapter I held the position of the Breakthrough to Nursing (BTN) Chair & Retention and Recruitment Chair and am currently the Legislative Chairperson for my state nursing organization.

The opportunities offered to me by these positions have been unbelievable. As a student I have attended numerous conventions and conferences throughout the U.S. Including cities such as: Phoenix, AZ, Atlanta, GA, Washington, D.C. and soon Orlando, FL, just to name a few! I have networked and maintained strong professional connections with prominent leaders such as the president of the National Association of Nursing Students (NSNA) Ryan Bannan, Executive Director of NSNA, Maryland Nurses Association (MNA) leaders and many more! It would be increasingly difficult to put these priceless experiences into words. Simply put, there are no words. I aim to join the MNA upon graduation so that I may continue to be in the midst of strong leaders advocating for nurses day in and day out! If you continually seek avenues to catalyze positive change in any capacity, then a leadership position is for you!

Joshua Steward, RN  
*Resolutions Chair*

When I was in high school, I had decided I wanted to be a nurse. As years went on, I got closer and closer to finally attaining that goal, but I never looked beyond the scope of being a floor nurse. Some of my classmates convinced me to join my school's local chapter "Because it looks good on a resumé." Once I started getting involved, I realized that nurses do SO MUCH outside of just working in hospitals! Being a part of my school's nursing association chapter, and later being a part of MANS, has encouraged me to not just strive to be the best nurse I can be, but also strive to be a leader in a field I am passionate about. It has opened doors for me to endless opportunities in nursing! In the end though, it really did look good on a resumé, because I got the job of my dreams and being a part of my school's nursing association and MANS definitely helped me attain that! Joining student nursing associations gets you to places in the healthcare field that would have never presented themselves otherwise!
Jacqueline Sergon, RN  
*Community Health Chair*

Being involved in community service projects through my school was an excellent segue into my position as the Community Health Chairperson for MANS. Initiatives such as Blood Drives and Community Health Fairs offered great insight into the critical role nurses play. Not only as clinicians, but educators and health advocates as well, particularly to those most vulnerable in our society. Of course, none of this would have been possible without the unwavering support of my wonderful board colleagues, who have encouraged me to think outside the box.

In that regard, I am proud that I have left my mark on MANS by establishing its inaugural Fall into Nursing Award scheme, which recognizes the community service efforts of our constituents throughout the state. I have no doubt that my participation in my school’s projects, and my current tenure as an executive board member of MANS has prepared me well for leadership roles in the next phase of my career, in perfect keeping with our convention theme of iLEAD!

My tenure as the Community Health Chair has so far has been nothing short of extraordinary. It has offered me the creative license to accomplish more than I ever anticipated, such as: sailing on the Chesapeake Bay to in order to raise funds for hospice care, partnering with global skincare brand iS in raising funds for breast cancer research, meeting top government officials in Washington D.C., to name but a few of my adventures.

Stephanie Al-Adhami, BSN, RN  
*MANS MNA Student Liaison*

MANS and the Johns Hopkins University Student Nurses’ Association (JHUSNA) have provided me with hands-on opportunities to learn about the nursing profession that I could not have gotten anywhere else. In addition to attending 5 national and state level student conferences with expert presenters from nursing specialties I had not previously even known existed, I have learned how to use my own skills and interests to advance the future of nursing. For example, I co-authored a resolution for the 2015 NSNA Convention concerning ethical practice for nursing students, and later that year attended the ANA Ethics Symposium to share ideas and develop connections with expert nurses who were working toward the same goal. I have met with nursing leaders around the country, all of whom have made it clear that the input of students *matters* to the future of the profession. Being involved with MANS and JHUSNA has made me believe that I do impact the future of nursing, and it’s given me the confidence to make my voice heard.
Why Get Involved? (cont.)

Written by: The MANS Board of Directors

Sashay Brown, BSN, RN
Image of Nursing Chair

During my time in my ADN Program, getting involved at the school chapter level helped me get the best out of my nursing school career. I was not only able to connect with those ahead of me in the program and get advice and notable lessons from them, but as the semesters passed, I was eventually able to do the same with those who came into the program after me.

I eventually became president of my school chapter and volunteered for different MANS committees and was able to make some fantastic connections along the way with other nursing students and even faculty. After graduation, and joining MANS, my history of getting involved seemed to work well in my favor. While looking for jobs as a new graduate I was always told that you needed something that will make you stand out in the midst of all the other new grads. One key aspect that made me stand out was my willingness to get involved and stay involved in the things that mattered most to my career and myself.

Through getting involved I was able to acquire leadership skills, conflict resolution skills, and many more. All of which helped me to be confident in interviewing and securing my first job before even taking my boards. My advice to all is that it only benefits you to get involved so why not take the opportunity to do so and not only learn incredible skills but make lifelong friends along the way.
MANS would like to sincerely thank all of the organizations and individuals who provided and donated items, services and funds to the 36th Annual State Convention! We are truly grateful for your support!

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Upcoming Events

- February 15th - 2016 MNA Nurses Night in Annapolis
- February 17th - Deadline to submit to NSNA Essay Contest
- March 1st - Deadline to reserve hotel rooms for NSNA Annual Convention
- March 14th - Deadline for online reservations for the NSNA Annual Convention
- March 30th - April 3rd - NSNA Annual Convention in Orlando, Florida

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