

# MANS Quarterly

Maryland Association of Nursing Students

## Social Media:

### The Hot Button in Healthcare

By: Tess Bailey, CCBC

One of the more recent hot buttons in healthcare is not considered a medical issue at all but an issue regarding the ever expanding Social Media sites. So, as students looking for that Dream Job, how do we navigate through the internet superhighway and still land that awe inspiring job?

Recently, “The American Nurses Association (ANA) and the National Council of State Boards of Nursing, Inc. (NCSBN®) have mutually endorsed each organization’s guidelines for upholding professional boundaries in a social networking environment” (ANA and NCSBN, October 19, 2011). The NCSBN published “White Paper: A Nurse’s Guide to the Use of Social Media” (NCSBN, August 2011) for nurses and nursing students which outlines implications and possible consequences. They cite seven scenarios demonstrating violations of patient privacy, two of which included students.

When making the transition from student nurse to professional nurse we will face many challenges and decisions. One of these decisions is the type of material which should not be posted on Social Media. While most of us consider Social Media sites to include only our personal lives, they can also be a reflection of the company we work for and the Nursing Profession as a whole.

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## Upcoming Events:

- MANS Meeting....April 12, NSNA Convention
- NSNA Convention....April 11-15, Pittsburgh, PA
- MANS Meeting....May 10, MNA Headquarters

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# Presidential Minute

By: Regina Leonard, UMSON-Shady Grove

Greetings Maryland Nursing Students,

I am pleased that we had such an overwhelming turnout to the state convention. We had 224 students to participate and easily 80% of you all decided that the end of day prizes were well worth staying for! I really would like to thank you all for making the convention a success. Please make sure you visit our sponsor store Scrubs and Beyond in Arundel Mills Mall for your 20% off with the coupon that was provided in your bag. Also please use the following code: SL2SS10, to save 10% online [www.scrubsandbeyond.com](http://www.scrubsandbeyond.com) and via catalog orders. This code is good until Dec 31, 2012

As many of you may know NSNA's 60th Annual Convention is coming up April 11-15, 2012! The convention will surely be a blast as we celebrate 60,000 member in 60 years. The organization is just 1000 members shy of the goal. Please encourage a student to join and use the PIT # 4102. You may also want to consider signing up for the 1st Annual NSNA Foundation Fun Run. The monies raised from your participation will be used to give many deserving students scholarships. Together we can make a difference!

Please go to the NSNA website <http://www.nsna.org/Meetings/AnnualConvention.aspx> to register for convention (March 26, 2012 deadline). Hotel rooms with discounted prices were available until March 9, 2012, however I am sure there are other great ways to reserve a room at a discount as well. As stated at our State convention the tickets for the Megabus to Pittsburgh are currently between \$15-50 round-trip from Washington, DC. With the cost of travel being so affordable it is imperative that we Marylanders take advantage of the convention being so close. I anticipate seeing many of you at the convention, our State Caucus meeting and at our annual State dinner! We will post information for a location and time for a State Caucus meeting on the information board near the conference registration tables. Please be sure to check the board daily to see when and where the Caucus and State dinner will be. Please note that although we meet for dinner as a state the cost of dinner is paid individually.

Lastly, as a member of the National Board of Directors for NSNA, I encourage you to run for a national office. For the past 5 years or so, the state of Maryland has had someone on the National Board of Directors. This is a legacy that we would like to continue. Please contact Regine Faucher of the NEC ([NECEast@nsna.org](mailto:NECEast@nsna.org)) if you would like more information on running for national office. You will only benefit from the experiences in more ways than you can ever imagine!

Peace and Blessings,

Regina

# Thank You!

By: Daniel Vieira, UMSON-Shady Grove



Thank you for attending the Maryland Association of Nursing Student's Annual Convention! What makes a convention 'good' and 'enjoyable' isn't just the works by the board of directors and their advisors; they're made 'awesome' and 'remarkable' by the active participation of the people who attend. This was an incredible convention!

At the opening session, Dr. Lois Marshall opened our eyes to our own metamorphosis into professional practice. We closed with Lon Keifer's humorous perspective on "Nursing Outside the Box!"—perhaps one of the most honest and accurate accounts on the nursing profession. In between, we discussed many topics and issues that will clearly continue to be key aspects in nursing.

The day seemed to go smoothly and we have had many messages of support: ".it really highlighted the community spirit that all of us student nurses have in Maryland. Everyone who came this weekend from Hagerstown Community College expressed how impressed they were with the level of speakers and how excited they are to attend the National convention and next year's MANS convention." (VP, SNA Hagerstown CC Kaeti Heister)

We would like to thank everyone who came out to support this remarkable event, especially our board and conference participants, speakers, sponsors, and vendors. Thanks to all who were present. Our conference became a powerful tool to not only develop a better sense of what nursing can offer but more importantly, to help us develop professionally.

For those people unable to be with us, please look for highlights from the convention on our website and we hope to see you at next year's convention!

Daniel Vieira  
VP, MANS





# 2011-2012 MANS Board

By: Sarah Cook, UMSON

# Social Media, cont'd

By: Tess Bailey, CCBC



The Maryland Association of Nursing Students would like to congratulate the 2012-2013 MANS Board elected at the annual state convention in January.

**Cheryl Appleton** was elected President. Ms. Appleton holds a BA in Music Education and is currently enrolled at the University of Maryland (Shady Grove) for her BSN. She has been active in music-related professional organizations and is eager to contribute to nursing-related professional organizations through her work on MANS.

**Donna-Sue Lammie** is the newly-elected Vice President. She attends the University of Maryland School of Nursing, Baltimore campus. When not studying for school, Ms. Lammie works at the American Red Cross as a lab technician, volunteer on the emergency response team, and serves on the safety committee.

**Kristen Butt** is a student at the Johns Hopkins University School of Nursing. She will serve as Secretary on the 2012-2013 board. She brings to the team a passion to collaborate with nursing students across the state.

**Brian Faulkner** is a student at the University of Maryland, Shady Grove. He is a Sergeant in the U.S. Army and has worked as an LPN in a variety of military settings. As a board member for other non-profit organizations, Mr. Faulkner has raised funds for the Wounded Warrior Program. He will serve the MANS board as the Treasurer.

**Sarah Cook** is enrolled at the University of Maryland School of Nursing in Baltimore. She will serve as the Membership & Nominations Chair. She holds a BA (English major) and worked for many years at the National Endowment for the Arts before entering nursing school.

**Austin Combs** is an active student at Carroll Community College. He is a peer tutor for several subjects and the NSNA Public Relations Chair at his campus. Mr. Combs will be the 2012-2013 Newsletter Chair.

**Alexandra Del Barco** was elected as the Community Health Chair. A current student at the University of Maryland School of Nursing (Baltimore), she has volunteered at Camp Possibilities and currently volunteers at the University of Maryland Medical Center.

**Theresa Card** will be the Public Relations Chair. Ms. Card is already active on the state level, representing the University of Maryland, Baltimore, on the Chancellor's University of Maryland System Student Council.

**Hilary Rabuck** is studying at the Johns Hopkins University School of Nursing. She will join the MANS Board as the Breakthrough to Nursing Chair. Ms. Rabuck holds a Bachelor of Arts in Social Work.

Please join us in welcoming the 2012-2013 MANS Board.

Referenced below are some questions to ask yourself to protect you and your patients:

## 1. Am I violating HIPAA?

Keep in mind that posting what you think may be vague information about a patient may be enough for others to identify that patient.

## 2. Am I posting facts, rumors or disparaging remarks about others?

Ensure information you are posting is accurate. Even the most innocent posts can grow like a weed, spreading news that can place yourself and/or your company in an unfavorable light.

## 3. Are you crossing the boundaries of the nurse/patient relationship?

These are ethical issues to explore and the ANA is a great resource for nurses.

## 4. Who is viewing your Facebook wall?

People who are not on your friends list, such as a friend of a friend or even a potential employer, may still be able to view your pictures and postings.

So how can you protect yourself as a student entering this honorable profession? Just like the Patient Care Policies in most healthcare facilities both your school and employer now have policies on Social Media. Know what they are before you post and remember what you post reflects not only your image but may be construed as a representation of your institution.

As you move along in your career be aware of the Organizations available to Nurses. The ANA, The NCSBN, and your State Board of Nursing can provide you with resources to help you answer many questions as well as providing support to the Nursing Profession.

You already made a great decision by choosing Nursing as your profession. Utilizing these resources will enable you to continue to make great career decisions!!

# KAPLAN

## TEST PREP AND ADMISSIONS



# Community Outreach

By: Jackie Johnson, JHU

## MANS Book Drive Collects Books for Nursing School in Ethiopia!

Lee Awoke left his home country of Ethiopia after violence from a bloody civil war reach his village over 18 years ago. He eventually resettled in Baltimore where he is now a technician at Good Samaritan Hospital. This former school teacher understands the value of education, and when his brother began attending nursing school back in Ethiopia, Lee discovered the students lacked the necessary textbooks to learn skilled nursing care. Since then, Lee devoted himself to filling the empty library shelves with textbooks filled with current knowledge of care to produce competent and skilled nurses.

At this year's annual MANS Convention on January 28th, participants contributed over 50 gently used nursing textbooks towards fulfilling that dream. Lee was grateful for the generosity of those who donated and believes the students of Hossana Nursing College will greatly benefit from the books which ranged from Critical Care to Pathophysiology to Psychiatric Nursing. Fundraising plans are being made for this summer to raise the money to ship these and other books he has been collecting throughout the year. If you have other books you'd like to donate or help with shipping, contact Lee at [lee21009@gmail.com](mailto:lee21009@gmail.com).



Pictured at left: Lee Awoke. In the background you can see the ever-growing tower of nursing textbooks he is planning to send to Ethiopia.

## VA Receives 75 Valentines from MANS members

At this year's annual MANS convention, members created 75 Valentines for veterans as part of the National Salute to the Veteran Patient week thanking them for their service and wishing them a speedy recovery. The cards were dispersed by volunteers to veterans staying on medical units at the Baltimore VA Medical Center on Greene Street during the week of February 13-17th. For more information on how you can volunteer with the VA, go to <http://www.maryland.va.gov/giving/volunteer.asp>



Pictured above at left are Valentine's Day cards made by MANS participants at the 2012 convention. At right, Volunteer Coordinator at the VA Hospital with MANS Community Health Director, Jackie Johnson

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## Relaxation Techniques:

by: Marina Overby, UMSON

Midterms are coming and finals are right around the corner. Is anyone else ready to scream? Many nursing students are known to be frantic, anxiety driven individuals; especially when it comes to testing. Here are a few relaxation techniques I have learned over the years to get through a tough time:

- 1) Take a deep breath. Your body needs the oxygen in order for you to think straight.
- 2) Sleep. Many students lack the required amount of sleep for their brain to function at full capacity.
- 3) During a test, if you start to feel anxious, relax. Crinkle your toes and hold that for 5 seconds, then your calves, then your thighs, abdomen, shoulders, hands, then neck. This is a good way to ease the tension out of your body.
- 4) Exercise. Sometimes the easiest thing to do on a stressful day is to just go for a walk. The fresh air, sunshine, or moonlight can really have an effect on the way you feel. Yoga is always a good way to release the tension from the body
- 5) Eat a healthy snack. Often times, we get so bogged down by the stress, it's easy to grab that bag of potato chips and chow down. However, a more nutritious snack, like an apple, can truly help the mind, body and soul. And lastly, remember to have a life outside of school.

Sometimes, that break away helps you to reflect on everything you have learned thus far.

*Be Inspired...*

at the University of Maryland School of Nursing

## GRADUATE OPPORTUNITIES

### MASTER'S DEGREE SPECIALTIES

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- Community/Public Health Nursing
- Family Nurse Practitioner
- Health Service Leadership and Management
- Nurse Anesthesia
- Nursing Informatics
- Pediatric Primary Care Nurse Practitioner
- Pediatric Acute Care Nurse Practitioner
- Psychiatric Mental Health Nurse Practitioner
- Trauma, Critical, and Emergency Nursing:  
Clinical Nurse Specialist and Acute Care Nurse Practitioner

### CERTIFICATES

- Environmental Health
- Global Health
- Teaching in Nursing and Health Professions

### DOCTORAL DEGREES

- Doctor of Philosophy
- Doctor of Nursing Practice

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