

Newsletter sponsored by the Student Nurses Association of Trinitas School of Nursing

## Professionalism in the Nursing Student

Deep into the start of the semester and it's time for students to get themselves organized and focused on performing to the best of their ability in order to be successful. As you may have seen or heard, the SNA Theme for the spring 2016 semester is

**Professionalism in Nursing Students.** One of the first steps in developing this attribute (integral to the nursing profession), is by approaching nursing school as the priority in your life. Obviously, personal priorities like employment and family don't suddenly disappear when you go to nursing school, but the mindset of the nursing student has to be focused on becoming a safe, competent nurse and that takes focus, motivation, dedication and work.

### To start with, it takes the following:

- Attending all lectures. Absenteeism is not a sign of a serious, professional. Whether your lecture is sometimes exciting, boring, motivating, mind-numbing – it doesn't matter. You've committed yourself to going to nursing school. You chose this path and now you need to travel it, like you mean it. Would you want a nurse taking care of you, who missed class on a regular basis? "Sorry, I can't help you because I was out that day". Unless you or a family member is sick, you should be in class, for the full time period.
- Come to lecture prepared to learn. A serious student doesn't just show up in lecture waiting for information to be poured into their heads. Nurses prepare, review and think about what they're doing, and students need to do the same thing. You don't have to read every word in the textbook before lecture, but a review of the main ideas, and examination of the handouts (that are provided ahead of time) goes a long way. You'll be more engaged and can ask questions.

These two very basic things above, show dedication and more importantly, they are seen as a sign of seriousness in a student nurse. Being serious about learning to be a nurse comes across in many ways and speaks volumes about a student's character – something they will bring with them into the profession of nursing. Serious is defined as: acting sincerely and in earnest, rather than in a joking or halfhearted manner.

To kick off the theme, let's take a closer look at the basics of "Professionalism", starting with the definition. Professionalism defined is, "meticulous adherence to undeviating honesty, and responsibility in one's dealings, plus a level of excellence that goes over and above the basic considerations."

### PROFESSIONAL

<b>P = Productive</b>	<b>S = Set a good example</b>
<b>R = Respectful</b>	<b>I = Integrity</b>
<b>O = Optimistic</b>	<b>O = Ownership</b>
<b>F = Focused</b>	<b>N = Nurturing</b>
<b>E = Energetic</b>	<b>A = Accountable</b>
<b>S = Self-Motivated</b>	<b>L = Look the part</b>

While many may see Florence Nightingale as a long dead version of what a nurse is, she was an activist, and said things about nursing that are still applicable today. Take these quotes and apply them to a student's desire to become a nurse.

- "I think one's feelings waste themselves in words; they ought all to be distilled into actions which bring results".
- "I attribute my success to this – I never gave or took any excuse".

### Other ways to demonstrate a professional approach to your nursing education:

- Seek assistance when you are having trouble understanding something or not doing as well as you should.
- Make an appointment with the full time faculty during their office hours to clarify things that are not clear. Come prepared to discuss, what you've done so far and where you think you've gone off track. Don't be passive.
- Go to the skill lab and practice skills you've already done (you're not an expert) and those that you are being taught. All the skills you are taught will need to be done on real patients. They would appreciate if you've done it more than once.
- Practice your medication calculations until they are second nature and if you still need assistance, GET IT, don't just talk about it.
- Be respectful to ALL those you interact with. You never know who you're speaking to and it really doesn't matter.

## Update on LSC Attendance Policy

The basics of the new LSC policy are the same. Students are expected to attend all scheduled skills practice or evaluation sessions at the Learning Simulation Center to become proficient in the nursing skills required in clinical practice. Cancellations, lateness and absences are a violation of the Trinitas School of Nursing Student Code of Conduct and can lead to a progressive disciplinary action up to and including dismissal from the program.

The changes made to the policy were done to make it clearer, easier to understand and enforce.

### General Definitions:

Absence is defined as a no show for a scheduled practice or evaluation session without notification of the Learning Simulation Center.

Cancellation is defined as canceling a previously scheduled skills practice or evaluation session at the Learning/Simulation Center.

Students with either an absence or cancellation will receive an official LSC Warning. The LSC warning will be signed by a member of the LSC staff and the student. (As with clinical warnings, a student's signature does not denote agreement, but only acknowledges receipt) LSC warning forms will be forwarded to the appropriate course/clinical faculty and placed in the student's school file.

## SNA Officer Workshop for 131/130 Students

The SNA's biannual workshop: Tips, techniques and advice for being successful in nursing school is scheduled for Friday, February 26<sup>th</sup> in room 330. SNA officers and class representatives will be presenting information on study techniques, clinical preparation, stress reduction and test taking skills. Make sure to watch for the notices and make plans to attend this worthwhile event.

## Student Nurses Association: SNA

The second meeting for the semester will be on **Wednesday March 3<sup>rd</sup> beginning at 3pm** and will be held in room 330. All class representatives are requested to attend this meeting. **SNA is always looking for class representatives** but is especially interested in bringing in new class reps from NURE 132, 131 and 130, as well as the LPN-RN track. If you are interested, just come to the SNA meeting or feel free to contact one of the SNA officers President Rhiannon Lisco (232), Vice President Nathalie Bonhomme (232), Secretary/Treasurer Stephanie Rodriguez (232) and Ives Santos (250) Media/Events Coordinator. They can be reached via the community shell on CANVAS. As always, pizza will be served and ALL students are welcome!

**Our goal is to help mold the future professionals of the nursing field. Only through involvement can we implement change. You are the future leaders of the nursing profession. Professionalism and Leadership begin here. (NJSNA, 2009)**

## Upcoming Events for

### TSON Student Nurse Professional Education Events:

- New Jersey League for Nursing Convention in Atlantic City on Thursday March 31<sup>st</sup>. Attendance for upper division students in NURE 232, 231 and 250. Cost of attendance is covered and transportation is provided. Lunch on your own.
- Professional Education Day: Tuesday March 29<sup>th</sup> Attendance for lower division students in NURE 131 and 132. Presentation topics will include, legal issues in nursing and a special guest presenter – Dr. Bowe, well known for her work on death and dying. A catered lunch is included.

Both events are sponsored by the SNA for the advancement of students' professional development. Take advantage of these opportunities and expand your nursing knowledge and experience.



**Nursing is identified as a profession because it requires both extensive education in science and specialized training. But simply working in an identified profession does not automatically make one a professional. Professionalism involves much more than degrees and credentials. It includes a**