



# The KANS Connection

## Convention Newsletter 2015

THE KANS CONNECTION

## How to Run for State Office

by KANS Board of Directors

The first step in running for state office is to understand the duties of that office. The responsibilities and duties for each office are listed in Article IV of the current bylaws and the policy and procedure manual along with a brief description below. IF you have questions concerning the duties and responsibilities of a specific office, please feel free to contact that officer. The officers' Names, addresses, and phone numbers are listed in the front of the guidebook. They are willing and eager to answer your questions.

Another step is to attend as many KANS and NSNA sponsored events as possible. This will help by the board, and prepares reports of the total assets and

you to understand the obligations of a board member and how KANS operates on a larger national scale. Possible events including KANS Spring Summit, K-COSP, KANS State Convention, KANS State Board Meetings, NSNA Mid-Year Convention, NSNA National Convention, and any other similar events

You may run for more than one office,, but you can only accept and hold one office. The first office you are elected to must be accepted at that time.

**President:** Presides at all Executive Board Meetings, acts as a representative for the

association, appoints special committees, represents the organization to NSNA, and oversees all aspects of the association.

**Vice President Parliamentary:**

Assumes responsibility in the president's absence and is Chairperson of the bylaws committee.

**Vice President Convention:**

In charge of planning and implementing the state convention in conjunction with KSNA, and is responsible for the convention program. She/he is the chairperson of the convention committee.

**Treasurer:** Acts as a custodian of organization funds, makes payments with the approval of the President and as authorized

expenditures. She/he is the Chairperson of the budget committee.

**Secretary:** Conducts general correspondence of the association, notifies all constituent associations of KANS meetings, keeps record of all correspondence, records and distributes minutes, keep files of reports, and documents, and keeps register of all member schools.

**Projects Chair:** Facilitates KANS projects, statewide health projects, and fundraising activities. She/he is the

Chairperson for the projects committee.

**Legislative Chair:** Sends out legislative alerts, monitors state and local legislation, maintains communication with NSNA regarding state and national legislative activities and represents KANS to KSNA. She/he is the Chairperson for the resolutions committee.

**Newsletter Editor/Historian:** Edits, writes, solicits advertising, and oversees printing and distribution of the KANS Newsletter, the official publication of KANS.

**Membership Chair:** Carries out theories of Breakthrough to Nursing, initiates contact with prospective member schools and maintains contact with active members.

**Nominations and Elections Committee chair:** Be responsible for the slating and verifying eligibility of candidates for the annual meeting of KANS at the State Convention in October

**Breakthrough to Nursing Chair:** Gather and maintain updated information about nursing schools in the state and focus projects on recruitment/retention efforts state wide.

## Bylaw Changes

by Amanda Loy, VP of Parliamentary

Hello fellow nursing students! Your KANS board wishes all positive vibes as we continue our journeys to become nurses! With the upcoming convention we have made the decision to update some of the bylaws passed. We would greatly appreciate any ideas or suggestions based on the following.

Last fall a bylaw change in article IV section III was made which changed the length of terms for officers. To do this we would need to vote to amend last year's bylaw change back to twelve-month terms then vote to add the option of

volunteering from the first elected month to six months after the new board is elected. Only the new board will have voting power, and those who volunteer for six months will be required to keep in contact by telephone or email if needed. It was originally changed to 18-month terms, with the stipulation that six months be given to help guide the new board.

We also made sure to add that if called upon it must be prior to the slated business meeting. We decided as a whole that as students and newly graduating nurses upholding a mandatory six-month agreement may make running for a state office unattainable.



We want to make becoming a member of the KANS board attainable for all. We understand that we are student nurses and time is valuable. Our united goal is to aid in the development of the professional nurse with the ability to provide outstanding care for all people. Please show support at the convention or explain why you think it should remain the same!

## A Message from Shan Nanji, Keynote Speaker & Breakout Session Leader

“When it came time to prep for my board exams Step 1, I elected to attend the P.A.S.S. Program in Champaign, Illinois where I met Dr. Francis Ihejirika. Dr. Francis taught me how to understand medicine and recognize concepts. He also blessed me with an opportunity to conduct Pharmacology and Pathology “Drill” Review sessions at the P.A.S.S. Program. During this time I realized that pharmacology could be made very simple, without the need to read list after list of drugs, study an entire pharmacology textbook, or memorize every detail. I developed K.I.S.S. Pharmacology, a unique student-based approach and a P.A.S.S. Program approved pharmacology series, to help make pharmacology easy for everyone. Pharmacology has many patterns and I will highlight those patterns so that you too can understand pharmacology. At the Keeping It Simple Series we keep things very simple. Trust me, if I can do it – you can too! After seeing the success of KISSPharm, I decided to get together with students and professors from various healthcare related disciplines to bring you the KISSPrep series. Today, KISS has 8 online programs and has partnered with some of the most prestigious names in medicine. In addition to our online programs, we are building a live review program in Florida – classes begin in January of 2016! In addition to the live review program, we are also opening a nursing school and a paramedic program in South Florida. Our success is a testament to our effectiveness, so check us out and let us help you succeed on your journey!”

Sincerely,  
Shan Nanji



## My Experience on the NSNA Board

by Adam Tebben, President of KANS, Director North of NSNA

Fellow KANS Members,

Since my election as the KANS President last October, I have been able to experience many leadership opportunities that have impacted my life each and every day. Most individuals will not experience these opportunities first hand because they feel they do not have the time, think they are not suited for student leadership, feel their goal of being a leader is unattainable, or think that their involvement will not have an impact. Well truthfully, these are some of the claims I have heard personally and I aim to sway you all from thinking this way by addressing some of them, and giving a little story of my experience.

After being elected, myself and Joe Jager (Treasurer) had the opportunity to travel to Portland, Oregon to the National Student Nurses' Association (NSNA) Mid-Year Conference. It didn't take long because in the first day of the conference, I began to realize how important our student-nurse leadership is on our profession. Within the Council of State Presidents, I had the opportunity to meet with state presidents from around the country and discuss our state organizations' structures, accomplishments, regional health issues and medicinal changes, and much more.



At the end of the day, I experienced an epiphany that lead me to KNOW that our leadership collaboration and involvement DOES mold the future of nursing by impacting our lives through direct education, advocacy of patient, educational, and nursing practice reform, and in turn, our own professional development. As some of you may know, this past April I campaigned at the NSNA Annual Convention in Phoenix, Arizona where I was blessed to be elected as the Northern States' Director on the NSNA Board of Directors. Soon after, I learned I was appointed as the Chairman of Convention Planning Committee and was able to meet with the other Board Members in New York City to make organizational decisions for the entire year. Yes, the meetings were long and a lot of work, but being able to meet and work with professional nursing organization leaders from around the country was one of the best experiences of my life. These people were professional enthusiasts about nursing and left every one of us with a "Cloud 9" feeling after their presentations or in our personal discussions.

As I wrap this up, I want to leave you with this. If you have ever had the slightest thought or pondered about running for a higher level office; whether it be local, state, or national office, COMMITT to it and do it. Don't set a ceiling for yourself because win or lose, life is all an experience and you will experience things that hold no monetary value, but are invaluable. Kansas is a state that is doing things and sitting high on the national stage. The KANS organization passed a resolution at the NSNA Annual Convention this past April, we have had schools publish research posters and receive national recognition/awards, and have received nothing but positive feedback from other states about the structure and integrity of our KANS organization. Remember there are no limits for any nurse. As a Board, we want to keep Kansas' schools, KANS, and NSNA progressing their organizations forward as our profession does too. I hope many of you find some inspiration in this to run for an office at any level. I firmly believe that if more people run, we will set ourselves in a better place by being able to select the best candidate for the job out of a group of leaders. If this letter has nudged you forward or sparked your interest in thought, I encourage you to contact any member of the KANS board and we would be happy to help you move forward. Believe me, that there is no limit on our student involvement. It takes passion, a little time management, and effort to become involved. Most importantly, it takes the commitment to run. Without committing, you will go nowhere, but if you do...It will change your life forever. Thanks for reading!

Visit our Website:

[www.kansasnursingstudents.org](http://www.kansasnursingstudents.org)

to learn more about our board and KANS membership

AND..

Like us on Facebook at:

[www.facebook.com/TheKANSConnection](http://www.facebook.com/TheKANSConnection)



# My Experience at Mayo Clinic

By Joe Jager, Treasurer

My Mayo experience starts long before my first day on the floor, before the acceptance letter, and before my application. I heard about the Mayo Clinic Externship while I was attending the KANS convention in October of 2014. I saw the booth and decided to give it a shot. With a little encouragement from a teacher, I approached and began a lengthy conversation. I continued to proceed with the convention and was elected treasurer. Two weeks later I went to Portland Oregon for the semiannual convention and again I met the Mayo Clinic recruiter, shook his hand and handed him my business card. January came and with my time off, I spent over what seems to be months plotting and dissecting my application. I sent my application in two days before the deadline and my stomach hit the floor with anticipation. School started and I forgot about the application. One day in March I was talking to one of my peers about how this chance could change my life forever. Not five minutes later I received an email saying that I have not been accepted and thanking me for my time. Disappointed, I knew it was a long shot and thought at least I gave it a shot. It was on a Friday and I was going home to do some self-care. Less than ten minutes later I received a call from Rochester, MN. I assumed that wanted to thank me for applying

to the program and encouraging me to strive for greatness. I answer my phone and received the greatest news possible. There was a glitch in the system and I had actually been accepted in to the Mayo Clinic Externship. I went from the low poor me, to a super high with in fifteen minutes. Two months later I was in Rochester, looking at the Mayo Clinic and having to pinch myself to make sure it wasn't a dream. The first couple of days were education, greetings and getting lost. Day three came with us hitting the floor and working with patients. As if that wasn't bad enough that I don't know where anything is, I haven't met or heard about my preceptor(s). I was greeted with a smile and short and brief explanation and description of what I can and cannot do. Next thing I know, I was standing in hand off being asked questions and waiting for my input for the patients that we were receiving. This day seemed to be a blur as I met even more people and got in interact with patients that I had no idea of how to plan their care. Progressive Care Unit (PCU)/ Vascular Step Down, my thought were what does this mean, what kind of patients will I be taking care of and what did I remember from class that will help me show that I'm not completely stupid. The day before I went into the clinical experience, one of the summer three coordinators stated that all the books that we brought with this summer need to disappear. She was more interested in are ability to be human and show that we have



leadership skills. Between my preceptor thoughts and my ideas, of what was going to be expected of me, I found a rhythm. It was not my preceptors or managers way, but my own. The summer was met with all types of emotion and I loved to say that I learned so much about nursing I felt completely comfortable by the end of the summer. While I was there I was able to observe three other areas for one day. Including Cath lab, open heart CABG with a four vein bypass, and Cardiac surgical ICU (which was my favorite). The summer could not have been so great without the people around you and I don't mean my preceptors. I'm talking about the people that I lived with. These were the three greatest guys. We came from all over including Puerto Rico, Pennsylvania, and Missouri. At first the only thing that we had in common was nursing and that's what got us started to getting to know each other. After that we went from dorm to dorm, getting to know each other and learning about their experiences. That summer gave me the confidence to feel comfortable with myself and learn so much. It was one of the greatest summers ever.

## KANS 2015 State Convention Schedule!

**Thursday, October 22, 2015**

- 7:00 KANS Store/Nursing Museum Opens - *Willow*
- 7:00-8:00 Vendor Registration/Setup – *Cypress Ballroom B*
- 7:00-8:00 Registration/Running for a State Office/ Delegate Credentialing /Breakfast Bar – Foyer/Redbud C/Redbud A**
- 7:00-1:00 Speaker/Breakout Session Registration - *Foyer*
- 8:00 Grand Opening of Exhibition Hall - *Cypress Ballroom B*
- 8:00-8:30 Delegate Orientation - Redbud C**
- 8:45-9:00 Welcome/Introduction of 2015 Board of Directors – Redbud A/B/C**
- 9:00-9:45 Opening House of Delegates (presentation of resolutions/ introduction/explanation of bylaws) – Redbud A/B/C**
- 10:00-11:15 Keynote Speaker – KissPharm – Redbud A/B/C**
- 11:00-3:00 Photobooth – *Willow*
- 11:30-12:00 Mini Breakout Session/Exhibit Hall**  
 Breakout 1 –Enchantment under the Sea (Running For a State Office) – *Redbud C*  
 Breakout 2 – To Be Continued (Audiology with Dr. Patrick Washington) - *Cedar*  
 Breakout 3 – Your Future is whatever you make it (Whole Life Nursing) - *Birch*  
 Breakout 4 – The Space/Time Continuum (COSP) - *Maple*  
 Breakout 5 – *I'm Your Density (Mentorship) – Redbud B*
- 12:00-1:00 Kansas Schools of Nursing Luncheon – Redbud A/B/C**
- 1:15-2:15 Vendor Lunch – *Redbud A*
- 1:15-2:15 Breakout Sessions 1**  
 Breakout 1 – “We Must Go Back!” Simplify Your NCLEX prep with HURST - *Redbud B*  
 Breakout 2 – Where we’re Going We Don’t Need Roads (Aureus-Travel Nursing) - *Maple*  
 Breakout 3 – De-Escalation from 88mph (De-escalating Patients) - *Cedar*  
 Breakout 4 – The Fourth Dimension (WSU Simulations) - *Birch*  
 Breakout 5 - 3 Steps to Increase Student Engagement with Picmonic (Educators/Faculty only) – *Redbud C*
- 2:30-3:30 Breakout Session 2**  
 Breakout 1 – Synchronize your watches it’s NCLEX Review Time with Kaplan - *Maple*  
 Breakout 2 – Passing the NCLEX the First Time with Picmonic – *Redbud C*  
 Breakout 3 – 1.21 Gigawatt (Affordable Care Act) – *Redbud B*  
 Breakout 4 – The Fourth Dimension (WSU Simulations) - *Birch*  
 Breakout 5 – Your Future is whatever you Make it (Whole Life Nursing) (Educators/Faculty only) - *Cedar*  
 Breakout 6 – CPR Re-Certification (Convenient CPR) – *Redbud A* **\*\*MUST BE PRE-REGISTERED TO ATTEND\*\***
- 3:45-5:00 NCLEX Quiz Bowl – Kaplan/Picmonic – Redbud A/B/C**
- 3:45-5:00 1.5 CEUs - Nursing Education Using the NCLEX Test Plan hosted by Hurst (Educators/Faculty only) - *Birch*  
**\*\*Educators/Faculty MUST BE PRE-REGISTERED TO ATTEND\*\***
- 3:45-5:00 2015-2016 KANS Board of Director Slating - *Cedar*
- 5:00 Closing of the Exhibition Hall – *Cypress Ballroom B*
- 5:00-6:00 Candidates Reception - Redbud A/B/C**

**Friday, October 23, 2015**

6:30	KANS BOD Arrive to Convention Site
<b>7:00-8:00</b>	<b>Registration A-M; N-Z/Delegate Credentialing/Running for A State Office/Breakfast Bar – Foyer/Redbud A/C</b>
7:00-8:00	Vendor Check-in/Setup – <i>Cypress Ballroom B</i>
7:00-1200	KANS Store/Can Good Raffle Opens - <i>Willow</i>
<b>8:00-9:45</b>	<b>Candidate Speeches/Closing House/Voting – <i>Redbud A/B/C</i></b>
<b>10:00-11:00</b>	<b>EndNote Speaker – Jennifer Rodgers (Assistant Chief Nursing Officer @ Via Christi Hospital) – <i>Redbud A/B/C</i></b>
<b>11:15-12:00</b>	<b>Introductions of 2015-2016 KANS BOD/Awards/Acknowledgements – <i>Redbud A/B/C</i></b>
12:00	KANS Store Closes – <i>Willow</i>
1:00-2:00	Vendor Dismantle – <i>Cypress Ballroom B</i>
1:00-3:00	Board of Directors Orientation/Post-Convention Board Meeting – <i>Board Room</i>

**Brief Class Synopsis**

- 1.21 Gigawatt – Explore the Affordable Care Act taught by St. John Hospital
- 3 Steps to Increase Student Engagement – For Educators/Faculty only – Learn how to utilize Picmonic in the classroom
- Convenient CPR (Must be pre-registered prior to Convention) – CPR Re-Certification
- De-Escalation from 88mph – Learn about de-escalating your patient - taught by Prairie View Mental Health
- Enchantment Under the Sea – Learn how to run for a State Office
- The Fourth Dimension – Experience the world of simulations – taught by Wichita State University
- Great Scott!! It's the NCLEX – A NCLEX review course - taught by Hurst
- I'm Your Density – Explore how mentorship between 1st year and 2<sup>nd</sup> year nursing students can work for you.
- Passing the NCLEX the First Time – A NCLEX review course taught by Picmonic
- The Space/Time Continuum – Council of School Presidents (COSP)
- Synchronize Your Watches its NCLEX Time – A NCLEX review course taught by Kaplan
- To Be Continued – Learn about the world of hearing impairment in the field of medicine
- Where We're Going We Don't Need Roads – Explore the world of travel nursing through the eyes of Aureus.
- Your Future Is Whatever You Make it – Learn about Nurse coaching and its positive effects on the patient

We are so excited for our convention and hope to see you all there!