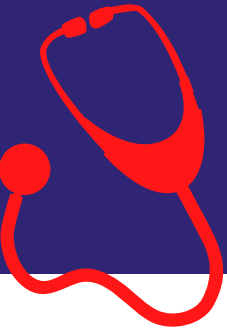




THE BEAT

THE OFFICIAL NEWSLETTER OF NATIONAL UNIVERSITY STUDENT
NURSES' ASSOCIATION - LOS ANGELES CAMPUS



In this Issue:

1. Convention
2. Health and Fitness Tips
3. Blood Drive
4. NU Alumni Spotlight
5. Events
6. Scholarships
7. Socials



Dr. Sally Karioth is this year's
keynote speaker!

Early bird deadline: March 16th

Price:

Convention and NCLEX \$80

Convention only \$69

NCLEX only \$55

Faculty convention \$72

For registration and schedule, please visit
<https://www.nснаconvention.org/>



Guillian's Health and Fitness Tips

Calories in vs. calories out only works if your numbers are precise and not estimated! Start a food journal to keep things accurate! Something like MyFitnessPal will help keep your tracking fast and easy!



Macro calculators are a great tool to start off with to see what your daily calorie count should be but you need to use your food diary to see if it needs adjusting. For example, if the calculator says you need 2000 calories to lose weight but it's been a month and you haven't lost a pound, you need to adjust and lower it. Those calculators are just estimates!!



Another thing you need to consider is what your goal is. If you're trying to be that super jacked bodybuilding nurse your macros need to be on point, its not just about the calories at this stage in the game!



Remember, cheat meals are okay and absolutely necessary to keep yourself, and your taste buds, happy!

I personally like using the 90/10 rule were if I eat 21 meals in a week (3 meals/day), 2 of those meals I allow myself to cheat.

We have to practice what we preach! We can't go around telling our patients that yeah they need to exercise and stay active if we're not making that effort ourselves.

PLEASE don't make the mistake of "oh I exercised for an hour and burned 500 calories today, I'm going to add that to my daily calorie intake." No absolutely not, its already factored in to your daily calorie estimate, don't you dare.

ACSM and CDC Recommendations



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



USE THE
21/90
RULE:
IT TAKES 21 DAYS TO CREATE A HABIT
IT TAKES 90 DAYS TO CREATE A LIFESTYLE

Remember to adjust your macros and calories everytime you make significant changes. These numbers are not static and will constantly change as your body changes!

The BEST diet and the BEST exercise routine is the one you will follow and stay consistent with for the long run. Create those habits and change those lifestyles. I believe in you!

Quality Protein Sources



Meat and Poultry
Beef
Chicken
Turkey
Pork
Lamb
Duck
Goose
Game
Wild
Bison
Venison
Wildfowl
Eggs
Fish
Shellfish
Plant-based
Tofu
Tempeh
Seitan
Mycoprotein
Plant-based meat alternatives

Quality Fat Sources



Healthy Fats
Olive oil
Avocado oil
Coconut oil
Flaxseed oil
Walnut oil
Sesame oil
Grapeseed oil
Peanut oil
Sunflower oil
Almond oil
Cashew oil

Quality Carb Sources



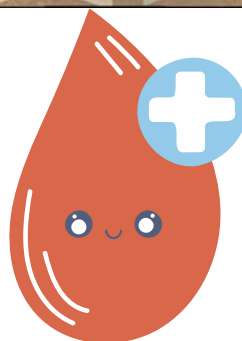
Grains
Wheat
Rice
Corn
Barley
Oats
Quinoa
Buckwheat
Sorghum
Millet
Amaranth
Teff
Wild rice
Speltz
Farro
Einkorn
Emmer
Kamut

Legumes
Beans
Lentils
Peas
Pulses
Soybeans
Tofu
Tempeh
Seitan
Mycoprotein
Plant-based meat alternatives

Fruits
Apples
Bananas
Berries
Citrus
Grapes
Mangoes
Pineapples
Pomegranates
Pears
Plums
Raspberries
Strawberries
Watermelon

By: Kristelle Gupit
Community Service Director

The Red Cross is one of many organizations that help, prevent, and relieve suffering here in the US as well as around the world. With the help of generous donors, volunteers, and employees the Red Cross is able to provide vital services such as relief and support to those in crisis and organize blood drives. Some of our NUSNA LA members (Kira Ryan, Jill Carreon, Tatiuna Flores, and Kristelle Gupit) along with Katie Risk (NU Center Director) had the opportunity to volunteer and donate blood. The Red Cross' mission is "to ensure everyone in our country has access to safe, lifesaving blood and blood products." Unfortunately the Red Cross is experiencing a blood shortage and are in desperate need of blood so if you or anyone you know please donate if you can. Thanks in advance!





Patrick Lam
BSN, RN

COHORT: 22
GRADUATION YEAR: 2021

LONG TERM GOAL: Oncology
Pediatrics / Nurse Practitioner /
Hospital Education

NUSNA DIRECTOR:
Breakthrough to Nursing

FAVORITE CLASS: Med Surg and
Pediatrics

**I COPE WITH NURSING SCHOOL
STRESS AND ANXIETY BY...**
Playing video games, Netflix Binge,
something that distracts my brain
from nursing

What advice would you give to nursing students that will be completing their first clinical rotation? Clinicals will be scary for people that have not been in the healthcare field, so do not think you are the only one. Do not be afraid to ask questions, participate in any type of patient care, and be open to the experience. As nursing students, our clinicals could cut be short, so fully use your rotation to get comfortable talking to patients, talking to other nurses, doing procedures, and handling items (i.e. gauze, tegaderm, IV tubing, needles, etc.)

How did you prepare for NCLEX? UWorld and listened to Mark Klimek lectures. My advice is to do what will make you feel confident for the exam. No one will ever be fully prepared and have all the knowledge. You can ask others for advice, but it is all on you. I was told to do hundreds of questions each day. I only did 75 in the morning, took a break and did another 30. I read and understood the rationales on every question, right and wrong. For the questions I got incorrect, I took more time on figuring out why I got it wrong and what made me choose the wrong answer. Lastly, I kept telling myself: Just pass the NCLEX, there is no "A" grade to obtain.

What are your top three tips when it comes to getting your first job as an RN?

1. Use any family, friend, and/or professional connection to get your foot in the door.
2. Apply everywhere. My classmates did not hear anything from the hospitals, then suddenly they got several interviews. Remember you have a BSN, you are in demand.
3. Don't be picky, get that experience and try for your dream job/hospital after a year.

What unit or specialty do you work in? Do you plan on staying in this unit/specialty?

I am on an Acute Rehab Unit, floating to our other med-surg units: Tele, Oncology, and regular. I plan to stay for a while until I get used to the transition from LVN to RN. After my contract is over, I want to transfer to a hospital that has pediatrics.

Have you had any challenges when it comes to delegation and how did you overcome these challenges? Delegation was hard in the beginning because they see you as a "New Nurse." Be open to learning and open to receiving their advice. The older staff had knowledge and experience I could use to make my day better and efficient. I also learned early on that every nurse should be treated equally. (i.e. CNA, LVN, and RN). I have seen many RNs treat CNAs and LVNs poorly and their day became much harder. It is definitely better being on a team, than having to do everything solo.

In your opinion, how far in advance should nursing students start looking for a job?

There really is not a good time, just when you feel prepared and ready. Many started looking after their hard nursing courses were over, which can help see what hospitals are hiring, when new grad programs start, and some hospitals offer positions to graduates on condition they pass the NCLEX. Also, many got hired to be a nursing student tech at some hospitals, which would help get your foot in the door.

Did you do a residency program? If so, what are some things to look for when applying to these programs? My new grad program was automatic because I was under my hospital's scholarship program. I learned from my other classmates that they did a lot of work: googling and researching many hospitals in their area. They inquired about when their programs start, how to apply, and required qualifications. Once you get an interview, prepare for questions about scenarios that require critical thinking and of course the typical job interview questions.

Have you worked in a COVID-19 Unit? If so, what advice do you have for new grads working in these units for the first time? I helped open a Covid unit when beds started filling up and floated to Covid units during staff shortage. Major advice is to not be afraid. Just don and doff your PPE in the correct order. Research your hospital policies and procedures. Since you are going to be all geared up, make sure you have everything with you and plan all tasks to be done at that one time. Try to lessen PPE waste. Lastly, treat all patients with respect, they are stuck in that isolation room all alone for many days.

Any other comments: Good luck to you future NU nursing graduates! I hope to see some NU Alumni out there enjoying and succeeding in their nursing careers.

Events:

We will be raffling off a new 3m Littmann classic III stethoscope for new NUSNA members



Raffles

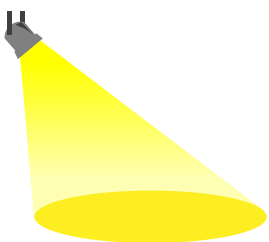
Welcome Cohort 27

Member Spotlight

For active members, we will be raffling a \$50.00 gift card to FIGS scrubs



Please help me in welcoming Cohort 27!



Member Spotlight

Our NUSNA member's are amazing and we want everyone to know. If you would like to nominate someone to spotlight in our upcoming newsletter or on social media, please email nusna.la.communications@gmail.com



SCHOLARSHIP OPPORTUNITIES

Smart Owl Scholarship

Amount: \$7,000

Due: March 29th 2022

Link: https://scholarshipowl.com/awards/smart-owl-scholarship?transaction_id=102ca91fdb0ad7f10c88d1f5943771&offer_id=247&affiliate_id=1742&aff_sub=&aff_sub2=&aff_sub3=&aff_sub4=&aff_sub5=

Description: You must either be enrolled now, or will be enrolled within three months of registration in the Scholarship Sweepstakes, in a qualified high school, college or university within the United States.

Military Commanders Scholarship Fund

Amount: \$5,000

Due: March 30th 2022

Link: <https://learnmore.scholarsapply.org/militarycommanders/>

Description: The New York Chapter of the American Logistics Association (ALA) has established a scholarship program to assist children of select active duty, reserve, National Guard or retired members of the United States military who plan to continue their education in college. Scholarships are offered each year for full-time study at an accredited institution of the student's choice.

Healthline Stronger Scholarship

Amount: \$5,000

Due: April 22nd 2022

Link: https://www.healthline.com/health/scholarship-program#1?utm_source=outreach&utm_medium=application&utm_campaign=scholarship&utm_content=scholarshipscom

Description: To be eligible for this award, you must be a college junior, senior, or graduate student at an accredited U.S. institution in the fall of the year the scholarship is awarded. Must demonstrate leadership and community involvement and participate in academic, extracurricular, or volunteer work related to health, environmental science, or other related areas.

Perinatal Graduate Nursing Scholarship

Amount: \$5,000

Due: March 15th 2022

Link: https://www.marchofdimes.org/nursing/index.bm2?cid=00000003&tpid=ne_s3_1_3

Description: The March of Dimes Dr. Margaret C. Freda Graduate Nursing Scholarship Award was established in 2016 to honor long-time March of Dimes National Nurse Advisory Council Chair, volunteer, and friend, Dr. Margaret Comerford Freda. This award is given each year to the highest scoring graduate nursing scholarship applicant. For more information or to apply, please visit the scholarship provider's website.

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NUSNA would like to give a special

***Thank
you!***

To everyone who made this newsletter possible.