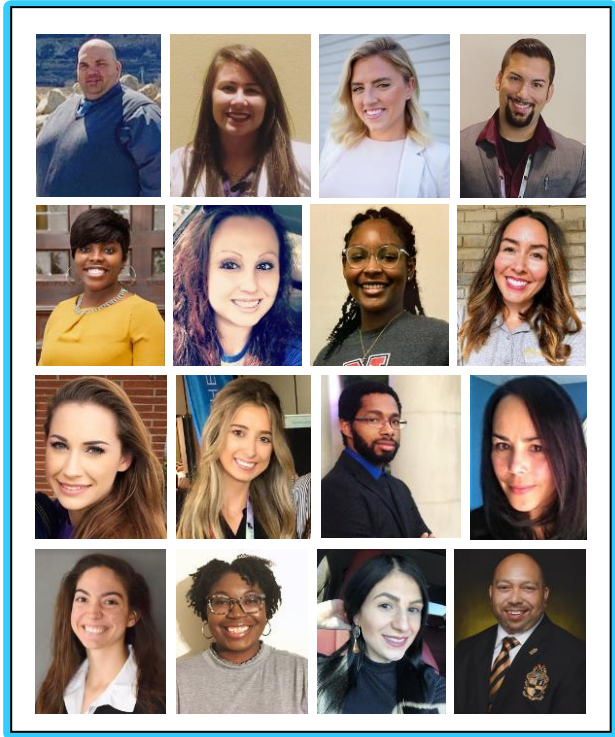




Horizons Newsletter

LOUISIANA ASSOCIATION OF STUDENT NURSES



Louisiana SNAs in Action

Read about some activities our SNAs have participated in

LSBN Emergency Rule for Pre-Graduate RNs

Apply and start working before graduating

COVID-19

Read about the latest news from ldh.la.gov

FROM THE PRESIDENT'S DESK:

Greetings Future Nurses of Louisiana,

For the past few weeks, we have learned to adapt to online classes, minimal or no clinicals, and have practiced social distancing. We hope you are doing well in your classes and staying safe during this time. We are still preparing for our 66th Annual LASN Convention and have finalized our theme. This will be a fun event you won't want to miss!

Respectfully,

Bobby Guichet, RN

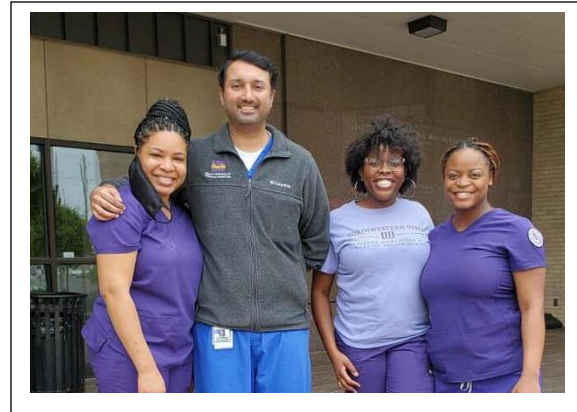
SNA Success Stories

Northwestern State University College of Nursing



NSU SNA had a great day of service working with Chef [Dette Harris](#)!

Photographs courtesy from SNU SNA Facebook page



SNA Success Stories

McNeese State University



MSNA had a successful Spring Preview day encouraging students to enter a career in nursing at McNeese

Photographs courtesy of a McNeese State University Facebook page



SNA Success Stories

University of Louisiana at Lafayette

UL SNA partnered with The Glenn Armentor Law Corporation for the 2019 annual diaper drive, which was a huge success! A total of 10,587 diapers and 2,200 baby wipes were donated to the Desormeaux Foundation. They are very appreciative for the members, faculty, and students who donated to help their community for mothers in need.

Photograph courtesy of ULL students



Health News

April Health Observances

Every month in health care, National Health Observances bring to light important topics in our field about which we should all be knowledgeable. LASN invites you to take some time looking into the March Health Observance!

- [Alcohol Awareness Month](#)
- [Irritable Bowel Syndrome Awareness Month](#)
- [National Autism Awareness Month](#)
- [National Cancer Control Month](#)
- [National Donate Life Month](#)
- [National Interprofessional Health Care Month](#)
- [National Minority Health Month](#)
- [National Parkinson's Awareness Month](#)
- [Occupational Therapy Month](#)
- [Oral Cancer Awareness Month](#)
- [Sexual Assault Awareness and Prevention Month](#)
- [Sexually Transmitted Infections Awareness Month](#)
- [Stress Awareness Month](#)
- [Testicular Cancer Awareness Month](#)

Weeks to note:

- April 5 - 11 - [Oral, Head, and Neck Cancer Awareness Week](#)
- April 6 - 12 - [National Public Health Week](#)
- April 19 - 25 - [National Infertility Awareness Week](#)
- April 20 - 24 - [Every Kid Healthy™ Week](#)
- April 20 - 24 - [National Pediatric Transplant Week](#)
- April 24 - 30 - [World Immunization Week](#)
- April 26 - May 3 - [National Infant Immunization Week](#)
- April 27 - May 1 - [Patient Experience Week](#)

Days to note:

- April 7 - [National Alcohol Screening Day](#)
- April 7 - [World Health Day](#)
- April 10 - [National Youth HIV and AIDS Awareness Day](#)
- April 16 - [Annual National Healthcare Decisions Day](#)
- April 24 - [World Meningitis Day](#)

Find the link to the association that organizes this health observance and more information at:

<https://partners.healthgrades.com/blog/2020-healthcare-observances-calendar>

Coronavirus (COVID-19)

Updated as of 20 April 2020 at noon

Cases Reported – 24,523

Deaths Reported – 1,328

Reported COVID-19 Patients in Hospitals – 1,794 (332 on ventilators)

Tests Completed by State Lab – 6,482

Commercial Tests Completed and Reported to State– 135,353

Parishes with Reported Cases – 64 of 64

The Centers for Disease Control and Prevention (CDC) and the Louisiana Office of Public Health continue to closely monitor this outbreak.

All information on this website reflects the most current information provided to the State. It is subject to change based on further investigations, and will be updated accordingly.

Defend Against COVID-19

- **Stay home.** Follow the Governor’s Stay at Home Order. Only leave your home if it is necessary for essential work or for essential items. [Click here](#) to read the **Stay at Home** order that expires on April 30.
- **Defend Against COVID-19.** Symptoms of COVID-19 include fever, cough and shortness of breath. [Recognize the symptoms](#). Cover your cough. [Wash your hands](#). Stay home especially if you are sick.
- **Maintain a Social Distance of 6ft.** Social distancing means keeping 6ft. of physical space between yourself and others. This helps to prevent the [spread of illness](#).

About Coronavirus (COVID-19)

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. Rarely, animal coronaviruses can evolve and infect people and then spread between people such as has been seen with recent outbreaks of MERS and SARS.

Visit <http://www.coronavirus.gov> to learn more.

Guidance for the Public

Louisiana health officials are advising the public to practice social distancing by not gathering with groups larger than 10 people. Large events and mass gatherings can contribute to the spread of COVID-19. This virus will impact every parish and community in our state. Take precautions to defend against COVID-19.

For a list of additional guidance for the public click [here](#).

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Questions about Coronavirus?

If you have questions about coronavirus, please contact the Louisiana 211 Network by dialing dial 211. Or, you can text the keyword LACOVID to 898-211 for the most current information about the outbreak as it becomes available.

Stressed about COVID-19? We're here to talk.

If you are feeling overwhelmed with stress, fear and anxiety about the uncertainty surrounding this public health emergency, there is a special *Keep Calm through COVID* Hotline you can call. This connects you to trained, compassionate counselors who can offer support and who can direct you to mental health and substance abuse counseling services.

Call 1-866-310-7977 24/7

Trained counselors available 24/7. All calls are confidential.

Symptoms

For confirmed infections, reported illnesses have ranged from infected people with little to no symptoms (similar to the common cold) to people being severely ill and dying. Symptoms can include:

- Fever
- Cough
- Shortness of breath/difficulty breathing

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

There is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms.

A person is considered recovered when it has been at least seven days after the onset of illness, AND at least three day after resolution of fever (without the use of fever-reducing medications) AND resolution or improvement in respiratory symptoms.

How does novel coronavirus spread?

Coronavirus spreads from an infected person to others through:

- Respiratory droplets produced when coughing and sneezing
- Close personal contact
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

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Handwashing

- Wash your hands regularly:
- Before, during and after preparing food,
- Before eating food,
- Before and after caring for someone who is sick,
- Before and after treating a cut or wound,
- After using the toilet,
- After changing diapers or cleaning up a child who has used the toilet,
- After blowing your nose, coughing or sneezing,
- After touching an animal, animal feed or animal waste,
- After handling pet food or pet treats, and
- After touching garbage.

Washing your hands only takes 20 seconds and helps prevent the spread of germs like the coronavirus from person to person, our communities and our state. It just takes these five simple steps from the CDC:

1. Wet your hands with clean, running water (warm or cold), turn off the tap and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.
6. Use hand sanitizer when soap and water are not available. Make sure the hand sanitizer contains at least 60% alcohol.

Clean Surfaces

Frequently touched surfaces include door knobs, light switches, counter tops, bathroom surfaces and faucets, phones, keyboards, desks, etc.

- Clean surfaces using soap and water.
- The disinfect with an [EPA-registered](#) household disinfectant.

For more information visit follow this [CDC guidance](#).

Medical Volunteers

Medical volunteers interested in volunteering must register with Louisiana Volunteers in Action at <http://www.lava.dhh.louisiana.gov/>. Medical and non-medical volunteers 18 years of age and older are welcome.

This article was copied from the Louisiana Department of Health to inform ourselves, patients, and others of the Coronavirus. To learn more, please visit:

<http://www.ldh.la.gov/Coronavirus/>

Horizon's Newsletter Student Spotlight

Your passion for the nursing profession and story will have the opportunity to be published in the LASN newsletter! Thank you for exhibiting excellence in nursing and being a leader within your school's nursing program!

Please fill out the form, attach a photo of yourself to your email and answer 3-4 of the following questions regarding yourself and your experiences in nursing school. You do not have to answer every question and your answers can be as long or as short as you choose.

Name: _____

Questions:

1. What are some of your hobbies and interests outside of nursing school?
2. If you could invent something that would make life easier for nurses what would you invent and why?
3. Why did you choose nursing as the profession that you wish to pursue?
4. What is your secret to success in nursing school?
5. My favorite thing about my nursing school is _____. (Why do you love the school that you attend?)
6. What would be some advice that you wish to share with students considering a career in nursing?
7. What is your proudest moment or greatest obstacle that you had to overcome in nursing school?
8. What do you look forward to in the future as far as your nursing career is concerned?
9. Tell us a fun fact about yourself!

LSBN Emergency Rule for Pre-Graduate RNs

Nursing students, who are in their last semester of nursing school, may apply for the Pre-graduation RN Applicant Disaster Permit. This would allow nursing students to have a permit to work during a public health emergency. To learn more, please go to

<http://www.lsb.state.la.us/Portals/1/Documents/news/EmergencyRule3325.pdf>

Horizons Newsletter Submissions

Articles:

We are looking for students who want to write articles to be published in our newsletter. The article may be about nursing, healthcare, wellness, or any topic students may be interested in and learn from. If you would like your article to be published in the *Horizons* Newsletter, please email lasnhorizonseditor@gmail.com.

Passion Stories and Student Spotlight Stories:

We are looking for Passion Stories and Student Spotlight Stories! If you or someone you know would like to be featured in the *Horizons* newsletter, please email lasnhorizonseditor@gmail.com.

SNA activities with description and photos:

We know that all of our Louisiana SNAs are active as a positive impact in their communities. If you would like your SNA's activities to be featured in the *Horizons* Newsletter, please e-mail your pictures with a brief description of the event(s) to lasnhorizonseditor@gmail.com. Thank you!



LASN MISSION STATEMENT

Our mission is to promote the health and well-being of all people by preparing future leaders and scholars in the health sciences. Louisiana Association of Student Nurses is a statewide community enabling the transition of the student to professional nursing through leadership, education, mentorship, and stewardship.