



Horizons Newsletter

LOUISIANA ASSOCIATION OF STUDENT NURSES



LASN Convention

Thank you to all who attended the 2019 LASN convention! Congrats to students and schools who won awards!

Louisiana SNAs in Action

Read about some activities our SNAs have participated in

LASN Fundraiser

Check out the fundraiser LASN currently has this year.

FROM THE PRESIDENT'S DESK:

Greetings,

To all student nurses and soon to be RN's, I would like to start by taking this opportunity to thank you ALL that made our 65th Annual Louisiana Association of Student Nurses Convention in Lafayette a great success. To all the faculty, guest speakers, and not foregoing all the ones that sponsored to make this possible, THANK YOU!!! I am honored to have been elected to serve as your president for the 2019-2020 term. I look forward to being able to serve you as a group and individually. I have an open inbox policy if you need anything and feel that I or the board can provide the assistance in which you are looking please do not hesitate to reach out to me, I can be reached at lasnpresident@gmail.com. We as your newly elected board look forward to taking an already great organization and moving forward with it. Looking to the horizon we have NSNA national convention quickly approaching us in April down in sunny Orlando. I hope to see Louisiana make a great representation there. We, as your board, are already planning and looking forward to the 66th Annual LASN convention, stay tuned for details to come forth about that. Lastly, I would like to also take this opportunity to congratulate all the students that are graduating in December, that soon will be taking and PASSING the NCLEX-RN, you got this!!!

I look forward to hearing from you, as well as working for you to ensure that LASN is the best it can be for you... the student nurse.

Respectfully,

Bobby J. Guichet Jr., RN

2019 LASN Convention!

The 2019 LASN Convention was amazing! There were great speakers and breakout sessions to learn more about nursing. We were able to see familiar faces, make new friends, and network for jobs and opportunities. We had fun dressing up at the party with the theme “I’m a Nurse: What’s your Super Power?” Thank you to everyone who participated and contributed to making the LASN Convention a great event. Please read on to learn who won scholarships and awards.

Scholarships:

- **Financial Need Scholarship** – Kathryn Wright of LSU Health New Orleans
- **Breakthrough to Nursing Scholarship** – Kristen Perez of University of Holy Cross
- **Academic Scholarship** – Shelby Broussard of LSU Health New Orleans
- **Student Nurse of the Year Scholarship** – Alexandra Walters of LSU Health New Orleans
- **Stephanie Payne Memorial Scholarship** – Ellen Alpaugh of LSU Health New Orleans
- **Lynne Truxillo Memorial Scholarship** – Savannah Faulk of McNeese State University

Awards:

- **Largest Number of Community Health Projects** – Louisiana Tech University
- **Best Community Health Projects** – Bossier Parish Community College
- **Most Creative Community Health Project** – University of Louisiana at Lafayette
- **Greatest Percentage Increase in Membership** – Baton Rouge Community College
- **Greatest Number of New Members** – LSU Health New Orleans
- **New SNA Member of the Year** – Dnai Williams of Chamberlain University
- **Community Health Partnership** – Louisiana Delta Community College
- **Disaster Partner Project** – Bossier Parish Community College
- **Image of Nursing** – Louisiana Tech University
- **Most School Spirit** – Chamberlain University
- **Most Creative Costume** – Baton Rouge General
- **Best Overall Costume** – McNeese State University
- **Best Scrapbook Cover** – University of Holy Cross
- **Best Representation of SNA Activities Award** – Nicholls State University
- **Most Creative Scrapbook** – Louisiana Delta Community College
- **Best Overall Scrapbook** – Charity School of Nursing at DCC
- **Best Newsletter Article** – LSU Health New Orleans
- **Faculty Member of the Year** – Mrs. Gretchen Deeves of LSU Health New Orleans
- **Honorary Member of the Year** – Mrs. Fay Baptist-Sims of HCA Healthcare



2019-2020 Officer Contact Information:

President: Bobby Guichet, Jr. at Northwestern State University (lasnpresident@gmail.com)

Vice President: Emily Wynn at LSUHSC-New Orleans (lasnvicepresident@gmail.com)

Secretary: Kate Wright at LSUHSC-New Orleans (lasn.secretary@gmail.com)

Treasurer: William Pellegrin at University of Louisiana at Lafayette (lasntreasurer@gmail.com)

Region I Director: TeShundrea “Shea” Frederick at Northwestern State University

(LASNRegion1Director@gmail.com)

Region II Director: Justin Borden at South Louisiana Community College (lasnregionIIdirector@gmail.com)

Region III Director: Brittany Fint at Nicholls State University (LASNRegionIIIDirector@gmail.com)

Region IV Director: Christina Hebert at LSUHSC-New Orleans (lasnregion4director@gmail.com)

BTN Membership: Ellen Alpaugh at LSUHSC-New Orleans (lasnbtnmembershipdirector@gmail.com)

Horizons Editor: Brandi Borden at University of Louisiana at Lafayette (lasnhorizonseditor@gmail.com)

Fundraising Coordinator: Dereck-Donzell Williams at Charity School of Nursing at DCC

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Parliamentarian: Ne’Ja Sanders at LSUHSC-New Orleans (lasnparliamentarian@gmail.com)

Elected Consultant: Mariah Hester at Northwestern State University (lasn.electedconsultant1@gmail.com)

Presidential Consultant: Stanley Guillot (lasnpresidentialconsultant18@gmail.com)

For any schools not listed below, please contact your respective region director as listed below:

Region 1: TeShundrea “Shea” Frederick (LASNRegion1Director@gmail.com)

Louisiana Tech University, Bossier Parish Community College, University of Louisiana at Monroe, Northwestern State University, Southern University at Shreveport, Louisiana Delta Community College

Region 2: Justin Borden (lasnregionIIdirector@gmail.com)

McNeese State University, LSU Alexandria, South Louisiana Community College, University of Louisiana at Lafayette, SOWELA Technical Community College, Louisiana College

Region 3: Brittany Fint (LASNRegionIIIDirector@gmail.com)

Nicholls State University, Baton Rouge Community College, Baton Rouge General, Southern University at Baton Rouge Southeastern Louisiana University, Franciscan Missionaries of Our Lady University

Region 4: Christina Hebert (lasnregion4director@gmail.com)

Chamberlain University, LSUHSC-New Orleans, University of Holy Cross, Delgado Charity School of Nursing, Dillard University

SNA Success Stories

Northwestern State University



The SNA of Northwestern State University celebrated at their Christmas Party! Donated socks were collected to give to the Courtyard Nursing Home and Natchitoches Hospice after the party. These students had a fun night celebrating and giving to their community!

Photograph courtesy of the Facebook page of Northwestern State University SNA.

Charity School of Nursing at DCC



The SNA of Charity School of Nursing had donations supplied their food pantry.

This service is a year round program to help students in need. Food and toiletries are available for students to take with no questions asked.

Photograph courtesy of the Facebook page of CASN Charity Association of Student Nurses.



LASN's 2020 Fundraiser!

All officers of LASN are preparing raffle gift baskets and prizes to start off the New Year of 2020! Baskets to raffle are shown below and will be displayed on our Facebook page, Louisiana Association of Student Nurses.

To purchase your tickets, you may contact a LASN officer at your school or your school's region director. These officers' names and e-mail addresses are listed in the newsletter on the 2019-2020 Officer Contact Information page.

Raffle tickets: \$1 each or 25 tickets for \$20

Winners will be announced February 23, 2020 on Facebook live.



Coffee Basket

Starbucks gift card, coffee, coffee mug, blanket, French Press and everything you could need to have a good cup of coffee.



Tulane, All You Can Snack Basket

From Tulane Health Systems- \$150 Mastercard gift card, Tulane blanket, umbrella, assorted snacks, coffee mug, padded binder with mesh pockets and other goodies! -



My "Day Off" Basket

Everything you need on your day off! Fluffy blanket, candy, bath salts, a beautiful custom wine tumbler and much more!



Let's Lower Your Stress Basket

Candles, tumbler, bath bombs, Pink Himalayan bath salts, and more goodies to lower your stress level.

Thank you for supporting your nursing students and future nurses



Movie Night Basket

Amazon Fire Stick, fluffy socks, popcorn and candy.



Spa Extravaganza Basket

Bath bombs, Epsom salts, hand sanitizers, face masks and other necessities for a perfect spa experience.

Raffle Tickets:

\$1 each

or

25 for \$20



All Things Louisiana Basket

Zapp's Potato Chips, Slap Ya Mama Cajun Seasoning, Dirty Rice Mix, Spoon Rest and much more Louisiana themed gifts!

More gift baskets will be displayed on our Facebook page



Relaxation Basket

Champagne, candles and Dermalogica skin care products.

Support your nursing students; buy a raffle ticket



Original Bayou Acrylic Painting

Original artwork of a sunset on the Louisiana bayou.

Winners will be announced February 23, 2020 on Facebook live



Raising Cane's Basket

Raising Cane's gift card, soft cooler, stuffed Raising Cane's dog and much more!

Health News

January 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 January Health Observance!

- [National Birth Defects Prevention Month](#)
- [National Glaucoma Awareness Month](#)
- [National Volunteer Blood Donor Month](#)
- [Cervical Health Awareness Month](#)
- [Thyroid Awareness Month](#)

Weeks to note: January 5 - 11 - [Folic Acid Awareness Week](#)

Find the link to the association that organizes this health observance and more information at: <https://partners.healthgrades.com/blog/2020-healthcare-observances-calendar>

Vaping, the Electronic Epidemic is Upon Us

Written by William Pellegrin and Brandi Borden

In the world of electronics, we have seen great advancements in our generation. The computer chip, PlayStation, SSD hard drives, and the infamous cell phone. One electronic device that was devised to curb the addiction of cigarette smoking was invented in 2006 the E-Cigarette or vaping (Louisiana Department of Health, 2020).

The allure of vaping was that this was a safer alternative and the user would be able to wean oneself off the addiction of nicotine. In hopes to transition a smoker to a safer alternative, these devices have steadily been noted as a not so safe alternative to traditional cigarettes. Traditional cigarettes contain tar, which is one of the major determinate that causes harm to the end user. On the other hand, e-cigarettes may contain vitamin E acetate (Louisiana Health Department, 2020), nicotine, tetrahydrocannabinol (TCH) and cannabinoid (CBC) oils (Centers for Disease Control, 2019).

A concern for individuals who vape or use e-cigarettes are the issues that may arise by inhaling these harmful chemicals. One such concern is lung injury and EVALI (E-cigarette, or Vaping, product use Associated Lung Injury), which is being diagnosed to the victims that use electronic smoking devices. According to the Louisiana Department of Health (2020), patients may have symptoms such as coughing, difficulty breathing, chest pain, nausea, vomiting, diarrhea, fatigue, fever, and weight loss.

Due to many people who think vaping is a safe alternative to tobacco, the use of vaping has increased in the younger population. According to the Food and Drug Administration (2019), over 3.6 million middle and high school students used e-cigarettes in 2018. In addition, over 20% of all high school students reported using e-cigarettes, which is a 78% increase from 2017. This is a problem because children's bodies and brains still need time to fully develop. Vaping may cause changes in the way the brain functions including long lasting effects, impulsivity, mood disorders, and addiction.

If you or someone you know vapes, please talk learn more about the harmful effects or talk with a doctor to learn ways on how to quit.

Visit the links below for more information and resources.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

<https://www.fda.gov/tobacco-products/youth-and-tobacco/2018-nyts-data-startling-rise-youth-e-cigarette-use>

<https://ladepthealth.blogspot.com/2020/01/vaping-injuries-and-deaths-cloud.html>

Scholarships and Grants from the Foundation of the National Student Nurses' Association, Inc.:

The following scholarships and grants can all be found at <https://www.forevernursing.org/>.

2020-2021 Undergraduate Scholarship Program:

- Deadline: Friday, January 17, 2020, at midnight EST
- Scholarships up to \$7,500 per academic year and may be used for tuition, books, and academic fees
- Those graduating before December 2020 are ineligible
- There is a \$10 fee to apply
- The application is online, and transcripts are required

School Leadership Development Grants:

- Deadline: Friday, February 7, 2020, at midnight EST
- \$2,500 each will be awarded to 2 official NSNA school chapters
- A faculty advisor must apply on behalf of the school
- Schools must be official NSNA chapters for at least 1 year
- Schools must be participants of NSNA's Leadership University (see <https://www.nсна.org/leadership-university.html> for more information)
- Recipients are notified in March, recognition will occur at the Opening Ceremony of the NSNA's 68th Annual Convention in Orlando, Florida and checks will be disbursed in May made payable to the school

Horizons Newsletter Submissions

Do you want to be published in the *Horizons* Newsletter? Articles, Passion Stories, and Student Spotlight Stories received by 31 March 2020 will be entered into a drawing for a \$25 gift card. The drawing will take place in April. LASN Board of Directors are excluded from being entered into the drawing.

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.