

# The NSA Cityscape

September 2019



**SAN DIEGO  
COMMUNITY COLLEGE  
DISTRICT**

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## The 2019 NSA Convention Experience by Anna Manfreda

Every year in October, the California Nursing Students Association holds a convention for nursing student members and staff from nursing schools from California to meet for the weekend. Every year there are a variety of panelist sessions to attend, employers and current nurses to network with, and various educational opportunities such as leadership and resumé workshops.

This year the convention was held in Pomona and six of our students from San Diego City College attended. On day one we arrived in the evening after our final exams and had the chance to attend a resumé workshop led by Sharrica Miller, PhD, RN from Starter Nurse Academy. At the workshop we had learned how to help our résumés stand out, find

out what nurse recruiters are looking for, and even a chance to ask questions regarding our own personal resumé. Many of these tips can be found in the article regarding resumé tips also in this newsletter!

Day two was when the fun really began. After grabbing breakfast provided by the convention we had the opportunity to visit the exhibitor hall before the breakout educational sessions began. The exhibitor hall held many, many booths from different universities to learn more about opportunities to pursue a higher education in nursing, test prep for the NCLEX offering discount codes, nursing-related supplies such as Littmann stethoscopes, and hiring managers from various hospitals around the state including the local San Diego area.



The exhibitor hall was open most of the day to explore and collect free goodies and information from the various booths. Around 8:00 am, education break out sessions began with two main sessions that everyone could attend in the morning and progressing to multiple options that one could choose between based on their interests. For example, in the morning we all attended a session about advanced practice nursing and the various routes our career could take after achieving a higher degree, then proceeded to a session about navigating our first RN job, and afterwards had a few hour sessions that we could choose between various topics such as global internships, pharmacology, new graduate residency programs, et cetera.

After the afternoon sessions on day two and basically all of day three, we attended the House of Delegates in which discussion and debate of resolutions takes place. Every school attending the Convention has the opportunity to come up with and write a resolution pertaining to a topic that they want to change in nursing practice. For example, in previous years our school has presented

resolutions such as hovermatts for all total care patients who meet a specific criteria to help decrease nurse injury. These resolutions are a fun way to get involved and enact real change that could possibly move up to the national level if approved! If you are interested in something like this next year talk to our Board of Directors or Legislative Director!

If you are a first year student looking for the opportunity to be more involved in NSA and gain more knowledge regarding your future career I recommend looking into attending the Convention next year. It is a fun way to connect with your fellow peers, network with employers, ask questions from recent New Grads, and gain more knowledge about how to make yourself a stronger more well-rounded nurse for your future career!





SAN DIEGO CITY COLLEGE NURSING  
PROGRAM

# Food Drive!

SDCC NSA will be supporting Mama's Kitchen by donating to their annual Thanksgiving Food drive! This organization is dedicated to supporting those living with AIDS.

Below are Food Suggestions

Box of pasta

Packets of pasta dinners

Canned diced tomatoes

Canned soups

Canned beans

Macaroni and cheese

Canned tuna fish/salmon

Box of cereals

package of pancake mix

Instant oatmeal packets

24 oz bottle of cooking oil

16 oz jar of peanut butter

16 oz jar of jelly

8 Items= 1 Cord Point

Donation Bin Will be Available From Nov.15-22

To receive cord points: Notify Claudia Cardenas prior to placing items in Bin

Bin Found on 3rd Floor Nursing Lounge

**Let's ALL give what we can!**



# Upcoming Events and Announcements

## The SDCC Food Drive

Through November 22nd  
More information on previous page!

## Sign Up For Discounted SDCC Nursing ACLS/PALS Classes

Deadline to Sign Up: 1/24/2019  
Classes On: 1/28 and 1/29 2020 at 0830  
Promo Code: SDCC2020  
Link: [https://criticalcare.enrollware.com/enroll?  
id=3343179](https://criticalcare.enrollware.com/enroll?id=3343179)

## New Student Didactic and Clinical Resource Page Coming Soon!

The page will include study resources, tips, preferred nursing brains, recommended books and more! It will be on the SDCC NSA website. Please email [sdcc.nsa@gmail.com](mailto:sdcc.nsa@gmail.com) if you have anything you want to share!

## An Interview with a CCT RN

### Interviewing: Richard Harchfield RN

### Edited by: Cesar Cardenas

I had the opportunity of meeting Richard Harchfield while working CCT shifts with him. He has been a nurse for 11 years and says it seems like yesterday when he first started. In that time he has worked in Telemetry, Intensive Care Units, Cardiac Cath Labs, ERs, and has done 6 years as a CCT RN and counting.

### What made you consider and eventually go into CCT nursing?

My very first CCT job was at Balboa. I thought it would be fun but one of the biggest factors, if I am going to be honest, was the flight suit! I remember sharing that during my interview for the job when they asked me and they responded "I know right!".

I knew that I wanted to do CCT... I didn't know how good the money was, but I had been in the ICU and the acute care facility setting for some time and

the idea of being out and about and being on the ambulance seemed so exciting. It was all new and I wanted to give it a shot and try myself in that moving environment. The reality is though that it isn't always exciting and you don't want it to be exciting because that means your patient is coding. That said, I've transported many patients of the highest acuity and I've been fortunate to keep all of their pulses going when we got to the drop off location.

### What is a typical day on the job as a CCT nurse like for you?

With my current CTT contract we have two nurses staffed for higher acuity calls and on 24 hour call. On other contracts, the staff will consist of 1 CCT RN and 2 EMTs. A lot of CCT calls are sub-acute patients maybe going for tubing change or stat emergencies where someone's BP is dropping or maybe they are becoming septic.

Someone can go into septic shock in minutes. So much depends on the nurse and it is an impossible job, but you just do the best you can as the CCT RN and always only chart what you did, what you assessed, what you saw. You need to keep your integrity on the job and advocate for the care you believe your patient needs. Even if it means telling the chief neurosurgeon they can't have your patient in surgery (but that's another story). The hospital staff are your teammates and they will listen if you've proven that you know what you're doing.

### Can you share your favorite part about working as a CCT nurse?

To be around all of the young energy that's just starting to get into it. Getting to see the EMTs, the new energy-- setting goals, surpassing goals. The next day I get to see them giving me report or I'm passing them report. Watching them succeed is what I love. Maybe I'm giving them a hard time at the moment, but my heart smiles because I know that it's gonna

be you guys soon. It's so awesome to get to be there in the beginning, to advise them, to see them grow and develop. It is everything. There's no way you can have that feeling if you weren't there in the beginning. Just earlier, I saw an older EMT partner working the ICU at Sharp now. I remembered all the moments they had when they started out as an EMT and when they didn't know if they could make it through nursing. That's what it's all about for me, and I know it's different from what others in this position might say, but that's what I enjoy.



### What are the typical requirements for an aspiring CCT nurse?

County protocol says that you need three years of critical care experience: mostly ER or ICU. There may be a couple of other settings you could work in, but those are the typical ones. I had my critical care experience in the ICU before I became a CCT nurse. You can get the experience in the ER, but the ICU experience is really where you will learn and be exposed to what you need to know about medications and disease processes. That said, it is so important to get experience on a tele floor or on a med-surg floor in order to get a solid foundation and a different perspective before moving on and trying to get more acute care settings.

### Do you have any words or advice you'd like to share with the nursing students?

Make a great list of exaggerations of all you ever wanted because nursing is that career that provides all of it. It's unbelievable how it makes your life. I can't stress that enough to young people. It's so easy to

not have any confidence, but you need to! You may feel like all those cheesy cliches like "you can do anything you want to do" aren't going to be true, but once you finally make it and you are a nurse you get to wake up in the morning with a smile on your face because you can do anything you want as a nurse.

Caring for someone in the hospital doesn't make you think of a job, it makes you think of others and makes you want to be the best version of yourself. You don't dread going to work, it will be the hardest job you'll ever love. The harder you work the better you'll feel. You feel invigorated. You think, "Thank god I was there! And thank god I made the difference!" You get to have that as a nurse... you get to be yourself, and you get to be more of yourself. Don't be the nurse that shows up to collect a patient. Be the nurse that cares. The drive home is long and quiet after a shift and there is no lying to yourself on that drive home once it's all said and done.

Thank you Richard for sharing your experience and insight!

# Are You Using Your NSA Benefits to the Fullest?

Here are some benefits you might not know of!

Discounts on:

- ◆ NSO Liability Insurance
- ◆ Wolters Kluwer NCLEX Made Easy and otehr prep books
- ◆ Littmann Stethoscopes
- ◆ Office Depot Purchases
- ◆ Scrubs & Beyond Purchases
- ◆ Hotel Stay Discounts such as Wyndham and Red Roof Inn
- ◆ Hertz
- ◆ AND MORE!

**scrubs  
& beyond**

**azigo** Shop Online  
& Earn Cash Back!

BARNES & NOBLE NORDSTROM Zappos  
Walgreens AÉROPOSTALE TARGET  
SEPHORA ORVIS KOHL'S

**WYNDHAM**  
HOTEL GROUP

**Hertz**

**nsO**

**Wolters Kluwer**

**3M**  
**Littmann**  
Stethoscopes



## Resume Do's and Don'ts-- Heather Tyge

During Convention, Sharrica Miller, PhD, RN and founder of Starter Nurse Academy taught us a few basic items to include in an appealing Nurse Cover Letter and Resume, as well as how to answer the five most common interview questions (coming in the next issue!), so let's jump right in!

The first thing you need to do is know what position you're applying for, and this means research. Know the company, know what they're looking for, and include some of the key phrases from the job posting in your resume and/or cover . A lot of applicants self-eliminate by not reading the application instructions. If you're applying for a new grad position at UCSD, don't copy and paste your cover for Scripps. This goes for your letters of reference as well. Find a professor who knows you well and will write an individualized letter for both you and the job you're applying for.

Now on to your resume. First, make sure everything is formatted the same (here's a hint: bullet points are your friends) and there are no spelling/grammatical errors. If you say in your cover

letter that you are detail oriented, and yet there are words misspelled and the formatting is "wonky", are you really showing that you're detail oriented?

Which brings us directly into number two: don't use phrases like "detail oriented" or "team player"! Everyone will have that on their resume, and we all got through nursing school, so we're all detail oriented. Instead of telling them, show them. Give examples of times you've paid attention to the details or worked as a team (all the group projects leap to my mind). At this point some of you may be saying "but I don't have experience in nursing, how can I show I'm detail oriented?" It doesn't have to be nursing related. If you have experience waiting tables, I guarantee you have experience with time management, details, and working with customers. You can spice it up by saying something like: "coordinated between 3-5 (or however many tables you had) groups of people and anticipated needs in order to provide a fulfilling experience." It's corny, but it works.



Buried in that example, is the third point: quantify everything. Don't say you worked in groups, say you worked in groups of 5-10 (the size of your clinical). Don't say you did clinical, say you completed over 500 hours of in-hospital experience and successfully worked with more than 60 patients and nurses.

Consider the market in San Diego right now. Hiring managers see hundreds, sometimes thousands, of resumes for one position. If your resume is long winded, unformatted, and uses cliché phrases like "detail oriented" do you think they'll remember you? Not likely. Keep it short and sweet and make it pertinent. One to two pages (yes it can be more than one) with bullet points. Check out the next website for an example in the near future!

**Break Through to Nursing: Teach-**

### **Assisting CNA Classes** **Written By: Tara Tarries**

Our BTN committee has been working with a few of the Healthcare classes offered at the Cesar Chavez campus (SDCCD Continuing Education). Most recently, a handful of students participated in a class of CNA's who are learning more about Acute Care. We each had a different case scenario in Cardiovascular or Respiratory care and helped teach and review the appropriate skills to use with a small group of students. We were excited and nervous to do this and actually discovered that when you start teaching others, you realize how much you have learned! We will be doing this again on Friday, December 8, if anyone is interested. We can take about 5-6 people. You can get cord points and volunteer hours. We will also get to do this

# Our Nursing Students!



## A Patient's Perspective:

### Language Barrier

Edited by Cesar Cardenas

Maria was born in Mexico and is primarily a Spanish speaker, though her English has gotten much better with her time spent in the US. She has been hospitalized 3 times and wished to share her experiences on language barriers with us. The conversation has been translated from Spanish to English.

**Maria, have you ever felt a language barrier when you've been at the hospital?**

Oh my yes! The first two time's I was hospitalized when I was giving birth, I had a hard time understanding what some of the doctors and nurses were saying. The staff didn't have many bilingual employees and so I felt I couldn't really say what I was feeling. I was lucky when I was hospitalized for a thyroid surgery, I had it in Sharp Chula Vista. So many of the staff members there spoke Spanish and I felt so much more comfortable and taken care of!

**Would you say there is a difference between the care you received in Spanish versus the care in English?**

Definitely! Not because the staff didn't care or weren't hard working, but it was because I could actually communicate to them how I was feeling, what was going on. I could understand what they wanted to do and why they wanted to do it. It made everything less scary and easier to cope with. It made a world of a difference when one staff even knew at least some basic Spanish.

**Did you have a better relationship with staff when they spoke spanish?**

Yes! Not because exactly because we could relate, but because we could communicate easier.

**Would you recommend nursing students pick up a second language?**

They should for so many reasons! We live in southern california, the population is so influenced by hispanic culture that avoiding the language barrier would be impossible! The best thing would be to speak a second language! It would help them care for their patients better and hospitals love hiring them. Plus, speaking more than one language is a beautiful thing.

Is there anything you want to tell the nursing student at our program?  
I wish them the best of luck studying! Don't give up. I hope all of their dreams come true and their goals are realized. Don't forget to learn two languages, maybe even three! There are a lot of people who will need your expertise once you finish and you'll want to be able to speak to them in their language.

Thank you Maria!  
SDCC RN Students, go learn a second language!

## Haunted Hospital Highlights!



