

# WSNA STAT



Standing Together Assuring Tomorrow

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Contact Us at:  
[www.wsna.net](http://www.wsna.net)

## WNA/WSNA Midyear Convention

Friday, October 19th—Saturday, October 20, 2007

The 2007 Wisconsin Nurses Association/Wisconsin Student Nurses Association Annual Convention, "Preparing for Tomorrow, Strengthening our Passion," will be Friday, October 19 - Saturday, October 20, 2007 at the Radisson Hotel/La Crosse Center in La Crosse, Wisconsin.

In addition to being a fun-filled weekend spent with your friends and colleagues, convention is a great opportunity to build your knowledge of professional nursing and to network with prospective employers. Being active in your professional organization shows your passion and dedication to the career of nursing, and all WSNA members are encouraged to attend.

Topics for breakout sessions include: Strategies for resolving ethical dilemmas at the bedside, interpretation of everyday lab values, forensic nursing, prevention of heart disease in women, the safe lift initiative, technology enhanced nursing practice, and many more!

To Register for convention, Log on to:  
[www.wisconsinnurses.org](http://www.wisconsinnurses.org)

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## From the Board of Directors....

The 2007-2008 WSNA BOD would like to extend a warm welcome to all new and returning members of the Wisconsin Student Nurses' Association. The Board has been working hard over the summer to ensure that this school year will be the best one yet for student nurses in Wisconsin.

The BOD would like to encourage all members to become involved in our organization. Whether you are a new student embarking on an exciting journey into the world of nursing, or if you are a seasoned nursing student finishing up your

last semester- it is never too late to get involved. A fantastic way to do this is by attending the WNA/WSNA convention coming up in October (see front page for more details). This is an excellent opportunity not only to have fun and get involved with WSNA, but to enhance your professional knowledge as well. The WSNA BOD hopes to see all of you at the convention this October!

WSNA board members are also busy planning the annual convention, which will again take place in February at the Kahlahari Resort in Wisconsin Dells.

Look for more information on this event in the Winter issue of the STAT.

Remember that this is YOUR student organization. Get involved and don't be afraid to ask questions or to come forward with concerns. Contact information for board members can be found at our website: [www.wsna.net](http://www.wsna.net).

The BOD wishes all members happiness, success, and the best of luck for the 2007-2008 school year!

## From the STAT Editor...

Hi! My name is Lizzy Pieper, and I am the new WSNA STAT editor for 2007-2008. I am a senior nursing student finishing up my BSN at Marian College of Fond du Lac. I look forward to producing our STAT newsletter and making it interesting and fun to read. I am excited to be a part of the WSNA board this year, and I encourage all of you to get involved and run for a position at the Mid-year convention this October in La Crosse.

I feel that it is important to get involved in our student organization in order to show leadership and pride in the future of

nursing. After all, WE are the nurses of the future, and if we are not proud and excited about our profession, who will be?

It is my hope that the STAT newsletter will provide members with important information, new knowledge, opportunities for reflection, education, and humor. Life as a student is chaotic, but remember what you are working toward.

Nursing is a rewarding profession, but it takes a special person to do the job. A

nurse must be strong and have the ability to work through adversity and crisis. There is much to learn, and it may feel like there will never be enough time to learn it all. But remember, we will never be done learning.

Take life one day at a time, and know that in the end, when all is said and done, you will be a stronger person because of your struggles. You will be a nurse.

Happy Reading!

- Lizzy :)

[ejpieper@mariancollege.edu](mailto:ejpieper@mariancollege.edu)



## Name that Drug!



This medication is an opioid antagonist given in cases of opioid overdose or to reverse the effects of opioids. This drug should be given cautiously because it can precipitate withdrawal symptoms for patients with physical dependence to opioids.

Answer: Narcan (naloxone hydrochloride)

## Being a Nurse means...

You will never be bored.  
 You will always be frustrated.  
 You will be surrounded by challenges-  
 So much to do and so little time.  
 You will carry immense responsibility-  
 And very little authority.  
 You will step into people's lives,  
 And you will make a difference.  
 Some will bless you.  
 Some will curse you.  
 You will see people at their worst-  
 And at their best.  
 You will never cease to be amazed by people's capacity for love, courage, and endurance.  
 You will see life begin- and end.  
 You will experience resounding triumphs and devastating failures.  
 You will cry a lot.  
 You will laugh a lot.  
 You will know what it is to be human- and to be humane.

-Melodie Chevenert, RN, MN, MA  
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## American Journal of Nursing Reports on HPV Vaccine

WSNA has chosen awareness of the new HPV vaccine for its community project this year. Interestingly, the August 2007 issue of AJN included a report on the controversy behind the new FDA-approved vaccine for human papillomavirus (HPV). Written by Roxanne Nelson, BSN, RN, this article highlighted some important facts about the vaccine and brought some of the most popular concerns to light as well.

Gardasil is the name of the new HPV vaccine, which the FDA has licensed for use by females ages nine to 26. Clinical trials of the vaccine, lasting three years, showed that it was nearly 100% effective in preventing cancerous lesions caused by the HPV virus. There are currently no studies to show long term effectiveness or side-effects however, which makes some of the public skeptical about the use of the new vaccine.



The problem arises because some states are making plans to mandate the vaccine for school-aged females in the near future. Many argue that mandatory vaccination of school-aged females is uncalled for, due to the fact that HPV is sexually transmitted, not spread by casual contact. Moral concerns come into play as well, because many feel that mandating a vaccine for a sexually transmitted disease is encouraging premarital sex.

The article went on to discuss the financial concerns related to the cost of the vaccine, as well as studies planned to examine the effectiveness of using the vaccine in males. It seems that although the Gardasil vaccine is a wonderful breakthrough in the study of cancer prevention, many consumers will not be willing to buy into the vaccine until further research is conducted.

Information based on American Journal of Nursing, 107. "Politics and power plays behind the HPV vaccine". 2007.

\*Information contained in the STAT does not represent the opinion of WSNA.

# Greetings From WSNA Board Members...

## WSNA President- Sarah Skea

Hello Nursing Students! My name is Sarah Skea, and I am the new President of WSNA. First, I would like to say how thankful I am for such a wonderful opportunity to promote nursing leadership and excellence through this organization. As I embark on my third year of nursing at Marquette University, I have learned that the journey of a nursing student is long, arduous, and worth every moment. Although most of us cannot yet imagine reaching "expert" status as a nurse, we are learning what it takes to become outstanding caregivers, advocates, and leaders. We are the nurses of the future! Working together, we have the ability to shape healthcare.

WSNA is your link to current nursing opportunities in practice, leadership, networking, internships, scholarships, and more. You can begin to take advantage of these opportunities at our joint Midyear Convention with the Wisconsin Nurses' Association (WNA) on October 19-20th in La Crosse. WNA/WSNA Midyear Convention is your chance to attend nursing workshops and connect with hospital nurse executives, healthcare recruiters, and community professionals. Midyear Convention is also a great time to develop new friendships and gain support to help you on your journey as a nursing student. Take a moment to check out [www.wsna.net](http://www.wsna.net) and register for Midyear Convention!

I look forward to meeting all of you sometime this year. Please feel free to contact me at the email listed below with any nursing questions or concerns. Congratulations on the beginning of a new semester, and good luck with your studies!

Contact Sarah at: [Sarah.Skea@marquette.edu](mailto:Sarah.Skea@marquette.edu)

## Legislative Vice President- Breana Ohlemiller

Hello, My name is Breana Ohlemiller and I am this year's Legislative Vice President. My duties include assisting the President when she needs help and keeping the constitution up to date by making resolutions. I attend Marian College and am very interested in the nursing profession. I hope that everyone enjoyed their summer and is ready to get back to the books.

Contact Breana at:

[bmohlemiller57@mariancollege.edu](mailto:bmohlemiller57@mariancollege.edu)

## Secretary- Lisa Motelet

Hi! My name is Lisa Motelet, and I am the WSNA secretary. I am a senior at UW- Milwaukee this fall and am the president of my Nursing Student Association chapter.

"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts." -Florence Nightingale

Contact Lisa at [motelet@uwm.edu](mailto:motelet@uwm.edu)

## Projects Director- Katie Kaiser

Hi, my name is Katie Kaiser and I am serving as WSNA Project Director; I am also co-President of Viterbo chapter Nursing Association. This is my senior year at Viterbo University. I am excited to graduate in May. I am interested in Women's Health and Obstetrics. I just finished an internship at Saint Joseph's Hospital in the Birth Center. I plan on going back to school for a Nurse Practitioner or a Nurse Midwife. With my free time I like to run 1/2 marathons, hang out with friends and family, dance around or just relax and watch movies.

Contact Katie at: [klkaiser@viterbo.edu](mailto:klkaiser@viterbo.edu)

## Treasurer- Vicki Hutterer

Hi, my name is Vicki Hutterer and I am the WSNA Treasurer. I am a Junior at Bellin College of Nursing. If you have any questions please feel free to email me. I hope that everyone enjoyed their summer vacation!

Contact Vicki at: [vicki.hutterer@bcon.edu](mailto:vicki.hutterer@bcon.edu)

## WLN Consultant— Twila Sheskey

I have been the WLN consultant to the WSNA for a number of years. I'm retired from MATC Madison and keep myself busy doing volunteer work in the Madison area and third world countries. I enjoy working with the WSNA members as they will determine the direction of nursing in the future. I try to attend the WSNA and NSNA conventions. My favorite part of the conventions is listening to the resolutions, especially if they stimulate debate.

Contact Twila at: [jtsheskey@sbcglobal.net](mailto:jtsheskey@sbcglobal.net)

## WNA Consultant— Nancy Noble

WNA stands for Wisconsin Nurses Association and is the professional organization for nurses in the state. I am the consultant from WNA appointed to WSNA. My responsibilities include providing an interchange of information between WNA and WSNA and to provide advisement and direction to the WSNA Board. I have been in this position for many years and it is wonderful to see students take important leadership positions and grow to be professionals!

As the school year begins be sure to get involved in your local student nurse organization. Continue to belong to WSNA and NSNA and encourage your peers to join also.

Contact Nancy at: [nnoble@mariancollege.edu](mailto:nnoble@mariancollege.edu)

## Elected Consultant— Eileen Bauer

Hello, My name is Eileen Bauer. This will be the third year I will be serving on the WSNA board. I graduated from Marquette University this past May with my BSN. I work at Children's Hospital of Wisconsin on the Hematology/Oncology/Transplant (HOT) Unit. My job as the Elected Consultant is to over look the WSNA board and help them with any question, projects, etc. I also serve to answer questions for advisors and presidents. Good luck in the upcoming school year!

## Website Administrator— Sharon Vandenberg

Hello WSNA members! Thank you for allowing me to serve as the Website Administrator again this term! It is truly an honor to serve WSNA. Learning and becoming familiar with parliamentary procedures is a valuable experience. The skills and experiences learned from participation on the WSNA board of directors will be of great benefit in becoming an active member of the nursing community.

A little about myself, I am a wife and mother of two, a nursing student, hospice home health care CNA, and a licensed EMT-B volunteering with my local Fire/Rescue Department. My husband and I have two teenagers. Our son is attending UW-Madison with an interest in chemistry, physics, and psychology, and our daughter has a couple more years of high school and is interested in art. My interest in website design grew from wanting to be able to do something from home while the children grew. I carry my interest in website design with me to this day, and enjoy helping others learn hyper text markup language, or HTML.

If you have any questions about how to get a website up and running for your SNA, you can click the "Projects" link on the website, and look for the "Website Administrator's Page". It is a great starting point. If you have any questions, please feel free to send me an email.

Websites are an excellent way to communicate ideas, and resources. Some valuable resources found on the website include a Job Board, Scholarship opportunities, and convention information. Stay in the know at: [www.wsna.net](http://www.wsna.net)

Contact Sharon at: [vandensr@gmail.com](mailto:vandensr@gmail.com)

**Turn the page to meet your WSNA Regional Directors!**



## WSNA Regional Directors...

### Northern Region— Toni Pluess

Hello everyone, my name is Toni Pluess and I am the Northern Regional Director for the 2007-2008 school year. This is my 2nd year on the WSNA board, and I am excited to be serving you once again!

I am currently a Junior at Marian College in Fond du Lac, where I am involved in a variety of campus activities. I am looking forward to a great year, and I hope to see all of you at the upcoming WNA and WSNA conventions!

Contact Toni at: [tpluess41@mariancollege.edu](mailto:tpluess41@mariancollege.edu)

### Southern Region— Christina Rivera

Hello everyone I'm Christina Rivera and I am the WSNA Southern Regional Director. I'm a senior at Marquette University graduating in May. I'm excited to be on the board this year and look forward to meeting fellow student nurses who are just as enthusiastic about this profession as I am.

One of my favorite quotes comes from Audrey Hepburn: "As you grow older you will discover you have two hands; one for helping yourself and one for helping others."

Let's have a great year! If you need anything else just let me know!

Contact Christina at: [ca-rivera@hotmail.com](mailto:ca-rivera@hotmail.com)

### Eastern Region— Suzie Major

Salutations! My name is Suzie Major. I am currently a senior at Marquette. I have a hamster named Squishy. I would love to be an ICU nurse down the road. My favorite color is teal, and the first thing I plan on doing after I graduate is buying a puppy and naming her Puddles!

I am looking forward to another exciting year for WSNA.

Contact Suzie at: [Suzanne.major@marquette.edu](mailto:Suzanne.major@marquette.edu)

### Western Region- Teresa Keniston

My name is Teresa Keniston and I am the Western Regional Director for WSNA 2007-2008. I am replacing Matt Grevenow who was your regional director for this last school year.

I am a senior nursing major at Viterbo University in La Crosse, Wisconsin. After graduation I aspire to specialize in the field of pediatrics and somewhere down the road continue for my Masters in Nursing education.

I am looking forward to my senior year and being the Western Regional Director for WSNA.

Contact Teresa at: [takeniston@viterbo.edu](mailto:takeniston@viterbo.edu)

## Which Region Does My School Belong to ???

(Find out by  
Looking below...)

#### NORTHERN:

Lakeshore Technical, Moraine Park Technical, Marian College, Nicolet Area Technical, North Central Technical, UW-Oshkosh, Northeast WI Technical, Fox Valley Technical, Bellin College

#### SOUTHERN:

Madison Area Technical, Edgewood College, Southwestern Technical, UW-Madison, UW-Parkside, Blackhawk Technical, Gateway Technical

#### WESTERN:

MATC Reedsburg, Mid-State Technical, Chippewa Valley Technical, Viterbo University, Western WI Technical, WI Indianhead Technical, UW-Eau Claire

#### EASTERN:

Alverno College, Columbia-Mount Mary, Cardinal Stritch University, Concordia University, Milwaukee Area Technical, Milwaukee School of Engineering, UW Milwaukee, Waukesha County Tech, Carroll College

# Back to School Study Tips...

Starting a new semester can be both exciting and stressful. Here are some tips to help ensure that this semester of nursing school will be the best one yet!

## Become Organized

A nice calendar is a nursing student's most valuable tool, but just owning one isn't enough...you have to use it! Write down tests, paper/project due dates, and other important deadlines as soon as you find out about them. Review your calendar frequently so that you don't overlook important dates. Include study periods in your schedule, and treat them seriously. Twenty-four

hours in a day may never seem like enough, but juggling friends, family, school, and work is much easier when you are organized.

## Take Notes (outside of class)

Taking notes during lecture may seem like a no-brainer, but writing things down while you are reading your text books is very beneficial as well. Reading the material for tomorrow's lecture and taking notes on it the night before class will give you a basic understanding of what your professor is going to be lecturing about. This allows you to focus in on important details and gives you the opportunity to ask questions

about things that still aren't clear.

## Don't Procrastinate

See tip #1. Use your calendar and don't wait until the last minute to get things done. Get a head start when preparing for exams and you won't need to cram. You will go into your exam feeling confident and prepared. Giving yourself plenty of time to study, write a paper, or finish a project will eliminate any un-needed stress from your already hectic life.

## Get Help Early

If you find yourself struggling in a class, get help early. Talk to your professor and get suggestions for

ways to improve. If personal issues are keeping you from achieving academic success, talk to a counselor on campus or another trusted individual. The sooner you ask for help, the sooner you will be on your way to success!



## Become the Newest Member of the Board of Directors... Here's How!!!

October 19th-20th will be the date of the WNA/WSNA mid-year convention in La Crosse, and WSNA will be filling three elect positions on the board of directors at this time. If you are interested in becoming more involved as a WSNA member, Mid-year convention is your opportunity to become a part of a great team! Joining the board of directors will give you an opportunity to meet and learn from other nursing students from throughout Wisconsin. You will gain leadership skills, confidence, and a sense of pride and professional accomplishment. In addition to all that, your experience will be filled with fun and new friends! Elect positions are voted on in fall in order to give the candidates an opportunity to observe the current board members. The President-Elect, Executive Vice President-Elect, and STAT Editor-Elect will spend the remainder of the school year learning the ropes of their respective positions, and will take office after the WSNA annual convention in spring. Descriptions of each position are given below.

### President-Elect:

Upon becoming the President, duties include presiding at all business meetings of the association, the Board of Directors, and the executive committee. She/He is responsible for directing the House of Delegates and seeing that the decisions of the Board of Directors are carried out. She/He also serves as a motivator and guide for the other members of the Board of Directors and is the correspondent with the NSNA. The president is responsible for the running of all meetings and agendas for the Board of Directors.

### Executive Vice President-Elect:

The Executive Vice President is responsible for planning, organizing, and scheduling a WSNA convention in the spring and working with the WNA to plan a convention in the fall. The Executive Vice President is also responsible for correspondence with potential exhibitors, advertisers, and meal sponsors. She/He is responsible for working with the STAT Editor to promote the convention and provide registration material.

### STAT Editor-Elect:

The STAT editor is responsible for arranging, printing, and distributing a triannual publication of the WSNA STAT newsletter. This includes gathering written contributions from board members and other WSNA members, as well as educational and informational nursing articles, and compiling them into a professional newsletter. The STAT editor consults with the Executive VP to obtain ads for the STAT.

**WSNA**  
**6117 MONONA DRIVE**  
**MADISON, WI 53716**

**WWW.WSNA.NET**

## **Upcoming Events**

### **2007 WNA/WSNA Annual Convention**

October 18-20, 2007

La Crosse, WI

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

### **NSNA MidYear Conference**

November 15-18, 2007

Kansas City, MO

[www.nсна.org/meetings](http://www.nсна.org/meetings)

### **WSNA Annual Convention**

Kalahari Resort

Wisconsin Dells

February, 2008

**More information will be posted [wsna.net](http://wsna.net) soon!**

**BE AN ACTIVE MEMBER- GET INVOLVED!**

*“Constant attention by a good nurse  
may be just as important as a major  
operation by a surgeon.”*

**- Dag Hammarskjold**

