



OHIO NURSING STUDENTS' ASSOCIATION
MAKE EVERY DAY COUNT, CHOOSE NURSING!

ONSA Leadership Conference

INSIDE THIS ISSUE:

Men in Nursing	2
Running for Office	2
Changes	2
February Is	3
NSNA Convention	3
Resources	3

ONSA's annual Leadership Conference will be held March 21, 2009 at the Ohio Nursing Association's headquarters in Columbus, located at 4000 E. Main St.; Columbus, Ohio 43213.

This is a great opportunity for you to get involved with various aspects of the ONSA, to meet other nursing students from across the state, and listen to various leadership speakers. Breakfast will be provided by

Panera and lunch by the United States Air Force.

Topics to be covered are: benefits of being an ONSA member, creating your school's chapter, fundraisers, interview skills, and developing a professional resume. The US Air Force will be presenting, and Sylvia Rayfield and Associates will conduct an NCLEX review.

Cost for the conference is

only \$25 in advance for ONSA/NSNA members, \$30 in advance for members with a pin, and \$35 for non-members in advance and for anyone registering at the door the day of the conference.

For more information, to view the agenda, and to register, click [here](#).

If you have any questions or for more information, send an email to loripridemore@yahoo.com.

Special points of interest:

- ONSA Leadership Conference March 21, 2009 Columbus, OH
- Nurses Day at the Statehouse March 25, 2009 Columbus, OH
- NSNA Annual Convention April 15-19, 2009 Nashville, TN
- ONSA Annual Convention October 23-24, 2009 Dublin, OH

Nurses Day at the Statehouse March 25, 2009

Statistically, one in every fifty voters in Ohio is a nurse. There is *POWER* in nursing! Yet every day the Ohio General Assembly and various state regulatory agencies make decisions that impact a nurse's ability to practice, sometimes without any input from *that nurse-YOU!*

Several organizations, including the Ohio Nursing Students' Association, have come together to provide you with tools and resources to get to know your state

elected officials, understand the issues facing nurses today, and be able to communicate your views.

This is your call to action!

Register today as space is limited. Registration deadline is March 19, 2009.

Events include breakfast and networking, panel presentations on current nursing issues, presentations by legislators, guided statehouse tours, and

lunch with the legislators.

For more information and to register, click [here](#).

For more information contact: Andrew.Ducey@utoledo.edu



Men in Nursing

By Antonio Carriero, Breakthrough to Nursing Director



Males in nursing education remain a minority with a higher attrition rate than female nursing students.

The University of Akron formed a Men in Nursing group in 2007 to support the male student population and educate the public on men in nursing and male health care issues.

Quotes from members:

"It is nice to get together with a group of guys in the same field as you, who deal with the same stressors of being a male in a predominantly woman field."

President of Men in Nursing at the University of Akron - Kevin Asbury

"I enjoy sitting down with the guys who are heading into the same career as myself! I enjoy being able to talk to men about nursing and the pros and cons of being a male in this field."

Vice President of Men in Nursing at the University of Akron - Antonio Carriero

"I'm in class all day with women, getting together to relax with the fella's one time a month to chat about what's going on is a good time for me. We also mentor the younger guys in the program and i wish i had a guy i could talk to while i was getting in the program and just starting off."

Jake Stoltz - Junior University of Akron

Running for Office

By Kathryn Helfrich, Nominations and Elections Director

"The experiences that can be gained from becoming involved in ONSA will aid you in further developing your career."

Becoming involved in the Ohio Nursing Student Association is not only a great way to meet nursing students from around the state, but it also provides numerous other benefits. The experiences that can be gained from becoming involved in ONSA will aid you in further developing your career. Additionally, it grants you the opportunity to participate in an organization that operates at the state level, and is involved at the national level. The more you put into to being a member of your school, state, and national nursing

organization, the more you'll personally get out of it!!

Involving yourself in ONSA is one of the best opportunities that you as a nursing student have to further your involvement as a leader. ONSA and NSNA offer a wide variety of leadership positions, from joining a committee, running for an ONSA board position, to nominating yourself for a national position. Through leadership you can gain more out of your experience as nursing student.

If you have any questions about available positions at

either the state or national level please feel free to contact me, Kathryn Helfrich, the Nominations and Elections Director at kgh3@case.edu.

Applications to run from the floor of the annual convention for a National Student Nurses' Association office are due April 1, 2009 to receive a candidate's packet before the convention. Therefore, if you're interested be sure to get on to the NSNA website now to explore your opportunity to becoming an influential leader in the nursing field.

ONSA Website and Newsletter Changes

You commented and we heard you! An overwhelming number of you complained about the difficulty in navigating the website and finding useful information. We are in the midst of a redesign for the site and expect to roll it out at the beginning of March. After the release

of the new site, we will be working to continuously improve it and add new functionality.

We have also added Volume and Numbering information to the monthly newsletters, the ONSA Blast. It will provide consistency and

continuity for our newsletters.

ONSA is your organization, and we want your input. Please contact Jill Beasley, Communications director, at jill.beasley@thechristcollege.org with any comments, suggestions, or to submit articles for consideration.

February Is...

National Cancer Prevention Awareness Month

By participating in a prevention study, people help researchers learn more about the causes of cancer and how to avoid them. Some of today's most well-known cancer prevention behaviors, like eating fruits and vegetables, getting a Pap

test, and being vaccinated for HPV, were proven by research done with individuals who did not have cancer.

National Heart Disease Awareness Month

Six steps you can take: Lose weight, cut back on fast food, exercise, watch your dental health, relax, and drink in

moderation.

AMD/Low Vision Month

Macular degeneration is a leading cause of vision loss, affecting 1.6 million Americans age 50 and older. Low vision aids can make the most of remaining vision.



NSNA Annual Convention

NSNA's 57th Annual Convention April 15-19, 2009 Gaylord Opryland Resort & Convention Center Nashville, TN

This year's theme is **"Making it Big: Nursing Students Stepping Up & Stepping Out"**

By attending the annual

convention, you will learn about important nursing news, participate in social events, network with thousands of nursing students from across the country, and participate in the House of Delegates.

The Gaylord Opryland Resort and Conference Center is the largest non-casino hotel in the world

and the largest hotel in the United States outside Las Vegas.

Registration deadline by mail or fax is March 23 and online by March 30.

For more information or to register, visit <http://www.nsna.org/meetings/convention.asp>.

NSNA's 57th Annual Convention April 15-19, 2009

Gaylord Opryland Resort and Convention Center

Resources for Student Nurses

Online Journal of Issues in Nursing – American Nurses Association
<http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN.aspx>

EBN Online - Evidence

Based Nursing
Free access to some articles with registration
<http://ebn.bmj.com/>

Google Scholar - way to broadly search for scholarly literature
<http://scholar.google.com/>

PubMed Central - U.S. National Library of Medicine's digital archive of biomedical and life sciences journal literature, providing free access to the full text of articles
<http://www.ncbi.nlm.nih.gov/sites/entrez?db=pmc>