



January News

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Nurses Day at the Statehouse March 25, 2009

Nurses As Legislative Partners Leading the Path to Change

Statistically, one in every fifty voters in Ohio is a nurse. There is **POWER** in nursing! Yet everyday 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.



Schedule of Events

8am Registration and Networking (Continental Breakfast available)

9-10am Introductions, Welcome, & Legislative Keynote

10-1am Panel Presentation – Nursing Issues

11-11:30am Legislator Presentations

11:30-12:30pm Optional Presentations

A) Guided Statehouse Tour

B) Attend House or Senate Committee Hearing

12:30-1:30pm Lunch with Legislators

1:30-2:30pm Repeat Optional Sessions A & B

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

Mark Your Calendars!

ONSA Leadership Conference

This year's ONSA Leadership Conference will be held at the Ohio Nurses Association Headquarters on March 21, 2009.

For more information contact:
loripridemore@yahoo.com

National Convention

Plan now to attend the NSNA National

Convention April 15th – 19th in Nashville, Tennessee. It will be held at the Gaylord Opryland Hotel. For further information, see www.nсна.org/meetings/convention.asp

ONSA at Nurses Day

Kyle Ducey, Legislative Director

“This is not just a local or even national concern, but much has been documented...”

The goal that ONSA has for Nurses Day at the State House is to increase the awareness of the need for psychiatric counseling and interventions to be performed on the population of nursing students and nurses alike. This is seen as a priority due to the increase in the rates of generalized anxiety, death anxiety, stress, depression, and

substance abuse within this population that can all be linked to the occupation and day to day work environment that these nursing students and nurses face. This is not just a local or even national concern, but much has been documented and researched in other countries pertaining to these psychological

disorders and the target population. This is why the ONSA has established our legislative goal as: to increase the awareness for the need for future funding and research to be done on the topic of psychological disorders within the population of nursing students and nurses.

January Is...

Cervical Health Awareness Month

Vaccinate early, pap test regularly, HPV test when recommended. Early detection saves lives!

Birth Defects Prevention Month

Birth defects affect approximately one in 33 newborns in the United States. Taking the B vitamin folic acid before and during early pregnancy can prevent serious birth defects of the spine and brain

Glaucoma Awareness Month

Glaucoma is the leading cause of preventable blindness. Everyone, from infants to seniors is vulnerable.

Healthy Weight Awareness Month

About 133 million Americans - over 2/3 of the nation - are not at a healthy weight. Instead of jumping on the latest diet bandwagon, weight management should be about

making healthy lifestyle changes

Thyroid Awareness Month

Millions of people have an undiagnosed thyroid problem, and don't realize that it is the source of the other health challenges they face. Obesity, depression, fatigue, high cholesterol, infertility, low sex drive, and many other conditions are often the direct result of undiagnosed and untreated thyroid conditions

Stress and the Nursing Student

Jill Beasley, Communications Director

As we head back to school after the winter holidays, stress will rear its ugly head once again. It is important to recognize the signs and symptoms of stress which include mental, social, and physical manifestations. These encompass sleeplessness, changes in

appetite, headaches, crying, and social isolation.

Stress management strategies include:

Get enough sleep- lack of sleep aggravates stress.

Avoid self-medication or escape – alcohol and drugs don't help but only

mask the problem.

Don't overwhelm yourself – handle things as they come.

Work off stress – physical activity is a great outlet.

Keep things in perspective – after all, you won't be a nursing student forever!