

NEW JERSEY NURSING STUDENTS, INC.
69TH ANNUAL CONVENTION
FEBRUARY 25-26, 2021

OFFERED VIRTUALLY

***GIVE THE WORLD THE
BEST OF YOU, NOT
WHAT'S LEFT OF YOU***



Visit [www. njnsinc.org](http://www.njnsinc.org) for more information



@NJNSINC

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Greetings from the President

Welcome to the New Jersey Nursing Students, Inc. (NJNS) 69th Annual Convention (Offered Virtually)! It is an honor for me to celebrate the nursing profession among a resilient community of students, faculty, and healthcare professionals from across New Jersey. On behalf of the NJNS Board of Directors, I cordially welcome you to our very first, virtual convention.

This past year, we found ourselves battling unimaginable situations due to the fear and restrictions put forth by the COVID-19 pandemic. 2020 continually tested our patience and incited unexpected degrees of economic, political, and public health uncertainty. At this year's convention we hope to celebrate the nursing profession's resiliency and pay a tribute to the bravery of our healthcare heroes.

This year's theme "Give the World the Best of You, Not What's Left of You," was inspired by the concept of self-care. In this past year, we have seen growing rates of nurse and student burnout as a result of the pandemic. We find it is imperative to address mental health concerns facing our profession. We hope this convention will offer a chance to learn coping strategies to achieve physical and psychological well-being. We are honored to present as our keynote speaker, Dr. Lois V. Greene, DHA, MBA, BSN, RN, NEA-BC, CPPS, who will discuss the impact of the COVID-19 pandemic on the mental health of nurses and students.

We have planned an amazing program that will highlight the strength of nursing profession and give you an opportunity to learn outside the traditional, classroom setting. We will have 10 outstanding nurses that will present during our Thursday focus sessions. On Friday, we will host Narcan Training and a Hurst NCLEX Review. Both convention days will offer a House of Delegates meeting which will be open to the general population. At this meeting we aim to vote on bylaws, resolutions, and elect the new NJNS Board of Directors for the 2021 – 2022 term.

This convention experience serves to commemorate nursing excellence, foster professional development, and encourage involvement within professional nursing organizations such as the New Jersey State Nurses Association and New Jersey League for Nursing.

The NJNS convention is not limited to focus sessions but also includes an extensive exhibit hall filled with raffle baskets, potential employers, and representatives from various universities. We will finish the first day with an evening of relaxation during the virtual First Night Paint Party! Join us from the comfort of your home and come paint a wonderful "Lantern in the Night Sky" with us. We are hosting the First Night Party in support of hunger relief and encourage donations made payable to our Venmo account (Regina Adams: @NJNS_inc). NJNS will match 100% of all donations made and all proceeds will go towards the Community Food Bank of New Jersey.

On behalf of NJNS, I would like to express great appreciation for our attendees' support and dedication to professional development. I hope our convention provides you with insurmountable knowledge and excitement for your future nursing career. We are extremely grateful to our faculty, speakers, sponsors, and exhibitors for their generosity and time. Our convention's success is not possible without your support.

On a final note, I would also like to express my sincerest gratitude to all our hardworking NJNS board members, consultants, and organizational manager, who have dedicated countless hours towards planning this convention. I hope you will all create amazing memories from this year's convention!

Stay safe and healthy!

Dharti Patel

President, New Jersey Nursing Students, Inc.

New Jersey Nursing Students, Inc.

2020-2021 BOARD OF DIRECTORS



Dharti Patel

President/Secretary/
Fundraising Director



Jenna Lee

First Vice
President



Argylle Lubang

Treasurer/Membership
and Nomination Director



Suraya Momtaz

Pulsebeat Editor/ Public
Relations Director



Andrea Maravi Broggi

Health Policy and Advocacy
Director



Jessica Zheng

Resolutions
Director



Mattison Worthy

Breakthrough to
Nursing



Illya DeVera-Bonilla,
MSN, RN

NJNLN Consultant



Stephanie Herr, DNP,
MSN, BSN, RN, EMT

NJSNA Consultant



Regina Adams, MSN, RN,
CNOR

Organizational Manager

Convention Sponsors

- Amazing Savings, Verona
- Applebee's, Garfield
- Artisanal Cheese
- ATI
- Barnes & Noble, Woodland Park
- Casino Pier & Breakwater Beach
- Cheesecake Factory, Wayne
- Dunkin Donuts, Little Falls
- Hurst Review Services
- Jersey Mike's Subs, Edison
- Justinna Dixon, BS, RN
- Kaplan Nursing
- Kristine Tuttle, BSN, RN
- NurseInTheMaking
- New Jersey Integrated Black Nurses Association
- New Jersey League of Nursing
- New Jersey Nursing Students, Inc. Board of Directors
- New Jersey State Nurses Association
- New Jersey State Nurses Association Region 3
- New Jersey State Nurses Association Region 4
- New Jersey State Nurses Association Region 5
- NY Giants
- Olive Garden, Wayne
- Playa Bowls, Montclair
- Starbucks, Fairfield
- Starbucks, Wayne
- Target, Fairfield
- Turning Point Breakfast, Brunch, & Lunch, Westfield
- Wawa



Convention Exhibitors

ATI

Felician University

Hurst Review Services

I Can Publishing

Kean University

Messiah University

New Jersey Integrated Black Nurses Association

New Jersey League for Nursing

New Jersey State Nurses Association

New Jersey State Nurses Association/Region 3

New Jersey State Nurses Association/Region 4

New Jersey State Nurses Association/Region 5

New Jersey Nursing Students, Inc.

Recovery and Monitoring Company (RAMP)

Penn State University

Rutgers School of Nursing

Saint Elizabeth University

Thomas Edison State University

United States Air Force

UWorld Nursing



2020-2021 NJNS Board of Directors

PRESIDENT/ SECRETARY/ FUNDRAISING DIRECTOR



Dharti Patel

Rutgers University, New Brunswick

Hello, New Jersey nursing students! My name is Dharti Patel, and I am honored to serve you again as your 2020-2021 Fundraising Director of the New Jersey Nursing Students, Inc. (NJNS). I am a rising senior at Rutgers University School of Nursing (RUSON) in New Brunswick. Along with my pursuit of a Bachelor of Science, I am also completing a minor in Psychology with a great interest in Psychiatric and Mental Health Nursing.

My involvement with NJNS started last year when I served as the Fundraising Director. After witnessing the success of our Council of School Participants (COSP) and annual convention, I was once again inspired to run for this position. Through NJNS, I have gained memorable experiences, expanded my knowledge of the nursing profession and friendship. I also had the opportunity to develop professional relationships with former and new convention sponsors. As a result, our attendees were able to win unique prizes, gifts, and scholarships. I hope to keep this momentum going for the new year with grander fundraising efforts!

I was drawn to the healthcare field after experiencing the positive impact compassionate nurses can make in an individual's life. After enrolling in the Rutgers Nursing program, I became very involved with student organizations and began volunteering at hospitals. Currently, I serve as the President of the RUSON New Brunswick Student Senate. I also work as a receptionist for Waterview Center, a nursing home and rehabilitation center in Cedar Grove, NJ. Outside of nursing, I enjoy watching thriller movies, painting, and spending hours listening to Imagine Dragons! I am very excited to apply my experience and leadership skills in improving COSP and Convention. I look forward to seeing you all there!

FIRST VICE PRESIDENT



Jenna Lee

Rutgers University, New Brunswick

Hello, New Jersey nursing students! My name is Jenna Lee, and I am honored to serve as the 2020-2021 First Vice-President of New Jersey Nursing Students, Inc. (NJNS). I am currently a rising junior at Rutgers School of Nursing in New Brunswick, working towards my Bachelor of Science degree in Nursing.

In October of 2019, I attended the Council of School Participants (COSP) for the first time, and I was fascinated after hearing so many unique stories from various speakers. The amount of love they shared for the nursing profession was truly infectious and made me inspired to follow their footsteps. This experience ignited a spark in me, and it made me motivated and excited to make an impact on other people's lives. After attending the NJNS convention as a monitor, I was amazed by how the passion of

nursing can bring students from all over New Jersey to one place in pursuit of gaining resources to grow professionally and to build a network with diverse individuals. It was very eye-opening to see professional nurses as well as aspiring nurses share this valuable experience and learn from each other.

Aside from NJNS, I have been a member of Rutgers Student Nurses Association (RSNA) since my freshman year. This past year, I was happy to serve as the Resolutions Committee of RSNA, where I helped contribute writing this year's resolution. Through this experience, I have gained valuable skills in working collaboratively with others, and my passion for nursing has grown tremendously ever since. Additionally, I have served as a volunteer of Rutgers Reach Out and Read (ROAR) where I read to kids at the Eric B. Chandler Health Center in promoting the importance of early childhood literacy in impoverished communities.

Outside of nursing, my hobbies consist of reading, dancing, hiking, and thrift shopping! Also, I love exploring new food places and making coffee! I am looking forward to serving as the First Vice-President of NJNS, and to serve as a positive role model to the nursing students of New Jersey. I am thrilled to work with this year's board in creating the next wonderful COSP and annual convention. I hope to see you all there!

TREASURER/MEMBERSHIP AND NOMINATION DIRECTOR



Argylle Lubang
Rutgers University, New Brunswick

Hello everyone! My name is Argylle Lubang and I'm honored to serve you as the 2020-2021 Treasurer of New Jersey Nursing Students, Inc. (NJNS). I am currently a senior at Rutgers School of Nursing, pursuing my Bachelor of Science degree, majoring in Nursing and minoring in Health Administration.

Attending the NJNS Council of School Participants (COSP) 2019 inspired me to serve as a monitor during the NJNS 2020 Annual Convention. The effort and dedication of the board members hosting these events were very encouraging. These two events introduced me to speakers who showed me wide opportunities in nursing. The work of the amazing board members to create successful and helpful events motivated me to become part of the NJNS board.

During the 2019-2020 academic year, I served as the Treasurer at Large and Community Outreach Chairperson for Rutgers Student Senate, Fundraising Co-Director for Rutgers Student Nurses' Association (RSNA), and a Faculty Nominated Peer Tutor for the Rutgers School of Nursing. This 2020-2021 academic year, I will be the President and Community Outreach Chairperson for Student Senate, and will continue to be a Faculty Nominated Peer Tutor. I hope to use the leadership skills attained from these positions to work with my fellow board members and the advisors to represent New Jersey students, provide them with resources to facilitate their advancement in nursing, and advocate for nursing education. I am excited to continue to develop my leadership skills by serving as the Treasurer and by learning from the advisors and other board members.

Aside from nursing, I enjoy traveling, exploring unfamiliar places, and trying new things. I love watching movies, drawing, and listening to music to relax from my hectic schedule. Once again, I am very excited to serve you as the NJNS Treasurer and to work with the other board members and advisors to bring meaningful events this year. I hope to see you at COSP and our annual convention.

PULSEBEAT EDITOR/PUBLIC RELATIONS DIRECTOR



Suraya Momtaz
Rutgers University, Newark

Hello everyone, my name is Suraya Momtaz and I am the Pulsebeat editor/Public Relations Director of New Jersey Nursing Students, Inc (NJNS). I am currently a rising Senior at Rutgers School of Nursing, completing my Bachelor of Science (BS) in Nursing degree.

Since childhood, I have always wanted to work in the healthcare field but was unsure of which profession to pursue. I have always appreciated the

dedication of the healthcare professionals and their determination to give the best care. After taking Health Dynamics in high school, nursing is the first profession that sparked my interest. My admiration for the nursing profession grew while volunteering at a rehabilitation center and nursing home. Through the nurses' care and compassion inspired me to pursue the nursing profession.

Ever since I enrolled in the Rutgers Nursing program, being involved in nursing students' organizations has been my passion. I am currently the Newark Representative of Rutgers Student Nurses Association (RSNA), Vice President of Rutgers Ethnic Student Nurses' Association (RESNA), and President of RUSON Newark Council for Student Senate. Through these leadership positions, I was able to learn about the ethics of commitment and teamwork that are required to deliver the best outcomes for the community of nursing students.

I attended NJNS 2019 convention as a monitor and appreciated the organization's mission to help nursing students become distinguished nurses. I decided to be part of the organization and became the Pulsebeat Editor/Public Relations Director. During the 2020 NJNS, I was able to live the experience of planning the convention. The experience made me closer to the speakers and to the nursing profession. I was inspired to stay in this position to continue the goal of increasing awareness of the nursing profession to nursing students and encourage their involvement. Other than being a nursing student, I love to spend quality time with family and friends. In my spare time, I binge-watch Korean dramas. In addition, I am always willing to try foods from different cultures. One of my goals for the future is to travel around the world and meet people from different ethnic backgrounds.

HEALTH POLICY AND ADVOCACY DIRECTOR



Andrea Maravi Broggi
Trinitas School of Nursing

Hello, New Jersey nursing students! My name is Andrea Maravi Broggi and I am honored and happy to serve as the Health Policy and Advocacy Director of the New Jersey Nursing Students Inc. (NJNS) for 2020-2021.

I am currently a proud student of Trinitas School of Nursing pursuing my diploma in nursing. I will graduate in January of 2021. I plan to continue my education in an RN-BSN program right after receiving my diploma in

nursing. My overall goal is to earn a doctoral degree in nursing. Currently, I am a Peer Representative for the

Trinitas Student Nursing Association (SNA). I have an associate degree in fashion merchandising and management and worked in retail for 6 years. However, coming from a strong family of medical and healthcare background, my roots called me to serve in healthcare. Answering this calling brought me back to nursing.

I decided to pursue the nursing profession after I moved to the United States from Peru. I wanted to become a nurse to make an impact on patient's lives in different ways and show them compassion. Being bilingual (English and Spanish) is an advantage and would enable me to reach out and assist many patients in need, especially the Hispanics.

For the first time, I had the privilege to represent the Trinitas School of Nursing as a delegate for the NJNS 2020 House of Delegate meeting during the NJNS 2020 Annual Convention. As a delegate, I learned and appreciated the organization's mission in mentoring nursing students through their pre-professional growth in the state of New Jersey. During the convention, the speakers provided me insights about the various opportunities that the nursing profession offers. This experience inspired me to run and serve as one of the NJNS board members. My goal is to encourage student involvement and increase awareness of the importance of our voice in creating policies by our leaders.

I am very excited about this new journey. Along with my fellow board members, we will plan a meaningful learning through the Councils of School Participants (COSP) and the Annual Convention. I look forward to working with you and your school in promoting student involvement. Together, we can change the community. Once again, I am humbled and honored to represent all nursing students of New Jersey as the Health Policy and Advocacy Director of NJNS. I hope to see you all very soon!

RESOLUTIONS DIRECTOR



Jessica Zheng
Rutgers University, New Brunswick

Hello, New Jersey nursing students! My name is Jessica Zheng, and I'm honored to serve as the Resolutions Director of the New Jersey Nursing Students Inc. (NJNS) for the 2020-2021 term. I am currently a rising junior at the Rutgers School of Nursing in New Brunswick in pursuit of a Bachelor of Science, majoring in Nursing.

Having attended my first NJNS convention as a monitor and Council of School Participants (COSP) as an attendee last year, I was inspired and awed by the dedication, passion, leadership, and outstanding efforts of the board members to create enriching and meaningful experiences for aspiring nurses. I was amazed by the entire NJNS board's tireless work to ensure all have the resources to grow professionally in their nursing journey and the chance to network, connect and establish lifelong bonds with fellow nursing peers. This sparked my desire and vision to work with a group of ambitious individuals who share the same mission to build and transform the future of nursing while guiding current nurses and encouraging professional growth among future nurses.

I am very passionate about being involved in nursing students' organizations and serving my community. Since enrolling in Rutgers Nursing program, I served as a committee member of Rutgers School of Nursing (RUSON) Public Relations Committee, Community Outreach Committee and as an official Rutgers School of Nursing (RUSON) Brand Ambassador. I also work with Health, Outreach, Promotion, and Education (HOPE),

a division of Rutgers Health Services that focuses on peer health education and community engagement.

As a nursing student, I have made it my mission to advocate for underserved populations. I see the importance of taking health care initiatives, motivating others, and promoting acts of care to the communities around me. I have explored different paths by volunteering in various environments and working with people of diverse backgrounds. I am a Habitat for Humanity volunteer, which has allowed me to connect with fellow volunteer builders to help build affordable homes for low-income families in the Greater Plainfield and Middlesex County. As a Give Where You Live volunteer, I had the opportunity to serve and assist economically challenged families of Middlesex County, specifically the greater New Brunswick area, who are facing issues such as homelessness and hunger. It was through my volunteer work that I realized that I wanted to make a greater difference in my community and research was my main focus to achieve this goal. It is my hope that I can advocate, engage my peers in underlying and worth noting issues, and make a positive change in a policy that affects nursing students on a state and national level.

Aside from nursing, my hobbies and interests include fitness, health and wellness, exploring nature, reading and writing, and spending time with my friends and family.

Once again, I am honored to serve as the NJNS Resolutions Director. I am excited to work with the rest of the board to have a successful 2020 COSP and 2021 NJNS Convention. I will also work diligently to create and present a resolution at our state's convention and at the National Student Nurses' Association Convention.

BREAKTHROUGH TO NURSING DIRECTOR



Mattison Worthy
Rutgers University, New Brunswick

Hello fellow nursing students! My name is Mattison Worthy and I will be serving as the 2020-2021 Breakthrough to Nursing Director of the New Jersey Nursing Students Inc. (NJNS). I am currently a rising senior at the Rutgers School of Nursing in New Brunswick.

I have always had an interest in science and healthcare, but I had not always known that I wanted to be a nurse and honestly had not even

considered it until my senior year of high school after I had already sent out all of my college applications. Upon a quick realization that nursing was the major for me, I switched my Rutgers Engineering application to Nursing, and it was the best decision I have ever made. Throughout my journey in nursing school, my passion for nursing has grown immensely and I am so proud to be able to be a part of the nursing community. Going through lectures, labs, and clinicals exposes me to the many different paths a nurse can take, and it also excites me for my future as a registered nurse.

I had the honor of serving as a monitor for the NJNS 2020 Annual Convention which really encouraged me to become more involved. I enjoyed seeing such a seamless, informative, educational, and fun convention created by other nursing students just like myself. It showed great leadership and dedication that I wanted to be a part of.

I have previously served as a nursing student peer mentor and was the junior class representative. Furthermore, last year I took a nursing study abroad trip to Xiamen, China where I was able to see a whole other side of nursing, where the focus was more so on Traditional Chinese Medicine. This trip truly showed

me just how diverse nursing has the potential to be. With diverse treatments, diverse patient populations, and a diverse healthcare system, nursing proves to be a well-rounded occupation.

As the Breakthrough to Nursing Director, I look forward to spreading awareness about nursing as a whole, as a way to increase the diversity of the field. This country needs a diverse community of nurses who can represent and advocate for the very diverse patient population. Outside of nursing I enjoy playing basketball, volleyball, and tennis, baking sweet treats, reading sci-fi/fantasy novels, watching movies, traveling, and spending time with family and friends!

Once again, I am honored to be serving you as 2020-2021 Breakthrough to Nursing Director and I look forward to working with my NJNS Board members.



2020-2021 NJNS Consultants

NJLN CONSULTANT



Illya DeVera Bonilla, MSN, RN

Illya DeVera-Bonilla is faculty at the Trinitas School of Nursing (TSN) in Elizabeth, New Jersey. Ms. DeVera-Bonilla received her MSN in Education from the College of St. Elizabeth in Convent Station, New Jersey. Currently, she is the lead faculty for the Foundations of Nursing, course lecturer for the Fundamentals of Nursing course and she mentors senior students in their leadership & Management seminar. Additionally, she has served as manager of the learning simulation center at the school of

nursing. Ms. DeVera-Bonilla coordinates the school's student success initiative, STEPS Program (Success Through Effort Planning & Support), a program which assists students in managing the rigors of nursing school through her coaching of the students. Ms. DeVera-Bonilla's passion is her mentoring of new graduate nurses and nursing students into the professional nursing role. As the New Jersey League for Nursing's mentor for the New Jersey Nursing Student (NJNS) association, she is able to combine her passion for mentoring and her knowledge of leadership in developing the next generation of nursing leaders through the NJNS. Ms. DeVera-Bonilla's clinical specialty is in critical care nursing.

NJSNA CONSULTANT



Stephanie Herr, DNP, MSN, BSN, RN, EMT

Stephanie Herr, DNP, MSN, RN, EMT is the Director of Clinical Education at St. Joseph's Health in Paterson, NJ. Dr. Herr is committed to creating system approaches to health that begin in the community and include their in-the-field, inpatient, and ambulatory experiences. She serves as the director for the nurse residency and oversees the onboarding, orientation, and professional development of the clinical organization. She holds advanced degrees in nursing practice, healthcare leadership, and nursing

education, coupled with previous experiences as an academic dean and emergency medicine safety officer which affords insights to leverage system innovations to improve patient experiences. She currently serves the New Jersey State Nurses Association Vice President of Congress on Policy & Practices for Region 3. She takes pride in her role with the New Jersey Hospital Association to standardize plain language emergency alerts throughout the state's acute care facilities and for rolling out the Opioid Reeducation Options (ORO) initiative. Dr. Herr is a past state treasurer for NJNS, Inc., and is pleased to have the opportunity to present to fellow students and peers.

2020-2021 NJNS Consultants

ORGANIZATIONAL MANAGER



Regina Adams, MSN, RN, CNOR

Welcome, fellow New Jersey nursing students and nursing faculty. My name is Regina Adams and I am the administrative manager. My focus is to provide support and guidance to the students as they plan the annual convention and transition into their new leadership roles. There is an enormous amount of work that board members must accomplish to ensure a successful convention. It is my pleasure to be a part of this wonderful organization. We hope that you will take advantage of all the focus sessions

have to offer and enjoy the first night party. On a personal note, I am a graduate of Capital Health System School of Nursing in Trenton, NJ. I finished my bachelor's in nursing at Thomas Edison State University. Presently, I am a graduate student at Thomas Edison State University and an operating room nurse at Penn Medicine at Princeton Medical Center. As an assistant nurse manager, I am responsible for neuro/spine/vascular/thoracic procedures. The nursing profession provides numerous opportunities! Seek and you shall find your calling and passion.



69th Annual Convention Keynote Speaker



Dr. Lois V. Greene, DHA, MBA, BSN, RN NEA-BC CPPS

Dr. Greene is the CEO of In Touch Educational Services LLC and the Director of Patient Safety and Clinical Risk at University Hospital in Newark New Jersey.

She serves an adjunct professor at both Ramapo College and Rutgers University. She has served in multiple healthcare leadership roles. Dr. Greene's primary work is improving the health of individuals and communities Her clinical specialties include critical care, emergency care, home care and ambulatory care. Her doctoral work focused on identifying patient, community, demographic and geographic factors that account for a disproportionate share of preventable healthcare admissions in New Jersey hospitals. She has authored articles and presented at numerous conferences for healthcare, nursing and chronic disease management. She serves on the board of the American Heart Association, and has previously served on the boards of the American Cancer Society, Susan G. Komen Breast Cancer Foundation, and the Essex Passaic County Wellness Coalition. Dr. Greene has provided nursing and consultant services as a missionary to Kenya, Peru and Jamaica West Indies. She is a wife and mother of three.

Convention Schedule

Convention Schedule

Thursday, February 25, 2021

7:00 AM – 9:00 AM	House of Delegates I Bylaws, Resolutions, Call for Nominations *Open to the Public* *Mandatory for all Delegates*
8:00 AM – 10:00 AM ----- 12:00 PM – 4:00 PM	Exhibit Hall Opens ----- Exhibit Hall Re-Opens *Gift Basket Drawing at 4:30 pm*
10:00 AM – 11:30 AM	Opening Ceremony Keynote Speaker: Dr. Lois V. Greene, DHA, MBA, BSN, RN, NEA-BC, CPPS <i>Director of Patient Safety & Clinical Risk Management, University Hospital</i>
11:30 AM – 12:00 PM	Break for Lunch
12:00 PM – 4:00 PM	Focus Sessions
4:30 PM – 5:00 PM	Gift Basket Drawing
7:00 PM – 9:00 PM	Virtual First Night Paint Party! *Join us from the comfort of your home for a guided paint party!*

Focus Sessions

Focus Session 1

9:00 AM – 9:50 AM	The Nursing Journey: Overcoming Fear and Obstacles to Embrace Your Highest Potential Speaker: Dr. Ladawana Crawford, DNP, FNP-BC
9:00 AM – 9:50 AM	At the Front Lines During a Pandemic: Emergency Nursing Sees It All Speaker: Daniel Misa, MSN, RN, CEN, CPEN, NE-BC

Focus Session 2

12:00 PM – 12:55 PM	Cannabidiol (CBD): What Nurses Need to Know Speaker: Dr. Nancy Pontes, PhD, RN, FNP-BC, DRCC, FNAP, FAAN
12:00 PM – 12:55 PM	Medical Surgical Nursing Made Insanely Easy for NCLEX ® Success! Speaker: Loretta Manning, MSN, RN, GNP

Focus Session 3

1:00 PM – 1:55 PM	The Professional Nurse and the Vaping Epidemic Speaker: Dr. Larider Ruffin, DNP, APN, NP-C, APN-BC, A-GNP, CRNP, CTTS
1:00 PM – 1:55 PM	Interviewing 101 Plus: ACE Your Interview. Zoom or Doom, You Got This! Speaker: Dr. Mary E. Fortier EdD, RN, CNL

Convention Schedule

Focus Session 4

2:00 PM – 2:55 PM	On the Road Again... See the Sights Through Travel Nursing Speaker: Daniel Misa, MSN, RN, CEN, CPEN, NE-BC
2:00 PM – 2:55 PM	Pharmacology Made Insanely Easy for NCLEX® Success! Speaker: Loretta Manning, MSN, RN, GNP

Focus Session 5

3:00 PM – 3:55 PM	Stroke: Know Your Facts “BE FAST” Speaker: Dixie Alexander, AGACNP, MSN, RN, CEN
3:00 PM – 3:55 PM	Take the Gold Leave the Bricks: Essentials for Self-Care and Wellness Speaker: Beth Coco, MSN, RN, CNOR

Friday, February 26, 2021

7:00 AM – 8:30 AM	House of Delegates II *Open to the Public* *Mandatory for all Delegates*
8:30 AM – 8:50 AM	Delegate Voting *Mandatory for all Delegates*
9:15 AM – 9:30 AM	2021-2022 NJNS Board Elections Results
9:30 AM – 10:30 AM	I Can with Narcan Narcan Education: An Interactive Session on Narcan Administration Speaker: Dr. Stephanie Herr, DNP, RN, EMT
10:40 AM – 1:40 PM	NCLEX Review Hurst Review Services

Focus Session Speakers Biographies

DIXIE ALEXANDER, AGACNP, MSN, RN, CEN

Dixie Alexander, AGACNP, MSN, RN, CEN is an acute care nurse practitioner. She works in the Neuro Critical Care Unit at Robert Wood Johnson University Hospital, the ICU at Saint Peter's University Hospital, and as an adjunct faculty for the Baccalaureate Nursing Program at Rutgers School of Nursing, New Brunswick since 2016. She has over 25 years of health care experience, which includes 19 years of experience as an ICU RN, ER RN and as a unit educator. She graduated as a Nurse Practitioner from Rutgers University and is a member of the Sigma Theta Tau International Honor Society of Nursing. As a NP she worked as a Hospitalist and was a part of the Rapid Response Team at RWJUH, New Brunswick. In her current role in the Neuro ICU, along with other members of the team she manages patients with acute stroke, brain aneurysm, vascular malformation, brain, and spinal cord tumors.

Stroke--Brain Attack

Stroke is the fifth leading cause of death, and the primary cause of disability in the United States. Each year approximately 795,000 people suffer a stroke in the U.S. About 1.6% of COVID patients experienced stroke. 80 percent of recurrent strokes can be prevented. The greatest challenge in the treatment of stroke is early recognition of symptoms and timely management. This session will focus on the etiology of stroke, types of stroke, risk factors, signs and symptoms of stroke and management. Through reduction of the risk factors and early recognition of stroke, we can prevent mortality and improve the prognosis.

BETH COCO, MSN, RN

Beth Coco began her nursing career in 2008 after a life and death experience in the ICU altered the course of her life. She is a certified OR nurse and has worked in perioperative nursing as a staff nurse, educator and nurse leader. She has traveled to Nepal as part of a surgical mission team, teaching reconstructive microsurgery to Nepalese nurses. She recently launched her business, Oracle Coaching, which focuses on achieving wellness through changing mindset and self-limiting beliefs. Ms. Coco holds a Master's in Nursing Leadership, Quality & Safety, Bachelor's in both Nursing and Psychology and has completed coursework in Transformative Nurse Coaching. She currently enjoys working with women, especially nurses, in creating a more intentional life in addition to providing support to new nurses build resilience as they navigate the transition into professional practice.

Take the Gold Leave the Bricks

The next generation of nurses are coming into a broken healthcare system with the added strain of a global pandemic and nurse burnout on the rise. Rather than to unconsciously give in to the negative, this presentation shows students how quickly negativity can take hold, what they should be on the lookout for, and how to build resiliency through practicing self-care, awareness and changing their routines for wellness. A box breathing demonstration and short meditation walk-through practice are included to illustrate how these techniques can be used by anyone to calm their bodies and minds.

Focus Session Speakers Biographies

LADAWANA CRAWFORD, DNP, FNP-BC

Dr. Ladawana Crawford is a family nurse practitioner who works with the medically underserved population in the District of Columbia. She has 21 years of nursing experience in skilled rehabilitation, cardiac rehabilitation, spinal cord injury, and community health. Ladawana dropped out of school two months into 9th grade and became a mother at 16 years old. During this time, she worked at a fast-food restaurant as a cashier and planned to become a restaurant manager. After visiting the local community college, her career aspirations changed, and she set her sights on becoming a nurse. Despite challenges, she earned her GED at 18 years old by studying independently for three months using GED prep books from the local library. Ladawana eventually went on to earn her CNA, LPN, ASN, BSN, MSN (FNP), and DNP. Also, she is an entrepreneur and is known on social media platforms as Dr. Lada.

The Nursing Journey: Overcoming Fear and Obstacles to Embrace Your Highest Potential

Do you have a solid plan to reach your professional goals in nursing? Fear and the inability to overcome obstacles are the culprits that usually play a part in why people operate below their highest potential. This focus group will address how to let go of fear, overcome obstacles, organize professional goals, reach professional goals, and ultimately live up to your full potential in nursing and life.

Mary E. Fortier EdD, RN, CNE

Dr. Mary E. Fortier, an Assistant Professor of Nursing at KEAN University has 40 years' experience in nursing in Med/Surg, ICU, Community Health and Administration. She has taught in Diploma Schools, Associate and Baccalaureate Degree programs as well as at the Masters level. She has been published in Nursing Economics and The American Nurse Today. Dr. Fortier has been a presenter at conferences throughout the world, including the Title V 2014 Nurse/Health Sciences Summer Institute, the International Nursing Research Congresses of Sigma Theta Tau in Prague, Brisbane, and Ireland. Dr. Fortier is an active member of the New Jersey State Nurses Association, serving on the Institute for Nursing (IFN) Board and is the President of Region 6. Dr. Fortier holds an Ed.D. in Higher Education from Seton Hall University, an M.A. in Nursing Education from New York University, and a B.S.N. from The City College of New York.

Interviewing 101 Plus: ACE your interview. Zoom or Doom, You got this!

You are about to graduate. Congratulations! Now you begin your professional career. You have prepared concept/patient-care maps, presented papers, and taken multiple exams in nursing school. Now the big question is: "How do you preparing for a job interview?" What skills do you need? How do you present as confident? What should you bring to?...Wear for?... your interview? What tools do you need to ACE your interview and set yourself apart from the other applicants? All of these questions, as well as the qualities that set you above others looking to fill the same position, should guide your interview whether virtual or in person.

Focus Session Speakers Biographies

STEPHANIE HERR, DNP, MSN RN, EMT

Stephanie Herr, DNP, MSN, RN, EMT is the Director of Clinical Education at St. Joseph's Health in Paterson, NJ. Dr. Herr is committed to creating system approaches to health that begin in the community and include their in-the-field, inpatient, and ambulatory experiences. She serves as the director for the nurse residency and oversees the onboarding, orientation, and professional development of the clinical organization. She holds advanced degrees in nursing practice, healthcare leadership, and nursing education, coupled with previous experiences as an academic dean and emergency medicine safety officer which affords insights to leverage system innovations to improve patient experiences. She currently serves the New Jersey State Nurses Association Vice President of Congress on Policy & Practices for Region 3. She takes pride in her role with the New Jersey Hospital Association to standardize plain language emergency alerts throughout the state's acute care facilities and for rolling out the Opioid Reeducation Options (ORO) initiative. Dr. Herr is a past state treasurer for NJNS, Inc., and is pleased to have the opportunity to present to fellow students and peers.

I Can with Narcan: Systems Approach to Opioid Reduction

Last year, the State of NJ lost more than 3000 lives to opioid overdose deaths and countless more lives of loved ones and families are negatively impacted. Emergency Departments across the state have implemented initiatives to intervene with their patient populations - and while they have successfully reduced the number of opioid prescriptions written last year, the focused approach in the ED is not enough. A system approach to opioid reduction which broadens the scope into the community and inpatient settings is necessary to curb the devastating effects of this epidemic. Nursing is key to the success of these initiatives. Learn about nurse driven protocols, medication assisted therapy, and evidence-based approaches to pain management for patients in all settings - maternal/child, surgical, behavioral health, neurological - for acute and chronic conditions which are part of the statewide initiative jointly sponsored by the New Jersey Hospital Association and NJ Department of Health and Human Services. This presentation also includes hands on Narcan administration training to provide life saving interventions for overdose victims. Save a life - get them to definitive care - effectively treat - Will you be prepared to advocate for your patient in your new role as a registered nurse?

LORETTA MANNING, MSN, RN, GNP

Loretta Manning's nursing education expertise is in the areas of NCLEX®, test-item writing, conceptual teaching, clinical decision making, pharmacology focusing on integrating patient safety and the Joint Commission Standards. President and Co-Founder of I CAN Publishing®, Inc. and Co-Executive Director and Consultant for Leading Learning LLC, she has worked both nationally and internationally as an educator, consultant, and facilitator for NCLEX® student and faculty preparation. . Loretta is the co-author of nine books and has received several awards for outstanding teaching, clinical instruction, and student support. Her most recent books published in 2020 are "Maternal Newborn Nursing Made Insanely Easy!" She was a graduate fellow of the Amy V. Cockcroft Leadership Development Program in 2004.

Focus Session Speakers Biographies

Medical Surgical Nursing Made INSANELY EASY!

A program designed to help you MASTER volumes of medical surgical nursing information by simplifying information to assist with memory. Once you can easily remember nursing information, then you will learn how to MASTER answering NCLEX® style questions evaluating complex clinical decision making. You will sing, laugh, and better yet walk out remembering a minimal of ten new ways of organizing medical surgical nursing information. Discover strategies to MASTER Medical Surgical Nursing information. Practice answering NCLEX® style questions evaluating clinical decision-making.

Pharmacology Made Insanely Easy for NCLEX® Success!

Come and experience a dynamic hour with Loretta Manning, MSN, RN, GNP, author of the bestselling book, Pharmacology Made Insanely Easy! This is back by popular request! You will spend one hour filled with learning EASY and FUN Strategies to assist with remembering priority medications, so you can be successful in answering questions evaluating high level clinical decision-making. You will learn to prioritize medications, nursing care, and associate learning by using images, mnemonics, active learning, and music. Five words summarize this pharmacology session, Success CAN BE FUN!"

DANIEL MISA, MSN, RN, CEN, CPEN, NE-BC

Daniel Misa is thrilled to return for the eighth consecutive year with this year being the first virtual appearance. He is treasurer of the New Jersey State Nurses Association (NJSNA) and chairperson of the Emergency Nurses Association (ENA) Resolutions Committee. Dan is also a member of the Organization of Nurse Leaders New Jersey and Philippine Nurses Association of New Jersey. Dan is an administrative manager (nursing supervisor) at Chilton Medical Center and a travel nurse with American Mobile Healthcare. He is a past recipient of the Institute for Nursing Diva and Don Award, New Jersey League for Nursing Nurse Recognition Award and New Jersey ENA Rising Star, Behind the Scenes, and President's Awards. Dan is a two time alumnus of Rutgers, The State University of New Jersey, and he is certified in emergency nursing, pediatric emergency nursing, and as a nurse executive.

"At the Front Lines During a Pandemic: Emergency Nursing Sees It All"

When we think we have seen it all, think again! Who would have thought that this time last year, we would be encountering this global public health emergency of a lifetime? Versatile and resilient—emergency nurses provide care to the entire lifespan (from womb to tomb) and all ailments and presentations. Explore how an emergency department works and some of the untold stories held within its walls, and discover ways in which to join the rewarding world of emergency nursing.

"On the Road Again...See the Sights through Travel Nursing"

Calling all adventure seekers and jetsetters! Interested in working as a nurse in places you've never seen in this great country of ours? From absorbing the rays in California to enjoying the fall foliage in Massachusetts, travel nursing allows you do both in the same year. Hear about one nurse's experience about entering travel nursing after nearly a decade in practice.

Focus Session Speakers Biographies

NANCY PONTES, PhD, RN, FNP-BC, DRCC, FNAP, FAAN

Nancy Pontes, PhD, RN, FNP-BC, DRCC, FNAP, FAAN is an Assistant Professor at Rutgers University, a Fellow of the American Academy of Nursing, and a family nurse practitioner with experience working among diverse vulnerable populations globally. Her Department of Education grant to expand Spanish education for Health Professions has earned several awards: AACN Innovations in Professional Nursing Education Award; 2018 Innovations in the Continuum of Care Award by ONL of New Jersey; 2019 Rutgers' Chancellor Award for Academic Civic Engagement; and the 2020 Clement A. Price Human Dignity Award, Rutgers University. She received the 2019 ENRS/Nursing Research Authorship Award and was a 2020 CARES Award Nominee Finalist for research on effects of bully victimization on suicidality. She is a core member and student mentor of the Rutgers Global Health Institute, and is involved in international collaborations and student learning abroad experiences in Guatemala, Cuba and Puerto Rico.

Cannabidiol (CBD): What Nurses Need to Know

Hemp-derived cannabidiol, known as CBD, comes from a strain of the Cannabis Sativa plant, and is legally available in the US as a dietary supplement. It is widely used by the public and is broadly credited for its analgesic, anticonvulsant, anti-inflammatory and anxiolytic properties. Much confusion surrounds its use because of limited evidence-based guidelines, lack of standardization, and the blurring of its medicinal versus recreational use. Many nurses lack knowledge about hemp versus marijuana-derived CBD or the current research surrounding its use. This presentation reviews the evidence to guide nurses about CBD, and how to communicate this knowledge in practice.

LARIDER RUFFIN, DNP, APN, RN, ANP-BC, GNP, CRNP, CTTSDr.

Larider Ruffin is the interim Director of the Graduate Nursing Program and Assistant Professor at Stockton University. He is a Nurse Practitioner at Ruffin Associates Healthy Housecalls, a Certified Tobacco Treatment Specialist, and President at Reverence Discount Pharmacy. He received BSN from Rutgers, MSN in Adult-Gerontology Primary Care, and Tobacco Treatment Specialization from UMDNJ, and DNP from Wilmington University. As chair of the National Black Nurses Association (NBNA) Committee on Substance Use. He is frequently sought at a speaker on topics related to smoking and vaping. He is the content expert for NBNA. Dr. Ruffin successfully developed a college level course entitled "Smoking and Aging" at Stockton University, which focuses on smoking and nicotine addiction in the older adult population. Dr. Ruffin published multiple articles on smoking and vaping. He received several nominations and awards, including the 2019 Trailblazer Award from the NBNA, the 2018 Don Award from the Institute for Nursing, the Rutgers University School of Nursing 2017 Rising Star Alumnus Award and many more...

The Professional Nurse and the Vaping Epidemic

The United States of America experienced a major increase in the number of patients affected by the devastating vaping epidemic. Over 2,200 lung injuries have been reported secondary to vaping. This presentation seeks to guide the professional nurse to capitalize on the trust earned from the public to advocate for a smoke-free environment, educate patients about the dangers of vaping, and triage patients in a timely manner to help break the vaping crisis.

Rules for Business Meetings

Rule 1. Delegates may not leave or be seated while a vote is in progress. Delegates and monitors must remain in place during a vote.

Rule 2. An alternate may only substitute for a delegate when the delegate will be absent for the entire business meeting of that day. The alternate's name and signature must appear on the Delegate Credential Form, and the alternate must be wearing the delegate's ribbon at the time of the substitution. The alternate will remain the delegate for the entire business meeting of the day.

Rule 3. All speakers shall give their name and the name of their constituent chapter, and nothing else.

Rule 4. Prior to presentation, motions must be written on the form provided and delivered to the chair.

Rule 5. Only delegates may propose or vote on motions.

Rule 6. Debate on a single issue shall be limited to 15 minutes.

Rule 7. When speaking to a motion, each delegate shall be limited to 2 minutes. Members of NSNA and other guests who are not delegates shall be limited to 1 minute.

Rule 8. No delegate shall speak more than twice to a motion, and no delegate who has already spoken may speak again until those who desire to speak have had an opportunity to do so. Members of NSNA and other guests who are not delegates may speak once to an issue.

Rule 9. Speakers are recognized by the Chair in the order in which they reach the microphone, alternating between pro and con speakers as long as a normal flow of debate is maintained. Debate on a motion cannot be closed until a minimum of one pro and one con have been heard unless there are no pros and cons to be heard.

Rule 10. Speakers must use a red card at the designated microphone to make a point of order, parliamentary inquiry, appeal the decision of the chair, or ask for division of a question. These will have precedence over all other speakers.

Rule 11. Monitors may pass notes that pertain to business before the House of Delegates among people present at the House of Delegates business meeting.

Rule 12. All main motions introduced to the House shall be accompanied by a rationale and estimate of cost to the association, if appropriate.

Rule 13. Only topic and proposed changes for resolutions be read in the House of Delegates.

Parliamentary Rules

Business Meetings

To participate effectively in the proceedings of the House of Delegates, each delegate needs to be familiar with the fundamental rules of parliamentary procedure. These rules enable the delegates to transact business with the least possible friction, with expediency and efficiency, and in a manner fair to all. The minority, as well as the majority, is enabled to express its views, to make motions, and to vote.

The parliamentary rules guideline followed by the National Student Nurses' Association is Robert's Rules of Order Newly Revised.

Main Motions

A main motion introduces a new item of business; until this is disposed of, no other main motion may be considered, as there can be only one main motion pending at a time. The making of a motion comes first, discussion follows.

The steps relating to the handling of a main motion are:

- The motion is printed on a motion form signed by maker and seconder, passed to a monitor who will relay it to the chair. The maker of motion keeps the last copy.
- The motion is introduced by a delegate. The delegate states his/her name, constituency and motion number. **"I make a motion..."**
- A delegate may second the motion if needed by calling out, **"I second the motion."** (Committee motions do not require a second.)
- The Chair restates the motion.
- The Chair then asks for discussion giving the maker of the motion the first opportunity to speak (thereafter, insofar as possible, debate alternates between those in favor and those against).
- Any NSNA member may speak; only official delegates, however, may make motions or vote (NSNA Bylaws, Article VII, Sections 4 and 5).
- A delegate may, during the discussion and when recognized by the Chair, introduce a subsidiary, incidental, privileged, or certain other motion.
- The discussion at all times must relate to the immediately pending question.
- After the discussion, or as it appears appropriate, the Chair asks, "Are you ready for the question?" or "Is there further discussion?"
- The Chair repeats the motion and calls for affirmative vote, then calls for the negative vote.
- The Chair announces the result of the vote. If the vote is on any motion made subsequent to the main motion, the discussion is directed to the next ranking motion until there has been a decision concerning the main motion.