

HEARTBEATS

Newsletter for the District of Columbia Student Nurses' Association

Presidents Letter

By Kavita Rampertaap

I look forward to beginning my term as president of the District of Columbia Student Nurses' Association. I am a senior at The Catholic University of America. I have been actively involved in my SNA chapter and DCSNA. Being a part of DCSNA allows networking with other student nurses; our future co-workers. I encourage all other nursing students to get involved and to help make a difference.

The executive board is anticipating an exciting year and is working hard to make this a successful year. We are looking forward to meeting the needs of the nursing students. Our goals for this year are to increase communication throughout chapter organizations and to increase student participation in the DCSNA and NSNA.

Becoming actively involved in DCSNA, SNA, and NSNA is truly a rewarding experience. It is a step towards acquiring leadership skills and to learn

CALENDER OF EVENTS

October 28 2006

DCSNA Convention - TBA

November 2-5, 2006

*NSNA 24th Annual MidYear Convention
Atlanta, Georgia*

April 11-15, 2007

*NSNA Annual National Convention
Anaheim, California*

about the many opportunities available in the field of nursing. There are opportunities to travel to nursing student's conventions where you are able to network with other nursing students from many different schools. Membership is the key to getting involved to make a difference in the health of our communities and patients.

There will be many ways you can become involved with DCSNA. A kickoff celebration/meeting is being planned for the Fall.

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Update on 2006 NSNA Convention

By Jessica Gidley

On April 5, 2006 the NSNA's held their annual convention which was held right here in Baltimore, Maryland. This convention allowed nursing students and faculty to come from all over the U.S. to explore the future in nursing. This convention provided many opportunities for student and faculty to talk with hospitals all across the U.S. as well as part take in NCLEX review sessions, be apart of the NSNA board of delegates, get discounted nursing books and be able to attend many lectures. All of these experiences helped nursing students begin to network with area hospitals, become more involved in NSNA as well as boost their NCLEX test taking abilities.

Overall, the convention was a huge success and was very beneficial to for everyone who attended. This fall there will be a midyear convention held in Atlanta, Georgia from November 2-5.

*Heartbeats is always looking for new material. Here is your chance to get your articles published and let us know what's on your mind. Do you have important information you would like to share with the other nursing schools in the District?
Email to: krb33@georgetown.edu*



DC nursing students attend NSNA Convention, Baltimore Maryland.

Nursing Research at Howard University

By Adebayo Arowolaju

I am a Research Assistant for the Yale-Howard Partnership Center for Reducing Health Disparities By Self and Family Management within the Howard University Office of Nursing Research. My work as a Research Assistant has been an invaluable experience. There is no doubt in my mind that I now know more than I ever thought I would about nursing research, and I have learned the importance of evidence-based practice. I have come to realize the utility and necessity of conducting nursing research. I have learned about and participated in all of the phases of research from the development of a proposal, to the submission to Institutional Review Board (IRB), to collection and analysis of data. I plan to conduct research to make our community a better place to living, and to mentor students in the wonderful ways in which, I am mentored by the Faculty in College of Nursing at Howard University.

I am also using this opportunity to encourage all nursing and anticipated nursing students nationwide to join me in improving our community through qualitative nursing research.

Check out our new webpage! www.dcstudentnurses.org

