



# *The Shift Report*

## *March 2023*



Is your Chapter a Constituent Chapter of NSNA/CNSA? In order to participate in the CNSA House of Delegates at the Annual Convention, you must complete your Constituency form. If you have not done so already, we encourage you to do this as soon as possible.

The Official Application for NSNA Constituency Status must be completed and submitted online annually prior to the NSNA Annual Convention.

For more information or to get assistance, please contact Sara Shippy at [sara@cnsa.org](mailto:sara@cnsa.org).

**More Information Here!**

**SAVE THE DATE**  
2023 CNSA ANNUAL CONVENTION

**OCT | 6-8<sup>TH</sup> | 2023**  
POMONA CA

*Celebrating*  
**WOMEN'S  
HISTORY  
MONTH**

**In honor of Women's History Month, we would like to highlight some nurses who have made outstanding contributions to the nursing profession.**



### **Mary Brekinridge**

The most important contribution Mary Breckinridge made to nursing was her work as a pioneer in nurse-midwifery and in the development of modern nursing services in rural communities. She introduced the first modern comprehensive health care system in the United States and provided professional services for primary nursing care and midwifery. She also promoted the growth of district nursing centers and hospital facilities in southeastern Kentucky



### **Dorthea Dix**

Dorothea Dix was an early 19th century activist who drastically changed the medical field during her lifetime. She championed causes for both the mentally ill and indigenous populations. By doing this work, she openly challenged 19th century notions of reform and illness. Additionally, Dix helped recruit nurses for the Union army during the Civil War. As a result, she transformed the field of nursing.



### **Mary Eliza Mahoney**

Eager to encourage greater equality for African Americans and women, Mary Eliza Mahoney pursued a nursing career which supported these aims. She is noted for becoming the first African American licensed nurse.

### **Florence Wald**

Florence Wald was an American nurse, former Dean of Yale School of Nursing, and largely credited as "the mother of the American hospice movement". She led the founding of Connecticut Hospice, the first hospice program in the United

States.



There are a lot more powerful women who have made important advancements in the nursing field and in healthcare. Take into account the nurses whose work has directly impacted your life. Perhaps you might consider the beneficial impact of a professor from nursing school or a mentor from a previous career.

Finding inspiration from past and present nursing leaders is more crucial than ever as the nation nears the three-year anniversary of the COVID-19 pandemic's declaration and many nurses are experiencing burnout. It may inspire nurses to keep working toward their goals, hone the nursing-specific skills they require, and develop independent methods to make a difference.



### 2023 Pre-Licensure Lobby Day (Virtual)

This event is for all CA Pre-Licensure nursing students to discuss legislation, regulation, and policy that directly impacts healthcare in the state of CA.

#### Time

Apr 04, 10:00 AM – 12:00 PM

#### About the Event

Welcome to ANA\C's Pre-Licensure Lobby Day! This event is **FREE & OPEN** to all CA pre-license nursing students and their education institutions where we discuss the importance of understanding policy, regulation, and legislation.

Learning to become a nursing advocate is essential for your newly chosen career! This highly sought-after virtual event will be instructed by ANA\C's Executive Director Dr. Marketa Houskova DNP, MAIA, BA, RN, and our licensed lobbyist, Roxanne Gould.

[Register Here!](#)

Join us for an NCLEX Review on **Wednesday, April 26th** at 5:30pm. This is a virtual event so students across the state are encouraged to attend!

NCLEX REVIEW



**Free for all CNSA Members!  
\$15 for all non-Members**

Register by clicking the link below. To get the Member pricing, you MUST login to your CNSA account before registering. For assistance accessing your CNSA account, please contact Sara Shippy at [sara@cnsa.org](mailto:sara@cnsa.org). Additional information will be provided to all registrants prior to the event.

**Register Here!**

*Write a  
Resolution*

Make a difference in the nursing profession.

- Resolutions are essentially position papers that address pertinent issues which direct the priorities of the organization in which it was passed.
- These position papers represent matters of importance to CNSA constituents, members, chapters, nursing and/or health needs of the public.
- If adopted by the House of Delegates at the Annual Conventions of the National Student Nurses' Association (NSNA) and/or California Nursing Students' Association (CNSA), your resolution will become the basis for the policies and actions of the NSNA and/or the CNSA.
- This means that YOU can make a difference in the nursing profession!
- Your work can bring awareness, recognition, and/or advocacy to your topic!

If you are considering writing and submitting a Resolution this year, we want to help! Please reach out to Jon Calderon, Legislative and Resolution Committee Chair, at [jon@cnsa.org](mailto:jon@cnsa.org) for more information on how to get started.

**We invite you to participate in a survey of nursing students in California.**

The focus of the project is the peer relationships between nursing students. We know that students and nurses are more successful when they feel like a part of a supportive and cohesive group. This study is focused on exploring the strength of those peer relationships in nursing students. [Click Here](#) for more information and criteria to participate.

### [Downloadable Resources](#)

Did you know that CNSA Members have access to downloadable resources? Logging into your profile on the CNSA website will give you access to a variety of resources. You can now download:

**[Gender Inclusive Clinical Terminology or  
Careers Pathway Worksheet](#)**



[Click Here to Download!](#)



## Check Out the CNSA Job Board Connecting Talent with Opportunity!

To search jobs or post a job, [CLICK HERE!](#)



### Have you heard of Discord?

This is an app that allows CNSA members to talk, chat and stay connected. Join the community and download the app today!

[Join Here!](#)



### Helping Nursing Students Through the Tough Times

Flo's Cookie Jar provides one-time emergency grants-in-aid to California prelicensure nursing students who face financial crises that may cause them to drop out of school.

Donate now and support nursing students!

[More Info Here!](#)

[Donate Here!](#)

STAY CONNECTED

*Follow CNSA on Social Media*

Instagram: @cnsaofficial  
Facebook: California Nursing Students' Association



## Get Your CNSA Apparel!



Buy your CNSA Graduation Cords  
and Pins  
[CLICK HERE](#) to shop!

We are excited to announce that we  
have partnered with Purpose People  
to open our new Apparel Store!  
[CLICK HERE](#) and Order your CNSA  
Apparel Now!



**Celebrate your Accomplishments! Order yours today!**

## Save the Date:

**Lobby Day**  
**April 4**

**NSNA Annual Convention - Nashville, TN**  
**April 12 - 16**

**NCLEX Review**  
**April 26**

**CNSA Annual Convention**  
**October 6 - 8**

