

1 **RESOLUTION 1**

2

3 **TOPIC: INCREASE AWARENESS OF HIGH PLANT, LOW RED/PROCESSED MEAT DIETS IN**  
4 **PREVENTION OF CHRONIC DISEASES**

5

6 **SUBMITTED BY: Chamberlain University Sacramento Campus Chapter**  
7 **Rancho Cordova, CA**

8

9 **AUTHOR: Julianna Lesavoy**

10

11 WHEREAS, approximately half of American adults have one or more preventable chronic diseases  
12 such as type II diabetes mellitus, heart disease, and cancer, many of which are related to  
13 diet (Office of Disease Prevention and Health Promotion, 2015); and

14 WHEREAS, recent studies show plant-based diets which discourage red meat and processed foods  
15 may prevent adult-onset diabetes, lower blood pressure levels, lower low-density  
16 lipoprotein levels, and prevent coronary artery disease events and death (Li, Stoll &  
17 Tuso, 2015); and

18 WHEREAS, the World Health Organization (WHO), American Diabetes Association, American Cancer  
19 Society, Mayo Clinic and Healthy People 2020 have promoted diets higher in plant foods  
20 as effective for preventing chronic diseases (American Cancer Society, 2016; American  
21 Diabetes Association, 2017; Mayo Clinic, 2019; Office of Disease Prevention and Health  
22 Promotion, 2019; World Health Organization, 2019;); and

23 WHEREAS, incidence and severity of heart failure has decreased around 64% with diets high in  
24 fruits, vegetables, and legumes while diets high in red meat increase heart failure risk  
25 three-fold (Kerley, 2018; U.S. Department of Health and Human Services, 2018); and

26 WHEREAS, “Large cohort studies demonstrate that the prevalence and incidence of type 2 diabetes  
27 are significantly lower among those following plant-based eating patterns” as they tend  
28 to have lower body mass indices and consume more antioxidants (McMacken, M., &  
29 Shah, 2017); and

30 WHEREAS, the Internal Agency for Research on Cancer (IARC), the cancer agency of the WHO, has  
31 classified processed meat as a carcinogen and red meat as a probable carcinogen (IARC  
32 monographs, 2015); and

33 WHEREAS, as physicians are being encouraged to recommend a plant-based diet to their clients,  
34 nurses should also be aware of this information as plant-based nutritional therapy may  
35 be suggested as an optional adjunct to their patients’ current medical treatment  
36 (Bartolotto, Ha, Ismai, & Tuso, 2013)

37

38 **RESOLVED,** that the California Nursing Students’ Association (CNSA) support increased awareness of

39 a of plant-based diet which is low in red and processed meats in the prevention of

40 chronic diseases; and be it further

41 **RESOLVED,** that the CNSA publish an article on this topic in CNSA online publications and highlights

42 this information on its webpage for nursing education; and be it further

43 RESOLVED, that the CNSA send a copy of this resolution to National Student Nurses' Association,  
44 American Nurses Association California, California Health and Human Services Agency  
45 Department of Public Health, American Diabetes Association, American Cancer Society,  
46 U.S. Office of Disease Prevention and Health Promotion, and all others deemed  
47 appropriate by the CNSA Board of Directors.

1 **RESOLUTION 2**

2  
3 **TOPIC:** **In Support of Increased Awareness for Education and Resources Regarding**  
4 **Vaccinations for Children and Adolescents**

5  
6 **SUBMITTED BY:** **California State University, Bakersfield**  
7 **Bakersfield, California**

8  
9 **AUTHORS:** **Beren Canlas, Ernan Cortez, Vy Do, Trishia Hartsock, Kevin McClanahan, Clarice**  
10 **Poblete**

11  
12 WHEREAS, in 2017, only 68.6% of children in California were up to date on their vaccinations  
13 (California Department of Public Health, 2017); and

14 WHEREAS, during that same year, there were approximately 4,500 cases of vaccine preventable  
15 diseases (California Department of Public Health, 2018); and

16 WHEREAS, people who are not able to receive vaccinations for a variety of reasons rely on  
17 community immunity to reduce their chances of obtaining the disease (United States  
18 Department of Health & Human Services, 2017); and

19 WHEREAS, pediatricians have reported that the top two reasons parents refuse to vaccinate their  
20 children are because the parents do not view vaccines as necessary and concerns  
21 regarding the side effects of the vaccinations (Hough-Telford et al., 2016); and

22 WHEREAS, increased level of understanding regarding vaccine educational materials “was  
23 associated with an increased willingness to vaccinate the offspring or oneself”  
24 (Brueggmann et al., 2016, p.472); therefore be it

25  
26 RESOLVED, that the California Nursing Students’ Association (CNSA) help to increase awareness

27 among patients, parents, and legal guardians about the benefits and potential side

28 effects of vaccines and how to access appropriate resources; and be it further

29 RESOLVED, that CNSA encourage its constituents to collaborate with their local public health

30 agencies to educate patients, parents, and legal guardians about local resources and

31 immunization benefits and risks; and be it further

32 RESOLVED, that CNSA increase awareness of the benefits of immunizations and how to educate

33 patients, parents, and legal guardians regarding vaccines through dissemination of

34 information via CNSA website, email notifications, educational breakout sessions at

35 annual convention, or appropriate CNSA committee actions, if feasible; and be it further

36 RESOLVED, that the CNSA send a copy of this resolution to the American Nurses Association,

37 American Academy of Pediatrics – California, Association of Public Health Nurses,

38 California School Nurses Organization, American Association of Colleges of Nursing,

39

American Academy of Nursing, and all others deemed appropriate by the CNSA Board of

40

Directors.

1 **RESOLUTION 3**

2  
3 **TOPIC: IN SUPPORT OF ADOPTING POST-SUICIDE OUTREACH PROTOCOLS TO PREVENT**  
4 **REPEATED SUICIDE ATTEMPTS AFTER HOSPITALIZATION**

5  
6 **SUBMITTED BY: California State University, Sacramento**  
7 **Sacramento, California**

8  
9 **AUTHORS: Theodore Bankosh, Frances Hermansky**

10  
11 WHEREAS, suicide was the 10<sup>th</sup> leading cause of death in America as of 2015 and suicide rates  
12 increased between 2001-2015 across many demographic categories, including age, sex,  
13 race, ethnicity and geographic factors (Ivey-Stephenson, Crosby, Jack, Haileyesus, &  
14 Kresnow-Sedacca, 2017); and  
15 WHEREAS, individuals who have attempted suicide have been identified as the most at risk for  
16 completing the act, and the completion rate is estimated to be 40-100 times greater  
17 than general population's (Gysin-Maillart, Schwab, Soravia, Megert, Michel, 2017); and  
18 WHEREAS, and repeated suicide attempts often occur soon after the initial attempt (Cebria et al.,  
19 2015); and  
20 WHEREAS, suicide and suicide attempts result in over one million emergency room and inpatient  
21 hospitalizations per year, costing an estimated \$4.7 billion (Gysin-Maillart, Schwab,  
22 Soravia, Megert, Michel, 2017); and  
23 WHEREAS, the overall financial impact of suicide and suicide attempts is estimated to be more than  
24 \$93 billion (Ivey-Stephenson, Crosby, Jack, Haileyesus, & Kresnow-Sedacca, 2017); and  
25 WHEREAS, various studies suggest that follow-up contact with high-risk individuals decreases the  
26 likelihood of a repeated suicide attempt (Exbrayat et al., 2017); therefore, be it  
27  
28 RESOLVED, that the California Nursing Students' Association (CNSA) increase awareness of the risk  
29  
30 of suicide completion associated with a recent suicide attempt by encouraging its  
31 constituents to add related content into mental health nursing curricula; and be it  
32 further  
33  
34 RESOLVED, that CNSA collaborate with health professionals whenever possible to advocate for  
35 discharge protocols that include patient follow-up by nursing (or other appropriate)  
36 personnel trained to assess patients for increased suicide ideation and risk; and be it  
37 further  
38  
39 RESOLVED, that CNSA send a copy of this resolution to the American Nurses Association, the  
40 Association of Public Health Nurses, the American Association of Colleges of Nursing,  
41 the American Academy of Nursing, the National League for Nursing, the National

39

Organization for Associate Degree Nursing, and all others deemed appropriate by the

40

CNSA Board of Directors.

1 **RESOLUTION 4**

2

3 **TOPIC:** **In Support of Increased Awareness of Psychosocial Needs in Patients with**  
4 **Autoimmune Diseases**

5

6 **SUBMITTED BY:** **Maurine Church Coburn School of Nursing, Monterey Peninsula College**  
7 **Monterey, CA**

8

9 **AUTHORS:** **Kimberly Co, Rebecca Shiraev**

10

11 WHEREAS, more than 24 million people in the United States suffer from an autoimmune disorder  
12 (National Institute of Environmental Health Services, 2019); and  
13 WHEREAS, having arthritis of any type significantly increases the odds of developing depression two  
14 years later, the risk of suffering a myocardial infarction, the use of healthcare services,  
15 and mortality (Ryan, 2014); and  
16 WHEREAS, 47% of patients suffering from systemic lupus erythematosus (SLE) report depressive  
17 symptoms and 14% report having suicidal thoughts (Azizoddin et al., 2017). When 127  
18 participants suffering from SLE were asked about the prevalence and management of  
19 depressive symptoms, 42% reported moderate to severe depressive symptoms but only  
20 49% was being prescribed antidepressants (Azizoddin et al., 2017); and  
21 WHEREAS, compared to the general population, “individuals with psoriasis experience greater  
22 incidence of psychiatric disease, impacting their overall quality of life” (Cyr, 2017, p. 76);  
23 and  
24 WHEREAS, patients who suffer from rheumatoid arthritis and psoriatic arthritis often report having  
25 alexithymia, the inability to describe and identify emotions and may have an impact on  
26 disease activity and treatment efficacy (Chimenti et al., 2019); and  
27 WHEREAS, many who suffer from psoriasis “report that their psychological distress is not routinely  
28 recognized by healthcare professionals” (Cyr, 2017, p. 76); and  
29 WHEREAS, when patients are recognized as anxious or depressed and are referred to the  
30 appropriate services for psychological support, the response to treatment is enhanced  
31 (Ryan, 2014); therefore, be it  
32  
33 RESOLVED, that the California Nursing Students’ Association (CNSA) collaborate with clinics and  
34  
35 other healthcare professionals, wherever possible, to raise awareness of the  
36  
37 psychological and social needs of those suffering from autoimmune disorders; and be it  
38  
39 further  
40  
41 RESOLVED, that CNSA encourage its constituents to become more aware and proactive about  
42  
43 recognizing the psychosocial needs of those with autoimmune disorders by discussing  
44  
45 the opportunity to have a guest speaker at the annual convention at a later date, if  
46  
47 feasible; and be it further

41 RESOLVED, that, if feasible, CNSA uses its Facebook, Twitter, Instagram, and/or Snapchat account(s)  
42 that address to the emotional and social needs for those suffering from autoimmune  
43 disorders as well as allow those with autoimmune disorders to communicate their  
44 psychosocial needs; and be it further  
45 RESOLVED, that CNSA consider raising awareness and advocacy for the psychosocial needs of those  
46 with autoimmune disorders through CNSA online publications; and be it further  
47 RESOLVED, that CNSA send a copy of this resolution to the American Nurses Association, the Nurse  
48 Alliance of California, the National League for Nursing, the California Association of  
49 Nurse Practitioners, the California Association of Colleges of Nursing, the American  
50 Psychiatric Nurses Association, the Arthritis Foundation, the Lupus Foundation of  
51 America, the National Psoriasis Foundation, the American Autoimmune Related  
52 Diseases Association, and all others deemed appropriate by the CNSA Board of  
53 Directors.



1 **RESOLUTION 5**

2  
3 **TOPIC: TO ADVOCATE FOR RECONCEPTUALIZING MENTAL ILLNESSES AS BIOCHEMICAL**  
4 **ILLNESSES OF THE BRAIN**

5  
6 **SUBMITTED BY: California State University, San Marcos**  
7 **San Marcos, California**

8  
9 **AUTHOR: Natalie MacGregor**

10  
11 WHEREAS, nearly 19% of all adults in the United States live with some form of mental illness.  
12 (National Institute of Mental Health, 2017); and  
13 WHEREAS, only 66.7% of those suffering from severe mental illnesses received services in 2017.  
14 (National Institute of Mental Health, 2017); and  
15 WHEREAS, stigma can be defined as “a process involving labeling, separation,  
16 stereotype awareness, stereotype endorsement...” (Clement et al., 2017, p.11); and  
17 WHEREAS, and outcomes of stigma include discrimination and exclusion. The self-esteem of individuals  
18 targeted by stigma can be negatively impacted, resulting in those individuals having  
19 difficulty maintaining jobs, housing, and relationships (World Health Organization,  
20 2019); and  
21 WHEREAS, “research using the proteomics approach have largely enhanced our understanding of  
22 psychiatric disorders and identified its relevant biomarkers” (Sethi, S., & Brietzke, E.,  
23 2015, p.3); and it is suggested that in the future metabolomics may be  
24 used to distinguish between different psychiatric symptoms and to “reveal biological  
25 bases of precise symptoms, and ultimately implement personalized care” (Sethi,  
26 S., & Brietzke, E., 2015, p.9); and  
27 WHEREAS, some new studies support that different mental illnesses share anatomical and/or  
28 physiological similarities, such as enlargement or hypertrophy of various parts of the  
29 brain (Thompson et al., 2015); therefore, be it  
30  
31 RESOLVED, that the California Nursing Students’ Association (CNSA) help advocate for  
32 reconceptualizing mental illnesses as biochemical illnesses of the brain, and thereby  
33 help in reducing stigma of those living with these illnesses; and be it further  
34 RESOLVED, that in this effort, the CNSA collaborate with other healthcare professionals wherever  
35 possible to increase awareness and advocacy for reconceptualizing mental illnesses as  
36 biochemical illnesses of the brain; and be it further  
37 RESOLVED, that the CNSA increase awareness, application, and advocacy for reconceptualizing  
38 mental illnesses as biochemical illnesses of the brain through articles and highlights in  
39 CNSA online publications; and be it further  
40 RESOLVED, that the CNSA raise awareness and advocacy for reconceptualizing mental illnesses as

41 biochemical illnesses of the brain through panels or educational breakout sessions at  
42 CNSA Membership North Meeting, CNSA Membership South Meeting, or the Annual  
43 Convention, if feasible; and be it further  
44 RESOLVED, that the CNSA send a copy of this resolution to the National Student Nurses  
45 Association, American Nurses Association, American Academy of Nursing, American  
46 School Health Association, California Association of Colleges of Nursing, California  
47 Council of Community Behavioral Health Agencies, International Nurses Society on  
48 Addictions, International Society of Psychiatric-Mental Health Nurses, Neuroscience  
49 Education Institute, and all others deemed appropriate by the CNSA Board of Directors.

1 **RESOLUTION 6**

2  
3 **TOPIC: IN SUPPORT OF INCREASING AWARENESS OF ADULT PATIENTS WITH**  
4 **AUTISM SPECTRUM DISORDER AND THEIR NEEDS**

5  
6 **SUBMITTED BY: National University**  
7 **San Diego, California**

8  
9 **AUTHORS:** Emily O’Grady, Camay Lim, Jessica O’Donnell, Peter Tannous

10  
11 WHEREAS, autism spectrum disorder (ASD) is a neurodevelopmental disorder that ranges  
12 in severity and is characterized by social, communication, and behavioral  
13 challenges such as hyper-selectivity, unique sensory processing, and attachment  
14 to routines. ASD affects over 2 million individuals in the United States and tens  
15 of millions worldwide (Miller, 2015); and  
16 WHEREAS, there is an increasing rate of adults diagnosed with ASD, as well as a large  
17 cohort of children diagnosed in the last two decades, which are now approaching or  
18 have entered adulthood. Yet, resources and services for ASD adults remain scarce  
19 (Nicolaidis et al., 2016); and  
20 WHEREAS, “adults with ASD are particularly vulnerable to health care disparities because services  
21 and medical treatments for individuals with ASD are largely child-focused” (Gerber et  
22 al., 2017); and  
23 WHEREAS, compared to the general adult population, many chronic medical conditions are  
24 significantly more common in ASD adults (Croen et al., 2015); and  
25 WHEREAS, “although the inpatient setting can be taxing for myriad reasons, ASD patients with  
26 social and communication deficits, restricted patterns of behavior, and sensitivity to  
27 sensory cues may face heightened barriers to care while hospitalized” (Carter et al.,  
28 2017); and  
29 WHEREAS, these barriers to care specific to the adult ASD population may include sensory overload  
30 from routine hospital environments (e.g. frequent monitoring, excessive noise, bright  
31 lights, touch, or exposure to new or disagreeable smells), reduced eye contact and  
32 alternative body language often misperceived as behaviors related to aggression or  
33 agitation, and the patients’ resistance to change and inflexible adherence to routine  
34 (Carter et al., 2017); and  
35 WHEREAS, ultimately, the inpatient environment is ill-prepared for adult patients with ASD that  
36 have limited means of communication and sensory challenges. A deeper understanding  
37 of the unique needs of adult ASD patients is required in order to provide more inclusive  
38 patient-centered nursing care (Carter et al., 2017); and  
39 therefore be it  
40  
41 RESOLVED, that the California Nursing Students’ Association (CNSA) advocates for increased  
42 awareness in the need for adult ASD-centered nursing care; and be it further  
43 RESOLVED, that the CNSA utilize their communication platforms to increase awareness on adult  
44 ASD-centered nursing care, if feasible; and be it further

45 RESOLVED, that the CNSA send a copy of this resolution to the American Nurses Association  
46 California (ANA\C), the Association of California Nurse Leaders (ACNL), National Alliance  
47 for California, National League for Nursing, United Nurses Associations of California,  
48 California Association for Nurse Practitioners, and all others deemed appropriate by the  
49 CNSA Board of Directors.