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# *The Central Line*

BY THE TEXAS NURSING STUDENTS' ASSOCIATION





# Letter from The President

BY AMANDA GALYON, TNSA PRESIDENT

To the future of nursing:

First and foremost I would like to thank all of you for being a part of a wonderful organization. The Texas Nursing Students' Association appreciates all that you do to support us and the contributions that you are making to the future of nursing. All of the members of TNSA are part of the most elite and most involved nursing students in the state. Be proud to be a part of something so great!

I would like to tell you a little about myself. My name is Amanda Galyon and I currently attend Covenant School of Nursing. I will graduate this September and begin working on my BSN in November. My goal when I graduate is to work in an ICU and work towards receiving my CCRN certification. Aside from my nursing school endeavors I am married, and we have three children that keep us on our toes! So if you or any of your friends are nervous about being active because of family or you may not think there is time; there is always time to do what you love!

I am excited about the upcoming year we have planned for TNSA. During the Board of Directors meeting in June, we assigned

our state project to spread knowledge about bone marrow donation and increase registration of bone marrow donors through DKMS. We will be sending out more information regarding hosting your own bone marrow donor drive! There will be a lot of great incentives for donor drives as well! So let the competition begin!

As a reminder, Council of School will be October 12 and 13 in Austin. That is right around the corner, y'all! The theme for Council of Schools will be "TNSA Answering the Call to Save Lives." We also have our 71st Annual TNSA Convention in Arlington from February 28 to March 2. Our convention theme will be "The Future STEMS From You." Please encourage your chapter members to attend these events, the more, the merrier! If your a Chapter President and would like consideration for the Council of State Presidents Chair for Council of Schools, please contact me.

Again, thank you for being involved in your local and state organizations. If you need anything from the Board of Directors or me, please do not hesitate to contact me.

See y'all at Council of Schools in October!

Amanda Galyon  
TNSA President





# Local Chapters join efforts for Residents suffering from Alzheimer's

BY ESMERALDA SUTTON, EDITOR

Helen Rodriguez is a young woman determined to make an impact as a nursing student at the University of Texas at Arlington. She saw a drive in another state where dolls were collected for the elderly. Moved by the drive, she decided to seek backing from her local NSNA chapter, the Arlington Nursing Students' Association (ANSA), to assist her in promoting her drive to benefit the residents of Avalon Memory Care in Arlington.

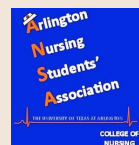
"I researched the benefits of giving as therapy and it just made sense to do it! The face on the patients made it all worth it!" says Helen. Helen wanted a successful drive and upon hearing that Collin Nursing Student Association (CNSA) from Collin College was looking for a joint project, she was quick to employ their assistance.

"During the [TNSA 70th Annual] conference, I exchanged contact information with several chapters, but we connected wll with ANSA's leadership. Esmeralda, their VP, reached out to us and put us in contact with the chairperson of the Baby Doll Drive, Helen, so we could

work out some details," replied Mateo Rivera. Mateo is the Chapter President at CNSA. "We were excited and looked forward to be a part of the drive. It is a great feeling to help our neighboring communities and it is something we can take with us in our career in other associations."

Helen had a goal of 50 dolls. Together, both organizations donated a total of 52 swaddled, baby dolls in about two weeks. With such a successful drive, Helen is looking forward to chairing another drive this Fall and Mateo states they will be organizing a 5K or charity walk/run event. Helen's new drive will benefit the Neonate Intensive Care Unit at Cook Childrens in Fort Worth. Both are willing to hear from local chapters in joining their efforts as a united student nursing organization.

Helen Rodriguez thanks Esmeralda Sutton, Cortney Holbert and CNSA in their assistance in making her drive successful.



# Letter from the NRD

BY JOE APPLEWHITE, NORTHERN  
REGIONAL DIRECTOR

Hello, my name is Joe Applewhite, and I was elected as the new Northern Regional Director for the TNSA. I am so excited to be a part of this organization, and I am blessed to have this opportunity and to be able to reach out to all of you.

When I started my journey into nursing school, I always wondered how much of a difference I could really make. I come from a small school in North East Texas called Kilgore College, and when I ask most people, not many of them have heard of it. I often wondered if my voice would even matter in a sea of people that span across our great state. Should I keep my head down and just focus on making it through school, or should I try and make a difference and leave my mark on the nursing world.

I choose to stand up and speak out. I became a part of our local chapter of the TNSA and set my sights on doing the most I could to make a difference. I was elected Vice President in my first semester and then voted President when our President graduated in my second semester. I was then nominated to run for Regional Director, and I happily accepted.

I say this not to focus on what I have done, but to let everyone know that through my experience, I feel I was able to have a voice in some of the very issues we all face to this day. I was able to attend both the state and the national conventions where we were able to vote and speak out on resolutions that were presented by our fellow nursing students. Although my voice alone might not make that much of a difference, I believe if we all come together we can accomplish great things. Together, I truly believe we can make a difference.

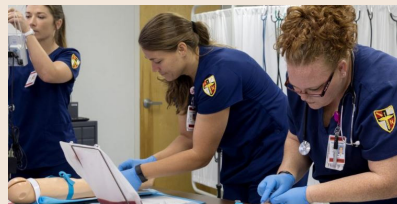
I hope you will all join me, and I will offer all I can to do my very best to bring us together. If any chapter needs help with anything, please don't hesitate to email me. I will get your concerns to the board of directors and get back with you as soon as I can.

I would also like to mention a new addition to the TNSA. Congratulations to Navarro College on starting their new chapter! If anyone else needs help starting a new chapter, let me know. If anyone needs ideas for their local chapter (such as fundraisers) or if anyone has ideas they want to share with me, please feel free to contact me. I look forward to meeting you all at the next conventions and hope we all have a great year.

I would like to leave by saying a few words on bullying in school or maybe even at clinicals. We might still experience it when we graduate and start working as a nurse. Lateral and vertical violence is something that can affect us all. It can tear a person down and make them feel like they are not good enough and really impact their lives. Some of my fellow students experienced this first hand this semester and it really left an impact on me. I wanted to bring some awareness to this, so maybe I could prevent some of it from happening to future students and nurses.

Let's encourage each other and do what we can to lift each other up. We chose a profession of compassion, caring and healing. Let's show our fellow students and co-workers that same courtesy. Surround yourself with people that lift you higher and please, do the same for them. I wish you all the best of luck with your journey as nursing students and nurses. Thank you again and have a blessed day!

Joe Applewhite  
TNSA Northern Regional Director



**Students of  
Navarro  
College**

Picture Sourced from Google Images

# Over the Counter Birth Control



BY MARGARET MCNULTY, WESTERN  
REGIONAL DIRECTOR

AT the 2018 National Student Nurses' Association convention, 62 resolutions were presented, and of those 62, one did not pass. It was a hot topic, that was granted extra time to discuss at the National House of Delegates. Some would even say it was a controversial one. Resolution 17 titled: "In Support of Over-the-Counter Birth Control for Women Eighteen and Over," submitted by Georgia Gwinnett College, Lawrenceville, GA.

Its seven authors presented several facts to back their proposed resolution, stating that, "over 100 countries around the world currently provide over-the-counter without a prescription," and "uninsured women on average pay \$370 for a full year's supply of the pill, the equivalent of 51 hours of work at the federal minimum wage of \$7.25." The authors also presented health benefits to providing OTC birth control for women 18 and over such as, "oral contraceptives can be used for the management of endometriosis or polycystic ovarian syndrome and have been reported to decrease the risk ovarian and endometrial cancer."

With the extra time granted for their resolution, GGC was unable to sway

enough of the delegates to support its passing.

Under FDA laws and regulations, prescription drugs should only be switched to OTC status if they are safe for self-administration, effective when self-administered, treat a condition or address a concern that is self-diagnosable, and can carry labels that are easily understood and tailored for self-administration.

In a study of 14 to 17 years old from 2000-2004, researchers considered the potential of OTC status to negatively impact clinicians' opportunities to counsel teens and provide additional sexual and reproductive health care.

The team found that the percentage of teens who get recommended annual preventative visits is already low. Only 38% received the recommended annual visit, and of those who did receive a visit, only 40% reported having private discussions with their clinician.

This topic has and will continue to be one of mixed reviews and we may see it change during our nursing career. It is one that brings up personal bias, but as healthcare providers, we must remember we have taken an oath to be a patient advocate and must set our opinions aside for the good of our patient.

TNSA and the Board of Directors do not collectively stand for or against this issue, but rather encourage our members to be active and participate resolutions at the State and National conventions.

# New Webpage!

BY ESMERALDA SUTTON, EDITOR

We are excited to announce our new state webpage! We will be posting our events and newsletter on the new webpage.

You are also more than welcome to follow TNSA on Facebook too! Like our page, message us about your chapter, we will Follow your page, and if we see something we like, we just may share your story on our Facebook page for our fellow TNSA members to see!

We look forward to hearing from you!

**Have a story  
you'd like to  
share with  
TNSA?**

SEND YOUR STORY FOR A  
CHANCE TO BE FEATURED  
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