

The Central Line



Volume 70 No.1

April 2019



By Allison Sheridan
Vice President

REFLECTION OF STATE CONVENTION

First and foremost, I would like to say thank you to all who participated in the 71 st TNSA Annual Convention. I am honored to be a part of TNSA and the continuous learning experience that it entails. As a student nurse, I am humbled to be representing the Nursing Student Association as the 2019-2020 Vice President for the state of Texas.

The Texas Nursing Students' Association met for the 71st Annual Convention held at the Hilton Hotel in Arlington, Texas Thursday, February 21st – Saturday, March 2nd , 2019. Nursing students from across the state travelled to Arlington to attend the convention in which the House of Delegates met to present, debate, and vote in favor or against resolutions. The House of Delegates passed a total of seven resolutions at the Annual Convention this spring.

In order to learn more about or review information about the resolutions passed, please visit our website at <https://tnsa.nursingnetwork.com/nursing-news/152751-announcing-the-tnsa-resolutions-passed-at-the-2019-tnsa-convention-plus-2019-award-winners-and-earl-young-s-team-award-winners>.

As per usual, the Annual Convention presented many beneficial features for nursing students such as keynote speakers, topics trending in healthcare, and mini NCLEX-RN reviews. Focus sessions such as “Kaplan NCLEX Success Seminar”, “How to Pass Any Nursing School Test”, “Nurse Anesthesia and the Different Pathways One Can Take”, and “Civility in the Workplace” were also provided to members who were interested in attending.

Aside from resolutions presented at the House of Delegates, a new Board of Directors was nominated and elected for the 2019-2020 term. After conducting our first official meeting as the new board members for TNSA, we are very eager to collaboratively work to represent the interest of this association by remaining flexible with our approach and ensuring the highest quality of nursing education.

I am looking forward to the new possibilities that lie ahead for the Texas Nursing Students' Association. The board members, myself included, would like to express our gratitude for being active and playing such a critical role in this elite organization. Without each and every member, this organization would not be as successful as it is today!

Allison Sheridan
Vice President



By Madison Wood
and LaRae Lundberg

SENSORY PROCESSING DISORDER AWARENESS



Sensory processing disorder is a condition characterized by hypersensitivity to sounds, colors, textures, and touch (The Understand Team, n.d). 90% of children on the autism disorder spectrum, a disorder that affects 1 in 40 children, exhibit abnormal sensory processing behavior and 5% of children in the U.S. suffer from sensory processing disorder, which is roughly 3.7 million of the population. (Chang et al, 2014, Open Access News, 2017, Jenco, 2018) In the context of healthcare, sensory processing disorder is something that is rarely considered and never accounted for. Unfortunately, this lack of awareness holds many consequences for nurses that are not properly trained to fully understand sensory processing disorder, leading them to be unable to recognize the needs of patients with this condition (STAR Institute, 2014).

This lack of knowledge and training inhibits nurses from being able to accommodate proficiently for these patients, prevents early intervention, and puts the patients and themselves at risk of harm. Early identification is crucial to improve overall healthcare as it prevents physical and emotional harm to the patients, as well as positively impacts a child's development. Sensory processing disorder can be an incredibly isolating experience, especially for children, who are often unable to vocalize their feelings and manifest them into something an adult can understand. Improving education for nurses would prevent the misdiagnosis of sensory processing disorder and allow nurses to identify the condition early, improving the care of the patient with sensory processing disorder (Critz et al, 2015). With early identification, we can give power to these children, have their voices heard, and make them feel valid.

Spreading awareness and including resources about sensory processing disorder will give nurses the tools necessary to better treat and meet the needs of patients with sensory processing disorder, ultimately improving healthcare overall. In the future, it would be great to see sensory processing disorder incorporated in the curriculum of nursing schools and the conversation of sensory processing disorder becoming more prevalent in the context of healthcare. Being able to accommodate for all types of patients is an essential part of nursing, and raising awareness about sensory processing disorder is just one more step towards accomplishing that.

REFERENCES



- About SPD. (2014). Retrieved January 24, 2019, from <https://www.spdstar.org/basic/about-spd>
- Cauwenberghe, C. V. (2017). Overview of sensory processing disorder in children today. Open Access Government. Retrieved from <https://www.openaccessgovernment.org/sensory-processing-disorder-children/40427/>
- Chang, Y., Owen, J., Desai, S., Hill, S., Arnett, A., Harris, J., ... Marco, E. (2014). Autism and Sensory Processing Disorders: Shared White Matter Disruption in Sensory Pathways but Divergent Connectivity in Social-Emotional Pathways. The National Center for Biotechnology Information Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4116166/>
- Critz, C., Blake, K., & Nogueira, E. (2015). Sensory Processing Challenges in Children. The Journal for Nurse Practitioners. Retrieved from [https://www.npjournals.org/article/S1555-4155\(15\)00448-1/pdf](https://www.npjournals.org/article/S1555-4155(15)00448-1/pdf)
- Jenco, M. (2019, January 23). Study: 1 in 40 children diagnosed with autism. Retrieved from <http://www.aappublications.org/news/2018/11/26/autism112618>
- Team, U. (n.d.). Understanding Sensory Processing Issues (K. Wilmot, Ed.). Retrieved from <https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/sensory-processing-issues/understanding-sensory-processing-issues>



By Lana Werner
Secretary-Treasurer

THE IMPORTANCE OF MENTAL HEALTH COUNSELING AND TRAINING FOR NURSING PROFESSORS AND FACULTY



At the 2019 TNSA Annual Convention, Resolution 2 “In Support of Mental Health Counseling Training for Nursing Professors and Faculty” was adopted. The idea is to bring awareness to nursing school’s faculty and staff, and train them on recognizing when a student may be presenting signs and symptoms of mental health issues.

Types of mental health problems include, but are not limited to, anxiety, depression, obsessive-compulsive disorder (OCD), bipolar disorder and anorexia nervosa. Several mental health conditions are induced by goods many of us use to help “cope with the stresses of life” (2019) or a dense school regimen. Alcohol and recreational drugs are among a few common efforts of relief for college students who need to unwind after a hard exam or as a stress relief. Stress can be addressed, managed, and fixed to where it does not have an adverse effect on students.

The National Institute of Mental Health (NIMH) states there are five concepts you should know about stress. Stress affects everyone, not all stress is bad, long-term stress can harm your health, there are many ways to manage stress, and if you are overwhelmed by stress, ask for help from a health professional. (2016); the latter is precisely the focus for the Texas Nursing Students Association’s (TNSA) second resolution.

It is essential that nursing faculty and staff are trained to recognize behavioral changes among their students. Mental health is important because it can help you have positive relationships, work productively, and help you realize your full potential (2019). These attributes are especially important in nursing students because they are responsible for learning how to provide care, as well as, aiding in the health of others. Students often spend more time with their professors and staff at school than with their own families; this allows faculty and staff an advantage when being able to recognize changes within a students’ behaviors and grades. Many schools already have staff positions such as a student relations counselor to help students overcome stressors such as a death in the family, financial burden, and worries about how to study appropriately. A few ways to improve ones’ mental health can be to stay positive, be physically active, develop a sense of meaning and purpose, developing coping skills and getting enough sleep.

REFERENCES



AMental Health. (2019, March 05). Retrieved from <https://medlineplus.gov/mentalhealth.html#summary>
5 Things You Should Know About Stress. (2016, December). Retrieved March 15, 2019, from <https://www.nimh.nih.gov/health/publications/stress/index.shtml>

STRESS AND RESILIENCE

“We are coming to understand health not as the absence of disease, but rather as the process by which individuals maintain their sense of coherence (i.e. sense that life is comprehensible, manageable, and meaningful) and ability to function in the face of changes in themselves and their relationships with their environment.”

- Aaron Antonovsky PhD, American Sociologist (1923 –1994)

Work. School. Family. Almost anything can be pointed to as a stressor of daily living. Stress, by definition, is unavoidable since it has little to do with us, and more to do with our environment. For some, traffic is stressful, for others, deadlines or crowded places become stressful. These are environmental and usually not modifiable. Our reaction to those stressors is where we have control. Unfortunately, all too often we get lost in the daily shuffle, and as those stressors multiply we lose our coping ability declines. Our blood pressure rises, our pulse increases, and we begin to expend unnecessary energy. Many times, these episodes come and go several times a day, and even we as health care workers have not really understood their significance. By the end of the day it robs us of vital physical, mental and emotional energy making it difficult to be our best selves for the people and things that are most important in our lives.

For some time now, there has been research done on the correlation between stress response and disease. Several studies now have shown a relationship between stress and pathological conditions such as hypertension, sleep disorders, metabolic syndrome and heart disorders ranging from myocardial ischemia to sudden cardiac death. The studies go even further to underline the role stress plays in increasing the duration and severity of diseases we already have. Emotion is the key to the stress response. When we become agitated, angry or anxious we are releasing stress hormones that affect our physical response as well. So, if we know these things are happening, how can we begin to not only remedy ourselves, but even help to prevent diseases, or at least their severity in the future?

Heartmath.Org is a fantastic organization that is ground zero for a ton of material on the subject. They delve into great detail on not only the problem, but the solutions to creating a more balanced you. The ability to self-regulate your emotional state is not an innate ability for most, but the tools necessary to learn to do so are at your fingertips. So, what is it? Heartmath.org defines it as Resilience. It is separated into 4 domains: Physical resilience is basically reflected in physical flexibility, endurance and strength, while emotional resilience is reflected in the ability to self-regulate, degree of emotional flexibility, positive outlook and supportive relationships. Mental resilience is reflected in the ability to sustain focus and attention, mental flexibility and the capacity for integrating multiple points of view. Spiritual resilience is typically associated with commitment to core values, intuition and tolerance of others' values and beliefs.

Visit their site today to learn ways to take a practical approach to creating more balance in your own life, and maybe even become certified to teach others: <https://www.heartmath.org/research/>. Real exercises that you can institute today are available along with loads of pertinent research articles. You can even become a licensed trainer.