

TSNA QUARTERLY NEWSLETTER

Lesleigh Meece, TSNA Communications Director



TENNESSEE STUDENT
NURSES ASSOCIATION
MAKING A POSITIVE IMPACT TOGETHER.

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MESSAGE FROM THE PRESIDENT

As your president elect, I would like to leave you with words of encouragement for the new year and for the month of January. No matter what is going on around you do not allow fear to bump you off your path to your purpose. We all have a purpose and we all have aspirations that must be completed this year. So, keep the faith and stay focused.

Warmest Regards,
Frank Perry III

Getting Social Through Virtual Volunteering

Lauren Rolinskas, TSNA Legislative Director

Due to Covid-19 precautions, many in-person volunteer opportunities have been paused. Volunteering provides a sense of connection. This year we learned that even though it is difficult, we can find creative ways to maintain the connections we all need. As nursing students, we have the ability and motivation to use our experience to support those in need. Below are some programs that provide essential help to our communities virtually.

Most flexible schedule: Be My Eyes

Be My Eyes is a free app that connects blind and low-vision callers with a sighted volunteer to help quickly assist with a problem via video chat. There is no time commitment. If you are unavailable to take a call, it goes to another available volunteer.

[Volunteer for Be My Eyes Here](#)



Modern mental health resource: Crisis Text Line

Crisis Text Line provides virtual support for texters in need. After 30 hours of online training, counselors communicate with anonymous texters from all backgrounds to guide them past a crisis moment. Schedules are flexible and a 200-hour commitment is required.

[Volunteer for Crisis Text Line Here](#)

Get out and about: Meals on Wheels

The need for volunteers varies based on each community, some of which are in desperate need during this time. Deliver food to homebound seniors and have a quick physically distanced chat on your lunch break. Flexible schedules are available.

[Volunteer for Meals on Wheels Here](#)

Use advanced creative skills: The United Nations Volunteers Program

The UNV program allows volunteers to virtually help communities worldwide. Some opportunities involve translation, writing, design, and more.

[Volunteer for The UN Volunteers Program Here](#)

COVID-19 Vaccine Questions Answered at the NSNA December School Presidents' Forum

Kate Walker Compton, Union University ABSN Program

The National Student Nurses Association (NSNA) recently held their December School Presidents' Forum on the topic of COVID-19 vaccines. Via Zoom, Diane Mancino, executive director of NSNA, interviewed Mary O'Keefe, RN, MPH, CIC, vice president of the Department of Infection Control at Maimonides Medical Center in Brooklyn, NY. They discussed the vaccine development process and what nursing students might expect upon receiving the vaccine. The presentation was recorded and can be found on the NSNA website, along with the rest of the forum.

On the process of vaccine development and the mRNA technology used:

Ms. O'Keefe pointed out that this vaccine was not "rushed through" in the way that many circulating rumors suggest. She identified several areas where the process of the COVID-19 vaccine development met less logistical resistance than other vaccines typically experience: global scientific transparency allowed for scientists around the world to access others' research and further the development more quickly; ; COVID-19 is a widespread disease, and the necessary exposure of

vaccine trial participants to the virus occurred quickly, allowing researchers to gather the necessary data to prove efficacy in a much more timely manner than occurs with illnesses that are more rare; finally, mRNA technology is not new, but has been studied for over ten years as a potential way to develop a highly effective vaccine.

On the process of being vaccinated:

Ms. O'Keefe explained some slight differences between the Moderna and Pfizer vaccines that are now approved by the FDA: while they both use mRNA technology, the Moderna vaccine does not require ultra-cold storage facilities and has a longer shelf-life at normal refrigerator temperatures, which makes it more likely to be utilized in areas without access to ultra-cold storage. Both vaccines require two doses, however the Moderna vaccine doses should be 28 days apart, and the Pfizer vaccine doses should be 21 days apart. Your second dose must come from the same manufacturer as your first dose. Receiving the vaccine is contraindicated if you have experienced a severe allergic reaction to any other vaccine, or if you have received any other vaccine in the 14 days prior to being scheduled to receive a COVID vaccine. If you have had a confirmed case of COVID-19, it is still recommended that you receive the vaccine. With both vaccines, people have experienced mild to moderate side effects that resolve within 24-48 hours. There is no recommendation to quarantine after

receiving the vaccine; as the vaccine does not contain live virus, it does not cause you to become infected or shed the virus.

What to expect after being vaccinated:

Ms. O'Keefe clarified that PPE will still be necessary, as scientists are not yet sure that vaccination prevents someone from carrying and spreading the virus. Scientists are not yet sure of the length of time a vaccination will protect a person from COVID-19; at this point, studies have only been going on for three months, so we know that recipients can expect 95% protection for at least that amount of time. As time goes on, more research will surface to determine if people need to be vaccinated again.

How can nursing students get involved in vaccine administration?

Ms. O'Keefe recommended that interested nursing students check with their local health department to see about volunteering in vaccine administration.

Ms. O'Keefe's most compelling point was that no one has yet died from receiving the vaccine, while over 300,000 people have died from COVID-19 in the US. If you have further questions on the COVID-19 vaccines, the Center for Disease Control's website ([cdc.gov](https://www.cdc.gov)) has ample information.



IMPORTANT UPDATES: NSNA ANNUAL CONVENTION

Due to the ongoing COVID-19 pandemic, the 69th NSNA Annual Convention will be a virtual experience, held April 5th - 10th. The virtual experience will still offer all of the amazing opportunities and resources that the in person convention offers....and then some!

Heres what NSNA has to say about it all:

"Virtual exhibits provide opportunities for you to meet with exhibitors from a variety of employment and academic settings, NCLEX vendors and publishers. Visit with poster presenters and even participate in a virtual yoga. Also, receive expert advice for career development including interview skills, resume building, and future education opportunities."

Your TSNA Board of Directors are looking forward to what this event holds and hope to "see" you there.

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