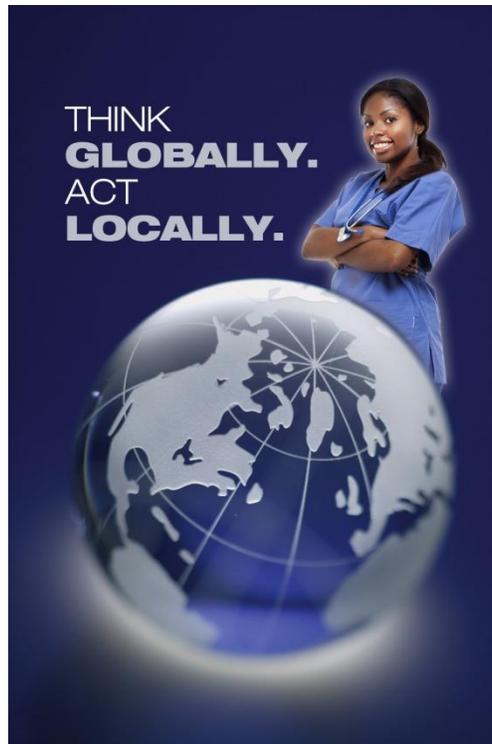


National Student Nurses' Association[®]
Guidelines for Planning
Global Initiatives in Nursing
“Student Nurses Beyond Borders”



National Student Nurses' Association
45 Main Street, Suite 606
Brooklyn, NY 11201
(718) 210-0705 FAX (718) 797-1186
www.nсна.org www.nsnaleadershipu.org

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NSNA wishes to express sincere appreciation to the 2011-2012 Global Initiatives in Nursing Committee (Chelsea Nye, Chair; Jaclyn Coleman; and Regina Leonard) for creating the *Guidelines for Planning Global Initiatives in Nursing Projects* Booklet which is updated annually.

Introduction

The Global Initiatives in Nursing Committee was created by the 2010-2011 NSNA Board of Directors in response to the increasing interest in global health issues, and opportunities for nursing abroad. As we are becoming an ever increasing global society health issues and disparities no longer affect a single community but reach across international borders more than ever before.

Projects carried out at the local level by nursing students provide an increased awareness of global health issues to students and the community, while those abroad allow students to gain a deeper appreciation of global health concerns, in addition to utilizing their knowledge and skills. This booklet is designed to outline activities, projects ideas, and resources available to help plan successful projects.

All NSNA constituents* conducting global initiative projects are eligible to apply for the NSNA Global Initiatives in Nursing Award Program. Prizes are awarded for outstanding global initiative projects and activities. Deadlines for these applications are printed in NSNA News and *Imprint* and on www.nсна.org. NSNA members serving as state global initiatives chairpersons or directors should go to www.nсна.org and then Member Services to update their membership profile and check the Global Initiatives box to be placed on NSNA's Global Initiatives Memo e-blast list so they are informed routinely of NSNA's global initiative activities.

The following information provides guidelines for planning and implementing projects to promote global health initiatives in nursing. This booklet is a guide to get you started – there are undoubtedly a variety of resources in your own community. Good luck with your projects!

*Refer to *Getting the Pieces to Fit* for constituency information and the Official Application for NSNA Constituency Status, which must be submitted to NSNA annually.

Project Ideas

The NSNA House of Delegates and the Board of Directors have adopted several resolutions and positions that support the involvement in global health issues. This leaves room open for creativity and interpretation. Resolutions passed at state conventions will also provide direction for projects. The following is a list of ideas for possible activities:

School and State:

- Emerging Infectious Diseases
- Educating on cultural competence and sensitivity
- Human trafficking awareness
- Tuberculosis, malaria, polio, HIV/AIDs awareness
- Non-communicable diseases such as diabetes and hypertension awareness
- Adequate nutrition and availability of food sources awareness
- Environmental hazards such as clean water and air awareness
- Supply drive (medical supplies, nursing textbooks, scrubs, etc.) for shipment overseas
- Medical/nursing mission trips
- Putting together a study abroad trip with your school to learn about health care in another country
- Breakout sessions on current global health issues
- Cultural competence educational programs for your specific community

There are many opportunities available for global initiative projects, so keep in mind this list is not all-inclusive. Your project may be aimed at increasing awareness of global health issues, educating on the importance of cultural competence, or promoting the health of disadvantage communities overseas.

Links to Resources for Global Initiatives and Collaborative Ideas

Go to the Global Initiatives webpage

(<http://www.nсна.org/ProgramActivities/GlobalInitiatives.aspx>) for information that can direct you to materials and resources as you plan your Global Initiative project.

Getting Started

NSNA encourages state and school chapters to conduct global initiative projects, which will provide beneficial community, and global service.

Global Assessment

Once your school or state chapter has decided to conduct a global initiative activity, the selection of the activity may be determined by assessing the community's health need in relation to global issues. A community can be:

- The students in your nursing program, or your entire college or university
- People in your community that interact with culturally diverse groups (healthcare workers, educators, etc.)
- Population groups overseas
- Diverse population groups in your community

A global community assessment is a structured method for determining the health needs of specific communities. Students should seek the guidance of a faculty member, preferably one who teaches or is involved in global health nursing and issues. Local organizations that are involved in global outreach may serve as additional resources as you plan your global initiative project.

A global assessment is an important step since it can help to alleviate health problems by providing needed services that are not being adequately provided through other channels. Here are some general considerations when conducting a community assessment:

- Global Issues: current information on global health issues can be found on several organizations websites including the United Nations, the U.S. Department of Health and Human Services, and the World Health Organization, and the World Health Assembly.
- General demographics such as sex, race, age, and birth rates may need to be determined. Specific demographics often provide a more detailed picture of the community. These may include:
 - The incidence and prevalence of communicable and non-communicable diseases in that specific community, such as AIDS, tuberculosis, polio, malaria, diabetes, hypertension and cancer.
 - The current and potential health concerns in that regions, such as human trafficking, or access to clean water, air and food sources.
 - Access to health care
 - Substance abuse

- Number of people living at or below poverty level
- Infant and maternal mortality, and access to prenatal care

Upon determination of the health needs and concerns in your community of choice, investigate which health needs are being met or addressed and which are not. Talk with community and global leaders for information about services and projects currently provided. Contact local and international health groups, and watch newspapers about pertinent issues that affect global health. Note that communities in the US with diverse populations may also be considered for projects. For example, conducting an educational program that promotes cultural competence can be a valuable service to the community. Once the focus of your project has been determined, plan your project.

Planning and Implementing

Upon completion of the community and global assessment, utilize the data collected to plan the project based on the desired outcomes. Form a project team to:

- Identify goals and outcomes
- Determine the number of nursing students involved
- Decide where and when the project will take place
- Contact local and/or international organizations that may help with the project
- Identify how many people you think might participate

Ask faculty and community leaders to guide you – especially those who are involved in or teach global health issues and nursing.

Implement the project. Be sure to publicize and to keep any copies of the publicity, such as photos, flyers, and press releases. Remember to thank cooperating community organizations and sponsors for their participation. Recognize those involved in the project by highlighting their participation in newsletters and college newspapers. Send a report to the *Imprint* Happenings Editor for inclusion in the Happenings column.

Evaluate the project. How was it conducted? What was learned that would be beneficial to others? What would you do differently next time?

International Travel

Naturally, the Global Initiatives in Nursing Committee would not have a *global* committee if nursing students like yourself were not becoming frequent globetrotters. Whether you are regular international traveler, or have never left your hometown there are a few things you will want to complete prior to your trip.

Applying for a passport and visa. Everyone travelling outside the United States, whether to Canada or Thailand must have a valid passport, as this is your international identification document. Apply for a passport through the U.S. Department of State.

Applications and details can be found online at www.travel.state.gov/passport.

A visa is a special document issued by governments stating that you are eligible to obtain entry into their country. Many countries do not require U.S. citizens to obtain a visa for entry into their country, but there are some exceptions. Always check on the Department of State's

website for country specific information to see if you will need to apply for a visa.

Vaccinations. It is imperative when travelling to other countries that you are up to date on your vaccinations. Diseases such as malaria, cholera, and polio are still in existence today worldwide. Consult with the Centers for Disease Control and their Traveler's Health section at www.cdc.gov/travel for information. And be certain to discuss your travel plans with your health care provider in order to develop an appropriate plan of care.

Travel tips. Travelling abroad can be much different, not to mention more stressful, than travelling in the U.S. Some essential tips to consider prior to travelling:

- *Make three photocopies of all your essential documents* (passport, visa, plane tickets, hotel confirmations, travel plans, etc.). Keep one document on your person, one in your luggage, and one with a family member back home. You may also make digital copies and upload them online for easy access.
- *Bring all prescription drugs in their original containers with labels.* Always make sure to pack extra just in case your trip is delayed. Do not pack these in your luggage.
- *Always carry cash* (at least some amount!). Traveler's checks are useful too, but remember to exchange them for local currency prior to heading to remote or rural areas where banks and ATMs may not exist.
- *Pack light.* Bring clothes that are versatile and can be layered and laundered. Leave all valuables at home. Consider how you will be travelling within your destination country while packing. Do you want to lug two suitcases and backpack on and off crowded buses and trains? If you can, stick to one carry-on and one checked bag.
- *Don't drink the water.* If you have been cautioned to not drink the water in the country you are travelling to this actually extends to include ice cubes, and fruits or vegetables that may have been washed in water.

Act like a local. Unless you are meeting family, or long-lost friends buying a guidebook is an invaluable investment. Always make sure you know some basic cultural norms prior to your trip. This will prevent (to a degree!) countless embarrassing or unacceptable faux pas from being committed.

Travel Insurance. Many health insurance plans do not cover international travel. It is definitely worth the few extra dollars to invest in travel insurance while travelling abroad.

NSNA Global Initiatives in Nursing Awards Programs

The NSNA Global Initiatives in Nursing Committee awards the following Global Initiatives in Nursing awards at NSNA's Annual Convention:

- Most Successful Statewide Global Initiatives in Nursing Project, Certificate and \$100
- Most Successful School Global Initiatives in Nursing Project, Certificate and \$100

Please refer to the current NSNA Awards and Honors Booklet on the committee web pages for more information and the application.

Mark your Calendars Now!

Completed NSNA Award applications with supporting materials must be received at NSNA Headquarters by the date published in the Awards and Honors Booklet to be eligible for consideration.

A Word about the Image of Nursing...

Participating in global activities not only provides an important global and community service, it also increases visibility for the nursing profession. Every contact we make with the public has a lasting impression. The way we speak, our appearance, and the way we dress and act convey our individual and collective image. We all have a responsibility to enhance and foster a positive image of the profession. Conducting global initiatives in nursing projects is one way to let the public know that we care enough about their health and wellbeing to do something about it.

Global Initiatives in Nursing School Chapter Committee Responsibilities*

If you do not yet have a global initiative in nursing committee at your school, use the following list of responsibilities to help form one:

1. Evaluate effectiveness of global initiatives in nursing activities conducted in the past.
2. Review resolutions relevant to global initiatives that were passed at school, at your state convention, and at NSNA's Annual Convention.
3. Identify two or three goals and a theme for the year.
4. Become familiar with NSNA and state global initiatives in nursing contests and applications.
5. Read *NSNA's Global Initiatives in Nursing Guidelines*.
6. Conduct a global health needs assessment.
7. Plan and implement a global initiative project based on global health needs assessment; determine and secure resources needed to conduct the project.
8. Initiate and facilitate appropriate partnerships with global initiatives and global health organizations.
9. Publicize global initiatives in nursing activities.
10. Evaluate the project (i.e. were outcomes met?) and make recommendations for future initiatives.

*See your chapter bylaws for the Community Health role and responsibilities specific to your school or state chapter.

International Calendars of Health Observances

The following examples provide inspiration for program planning:

January

Global Family Day, January 1

February

International Prenatal Infection Prevention Month

World Cancer Day, February 4

International Day of Zero Tolerance to Female Genital Mutilation, February 6

March

World Salt Awareness Week – March 26th – April 1st

World Kidney Day, March 8

World Down Syndrome Day, March 21 World Water Day, March 22

World Tuberculosis Day, March 24

April

Irritable Bowel Syndrome Awareness Month

National Minority Health Month
Sexual Assault Awareness and Prevention Month
World Autism Awareness Day, April 2
World Health Day: Food Safety, April 7
International Mother Earth Day, April 22
World Meningitis Day, April 24
World Immunization Week (WHO), April 24-30

May

Hepatitis Awareness Month
HIV Vaccine Awareness Day, May 18
Recreational Water Illness and Injury Prevention Week, May 21-27
World No Tobacco Day, May 31

June

International Day of Innocent Children Victims of Aggression, June 4
World Earth Day, June 5
World Day Against Child Labour, June 12
World Blood Donor Day, June 14
World Elder Abuse Awareness Day, June 15
World Sickle Cell Day, June 19
International Day Against Drug Abuse and Illicit Trafficking, June 26
National HIV Testing Day, June 27

July

International Group B-Strep Awareness Month
World Population Day, July 11
World Hepatitis Day (WHO), July 28
World Day Against Trafficking in Persons, July 30

August

National Immunization Awareness Month
World Breastfeeding Week, August 1-7
International Day Against Nuclear Tests, August 29

September

International Literacy Day (UNESCO), September 8
International Day for the Preservation of the Ozone Layer (UN), September 16
World Alzheimer's Day, September 21
International Day for the Total Elimination of Nuclear Weapons, (UN), September 26
World Rabies Day September 28
World Heart Day, September 29

October

Health Literacy Month
International Day of Older Persons (UN), October 1
World Mental Health Day (UN), October 10
World Food Day, October 16
International Stuttering Awareness Day, October 22

November

World Diabetes Day, November 2

International Survivors of Suicide Day, November 17

Gastroesophageal Reflux Disease Awareness Week, November 18-24

World Toilet Day, November 19

International Day for the Elimination of Violence Against Women, November 25

December

World AIDS Day, December 1

International Day of Persons with Disabilities, December 3

Be sure to visit www.nсна.org and click on [Program Activities](#) for more information and links to global health resources.



Earn credit when you

Participate in Global Initiatives in Nursing Projects

As a student leader, you'll learn and practice important leadership skills by participating in community health projects sponsored by your NSNA school chapter or state association. NSNA members may earn formal credit for the leadership service learning that is inherent in community health activities. Consider approaching faculty to explore the possibility of having your start-a-chapter experience counted toward course requirements or independent study elective credit. Use your course syllabus to see if you can meet the objectives with the following leadership activities. Visit www.nsnaleadershipu.org for more details. Here's an example of how to approach earning academic credit for global initiatives.

Global Initiatives in Nursing Projects:

- Establish a Global Initiatives in Nursing committee, or;
- Participate in a committee already established.

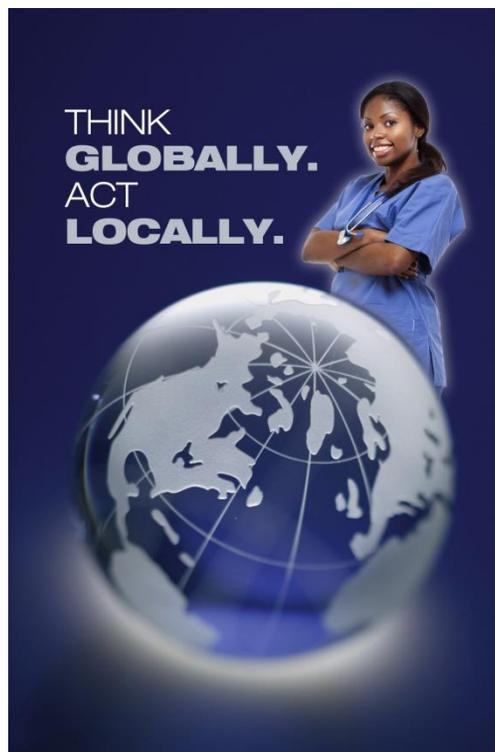
By participating in this activity, you will be able to:

- Identify and list your personal leadership attributes;
- Evaluate your personal capacity for leadership;

- Demonstrate an understanding of the complex role organizations play to serve the global health needs.

Please visit the Global Initiatives in Nursing Committee web page at <http://www.nсна.org/ProgramActivities/GlobalInitiatives.aspx> for more information on how you can earn academic credit and recognition for participating in NSNA's Global Initiatives in Nursing Projects Program.

Best wishes for successful global nursing projects!



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