



UNIVERSITY OF HEALTH
& ALLIED SCIENCES

NURSING & MIDWIFERY

STUDENTS' ASSOCIATION

SAVING LIVES, OUR PRIORITY

WELCOME MESSAGE

Welcome to nursing school! We are so excited to have you join our community of future healthcare professionals. As a nursing student, you are embarking on a journey that will be both challenging and rewarding.

We know that you have a lot to look forward to as you begin your studies. You will have the opportunity to learn from experienced nurses and healthcare professionals, develop critical thinking skills, and make a positive impact on the lives of others.

We want to assure you that you are not alone in this journey. Our faculty and staff are here to support you every step of the way. We are committed to helping you succeed and reach your full potential as a nurse.

Again, welcome to nursing school. We look forward to getting to know you and supporting you on your path to becoming a healthcare professional.

WHAT IS NAMSA ABOUT?

Nursing and Midwifery Students Association is the official student's body of School Of Nursing And Midwifery. In general, below are some of the aims and activities NAMSA as an association seeks to help students with.

- **Professional development:** NAMSA provides opportunities for members to enhance their skills and knowledge, such as through educational seminars, workshops, and conferences.
- **Networking:** NAMSA can help students build connections with other nurses and professionals in the field, which can be valuable for career advancement.
- **Community service:** We participate in community service projects, such as volunteering at clinics or hospitals, to help those in need and give back to the community.

- **Advocacy:** NAMSA advocates for issues that are important to the nursing profession and its members.
- **Leadership development:** NAMSA provides leadership opportunities for members, such as through committee roles or elected positions, to help develop leadership skills and experience.
- **Social events:** We often organize social events and activities, such as health walks, parties, and sports teams, to help build community and camaraderie among members.
- **Mentorship:** The association offers mentorship programs, where experienced nurses mentor and guide students through the nursing program and into the workforce.
- **Student representation:** We have a representative on the nursing program's faculty or advisory board, which allows students to have a voice in decision-making processes and advocate for their needs and concerns.
- **Professional organizations:** NAMSA is affiliated to larger student organizations, such as the UNSAG, NAHSAG, NUGS, and SRC which can provide additional resources and support members.

FIRST SEMESTER

- ✓ Akwaaba bash
- ✓ Health walk
- ✓ Miss NAMSA
- ✓ Seminars and talks
- ✓ Initiation of UHAS-NAMSA football league
- ✓ Inter-Departmental quiz
- ✓ Trips
- ✓ Provision of Birth certificate and passports
- ✓ Provision of ATM cards and E-zwich cards

SECOND SEMESTER

- ✓ NAMSА Dinner
- ✓ NAMSА Week celebration
- ✓ Old school day
- ✓ Rep your colour picnic
- ✓ Trips
- ✓ Community Outreaches

2022/2023 NAMSА OFFICERS

For any enquiries concerning the association, please do not hesitate to contact any of the executives below.



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GLORIA ODURO
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CHAIRPERSON



ASANTE SHADRACH
ENTERTAINMENT COMMITTEE
CHAIRPERSON



ENOCH SARPONG
SPORTS COMMITTEE
CHAIRPERSON



DUSI DICKSON
ELECTORAL COMMISSIONER



EUGENE WIREKOH TAWIAH
JUDICIAL COMMITTEE CHAIRPERSON,
CHIEF JUSTICE



OBENG. A. GIDEON
NCF PRESIDENT



PATIENCE ANTWI
GENERAL ASSEMBLY
CHAIRPERSON



DR. PETER ADATARA
PATRON

NB:

A Nursing Midwifery or Public Health Nursing Student automatically becomes a member of **UNIVERSITY OF HEALTH AND ALLIED SCIENCES, NURSING AND MIDWIFERY STUDENTS ASSOCIATION**, thereby your welfare as student is catered for by this Association, so there's payment of Association Dues.

Also Labcoats, Name Tags, Branded Exercise Books, Association Sticker, Association's Lacoste and other Souvenirs all at a fee.

UHAS-NAMSА... SAVING LIVES OUR PRIORITY!

COMMON ACTIVITIES TO EXPECT FOR THE ACADEMIC YEAR

- ✔ Face of NAMSA
- ✔ Akwaaba Bash
- ✔ Excursions
- ✔ Seminars
- ✔ Health Walks
- ✔ Entertainment
- ✔ NAMSA Elections
- ✔ NAMSA Dinner and Awards nights

NURSING CHRISTIAN FELLOWSHIP PROGRAMS

- ✔ Games
- ✔ Movie night
- ✔ Angel with a stethoscope
- ✔ Relationship talk
- ✔ Evangelism with Gifts
- ✔ Devotion
- ✔ Orientation about leadership
- ✔ Teaching (Academics)
- ✔ Closing Prayer

A GUIDING QUOTE FOR YOUR NURSING JOURNEY

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

-Helen Keller

This quote is a reminder that as a nurse, you will have the opportunity to make a positive impact on the lives of others through your care and compassion. It is a reminder that sometimes it is the intangible things, like kindness and empathy, that can make the biggest difference in the world. So, always remember to keep your heart open and be ready to make a difference in the lives of those around you.

AIMS & OBJECTIVES

- ✔ The association shall serve as a unifying body for all Nursing and midwifery students in UHAS.
- ✔ The association shall co-ordinate the activities and promotes the welfare of all Nursing and midwifery students studying in University of Health and Allied Sciences, School of Nursing and Midwifery.
- ✔ The association shall also be tasked with the responsibility of representing the interest of all Nursing and midwifery students in all matters locally, nationally and internationally.
- ✔ The association shall promote cordial interactions among its members, members of other Nursing Students Associations with similar objectives and other members and students of health services (local, national and international) through various discussions, seminars, symposia, exchange programs, lectures etc.
- ✔ To make the role of nurse known to the outside world.

THE MIDWIVES' PRAYER

Have mercy on me, oh Lord
And in all my actions
Let me have thy fear before my eyes
That I may be careful for both rich and poor
To do good and not hurt
To save lives and not to destroy
Help my infirmities and imperfections
And grant me skill and judgment
Happily, to finish every work
So help me God Amen.

THE NURSES' PLEDGE

I acknowledge that the special training have received has prepared me as a responsible member of the community. I promise to care for the sick with all the skill I possess, no matter what their race, creed, colour, political, or social status, sparing no effort to conserve life, alleviate pain and promote health.

I promise to respect at all times the dignity of the patient in my charge.

I promise to hold in confidence all personal information entrusted to me.

I promise to keep my knowledge and skill at the professional level and to give the highest standard of nursing care to my patients.

I promise to carry out intelligently and loyally medical instructions given to me.

I promise that my personal life shall at all times bring credit to my profession.

I promise to share in the responsibility of other profession and citizens for promoting health locally, nationally, and internationally.

So help me God.

