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January 2018

Inside...



Highlights from the NJSNA/IFN Convention

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Levine & Gural Win Election



Mary Ellen Levine



Linda Gural

Mary Ellen Levine, MSN/Ed, BSN has been elected as Vice President and **Linda Gural, MSN, RN** has been elected Secretary.

Ms. Levine is a practicing hospice nurse with Karen Ann Quinlan Hospice and adjunct faculty at Caldwell University. As Vice President, Mary Ellen will chair the Membership Committee and act as chairperson for any Task Force appointed by the President to advise the Board on new policies regarding membership and communications.

Her goal is to "promote organizational membership and professional involvement with regards to the direction of nursing practice and health care policy." Mary Ellen goes on to say "I've been involved in promoting organizational membership and professional involvement at the regional level, the importance of health care legislative involvement and empowerment of nurses to become involved in their professional organization."

Ms. Gural has been a member of the New Jersey State Nurses Association (NJSNA) for many years and has held numerous state and region offices, and as the 41st President of NJSNA. In addition, she has been on the board of the American Nurses Association and secretary for the American Nurses Political Action Committee and supports the mission and values of the organization. Linda will keep the minutes of the Board of Directors the Association, and the Executive Committee.

Her nursing career spans several years which includes staff nurse, night shift supervisor, and director of patient care. I have worked all three shifts and different specialties.

Congratulations to both Mary Ellen and Linda.

CEO REPORT

Judith Schmidt, MSN, RN, CCRN



Judith Schmidt

As you read this article, I hope that the winter month of January bodes us all well.

In January 2018, the New Jersey's 217th Legislative Session of Assembly and Senate is completed. We are now entering a new legislative session and will need to ask our legislative friends of nursing to reintroduce bills that were not passed and/or signed by the Governor in 2017.

As of this writing, the November elections had not occurred. Representatives of both gubernatorial candidates stated, at our New Jersey State Nurses Association Town Hall Forum, that they were very supportive of our nursing issues. The representatives further stated that if elected their candidate would work to see that one of our prime legislative initiatives of removing the Joint Protocol (Collaborating Agreement with a physician) for APNs would occur. Hopefully, that will be true as we move into the 218th legislative session. NJSNA and its legislative committee members

will be working tirelessly to ensure that our voices are heard in the NJ health care policy arena, not only for APNs, but also for all RNs. This is such an integral part of NJSNA's mission that several nursing leaders, who are NJSNA members, have volunteered to be a resource for the legislative committee and other committees in NJSNA.

NJSNA was very concerned, as were other nursing groups, with the issues at the New Jersey Board of Nursing (NJBON) that were brought to our attention in the summer of 2017. We participated in the Senate Oversight Hearing in the fall and heard testimony from NJBON members and many other prominent nursing leaders, including our President, Dr. Benjamin Evans. Their testimonies only verified that the NJBON needs more assistance both with staff and financial support. There were several recommendations that were made that we hope will come to fruition this year. Although the Governor finally made appointments to the NJBON and a new executive director was being hired, NJSNA will keep a close eye on the progress to make the NJBON whole again and work more efficiently and effectively.

I hope whether you are a member of NJSNA or not; a RN or APN; a staff nurse, educator, administrator or researcher that you will keep abreast of nursing issues in NJ and will be an advocate for your profession. For if not you, WHO?

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Professional Information

Employer _____ Current Position Title: (eg: staff nurse) _____

Type of Work Setting: (eg: hospital) _____ **Required:** What is your primary role in nursing (position description)?

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NJSNA Mission Statement

Advance the practice of professional nursing by fostering quality outcomes in education, practice and research



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All NJSNA members are encouraged to submit material for publication that is of interest to nurses. The *New Jersey Nurse* also welcomes unsolicited manuscripts. Article submission is preferred in MS Word format, Times New Roman font and can be up to 500 words. When sending pictures, please remember to label pictures clearly since the editors have no way of knowing who persons in the photos might be.

Copy Submissions: Preferred submission is by email to the Managing Editor. Only use MS Word for test submission. Please do not embed photos in Word files, send photos as jpg files.
Submit Materials to: *New Jersey Nurse*, Attention to Sandy Kerr, Managing Editor at sandy@njsna.org

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In Memoriam...

Mary-Katherine Rellahan Heffern



Mary-Katherine Rellahan Heffern, 89, MSN, RN, APN, of Lawrenceville, NJ died peacefully at home on Tuesday, Oct. 3, 2017. Born in Grand Forks, ND, she had been a resident of Lawrenceville since 1964.

Mary-Katherine was educated at the School of Public Health at the University of North Carolina at Chapel Hill, graduating with a degree in public health. Continuing her education, she received a diploma in nursing at St. Luke's Hospital in New York City. While raising five children, she returned to her passion of nursing joining the McCosh Infirmary of Princeton University as a night nurse. During her long career at Princeton University Health Services, she became their first college health nurse practitioner, after completing a certificate program at Brigham Young University. Later, she obtained a MSN degree as an adult nurse practitioner at the University of Pennsylvania. In retirement she continued to care for the health of students, working part-time well into her 70s as a nurse practitioner at the Curtis W. McGraw Infirmary of The Lawrenceville School.

A founding member of the N.J. College Health Nurses Association, Mary Katherine was integrally involved in the development of the first national certification examination for college health nurses. She served as the President of the New State Nurses Association (NJSNA) Forum of Nurses in Advanced Practice, and was a dedicated volunteer in continuing education for NJSNA after her retirement.

An active congregant of the Church of St. Ann for many years, Mary-Katherine served as a lay reader and sang in the choir. She was a member of the National Association of Pro-Life Nurses. Mary-Katherine is survived by her husband of 63 years, Adrian Francis Heffern Jr.; her five children, William of Carversville, PA; Katherine-Ann Zeph of Durham, NC; Margaret M. Heffern Root of Corona, CA; John, and James both of Lawrenceville. Also surviving are her nine grandchildren. A Mass of Christian Burial was celebrated for Mary-Katherine on Saturday, Oct. 7, 2017 at the Church of St. Ann, Lawrenceville. Burial followed at the Lawrenceville Cemetery. Condolence for the family may be offered at poulsonvanhise.com, Poulson & Van Hise Funeral Directors, Lawrenceville, NJ 08648.

Gloria Corbo

Gloria M. Corbo, 88, of Seabrook Village, Tinton Falls, NJ, died Wednesday, June 7, 2017, at Jersey Shore University Medical Center, Neptune, NJ. Gloria is remembered for her many years of leadership as the Mountainside Hospital School of Nursing Director where she served until her retirement. During her tenure, she was instrumental in assuring that the Mountainside graduates achieved a 100 percent pass rate on the licensing examination. She initiated an early partnership with Montclair State College, permitted nursing students to take science courses and receive college credit.

As a mentor and role model, Gloria was a strong advocate for being engaged in professional associations; she served as NJ League for Nursing President, and was involved in many NJSNA committees. In addition, she was instrumental in assuring that Mountainside nursing students became active in the NJ Nursing Students association, and supported their attendance at nursing conferences.

A colleague and friend of Gloria, Dr. Muriel Shore, Felician University Dean, recalled meeting Gloria when she accepted her first teaching position at Mountainside Hospital School of Nursing. Muriel shared that "Gloria was a faculty member who quickly and willingly took me as a young nurse under her wing. Without it being called mentorship, by today's standards it was mentorship 'plus.' Gloria loved being a nurse and was a born leader and educator. She was highly respected by the president, administrators, physicians, nurses and ancillary staff at Mountainside Hospital. She was ahead of her time in defining the Academic Service partnership model. I loved making Hospital rounds with Gloria who believed faculty should meet the patients first and begin a relationship before assigning their students to provide care."

Gloria was devoted to her mother and sister Lois with whom she lived a lifetime in Bayonne before moving to the Jersey Shore. Gloria was an avid gourmet cook and baker. She enjoyed sharing her recipes with all who asked. Shore stated, "Gloria leaves behind a legacy of being a nurse who made a difference in moving the profession of nursing into the future and with the prominence in which it is held."

A member of St. Paul's United Methodist Church, Ocean Grove, Gloria is survived by her sister, Lois R. Corbo. Contributions may be made in her name to the Robert Wood Johnson Transplant Center, 10 Plum St., New Brunswick, N.J. 08901.



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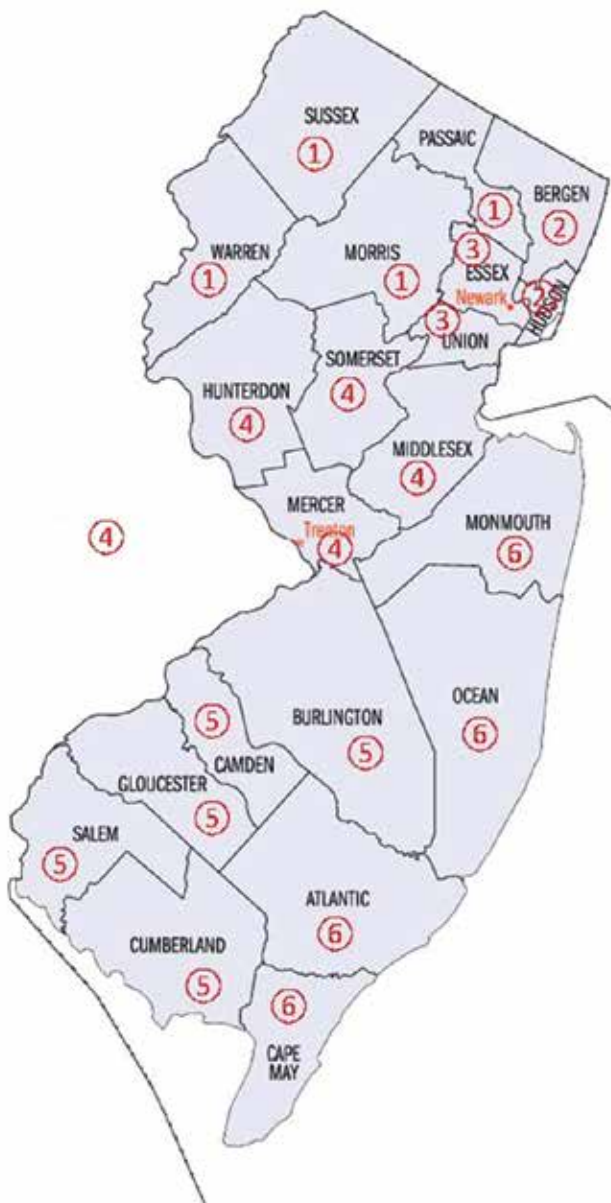
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REGION NEWS



Region 1

Morris, Passaic, Sussex, Warren

Rachel Koshy, DNP, ANP-C, RN
VP Communications

Acknowledgements and Congratulations

We'd like to proudly announce the newest Board Members of Region 1:

President: Sandra Foley; **President Elect:** Patricia Baxter; **Vice President for Membership:** Dr. Vivek Agnihotri; **VP Institute:** Jacqueline Galante;

VP COPP: Mary Ellen Levine; **Nominations Committee:** Sue Weaver, Therese Farmer; **Morris County Coordinator:** Josephine Sanchez

The term of office is August 1, 2017- December 31, 2019. As a Region, it is our goal to work alongside with New Jersey State Nurses Association to empower, educate and support the Nurses of New Jersey.

Accolades and Accomplishments

We are proud of each and every one of our Region 1 members and we will support you in all of your endeavors! Region 1 extends their support to Mary Ellen Levine as she embarks on her NJSNA Vice Presidential journey. Mary Ellen announced her Vice Presidential candidacy at the NJSNA Convention.

Sue Weaver and Brenda Petersen have been nominated for the IFN Beacon of Light Award! The winners of the Award will be announced on April 5, 2018 at the Hyatt Regency Hotel in Princeton.

Also, Francesca Nordin has added her nomination for the NJSNA Congress on Policy and Practice as a committee member. *Thank you for your services and dedication to NJSNA and to the profession of nursing.*

Jackie Galante (Past President 2010-2013) has been an active member of the NJSNA Convention Committee over the last three years and this year as a Co-Chair.

Dan Misa (Past President 2013-2015) is a NJSNA nominating committee member and a member of the Emergency Nurse Association (ENA). Through the ENA, Dan is on the nominations and elections committee, a National role and an ENA Chapter President. Also, most recently a nominee for the NJSNA/ANA delegate representative.

Community Service

Our Region 1 President, Sandy Foley, attended the Student Success Career Day Program at the HARP Academy in Paterson, NJ. She spoke to the high school students on the rewarding profession of nursing. Region 1 continues to collect and provide non-perishable food items for soup kitchens for the four counties. The Region donated \$500 towards Hurricane Harvey Relief Fund, participated in "Out of the Darkness Walk", American Foundation of Suicide Prevention, the Domestic Violence Vigil, and Trinity Faith Kitchen.



Meetings

- January 20, 2018, Saturday, 11 am - 1 pm Sepsis** - Cheryl Beer-Cullen, DHA, MPA, BSN, RN; St. Joseph's Wayne Hospital (Passaic County), Myers Conference Room
- March 24, 2018, Saturday, 11 am - 1 pm Violence in the Workplace: One Hospital's Perspective** - Helene Burns, MSN, RN, NEA-BC Morristown Medical Center (Morris County), Brady Shin Board Room

Would you like to present some new research or project for professional advancement? Contact Region 1 President, Sandy Foley at sbkbfoley@gmail.com or Vice President for Education, Tifanie Sbriscia at sbrist2@hotmail.com. For more information see the NJSNA website, our Facebook page, or email Sandy Foley at sbkbfoley@gmail.com.

Region 2

Bergen, Hudson

Patricia August MSN, RN, BC
President

The Region 2 members were well represented at the 2017 NJSNA Convention. Fatima Sanchez MSN, RN, BC served as Convention Chair for the second year. Cynthia Sonzogni MSN, RN presented a continuing education session for attendees. It was an exciting and educational aura felt at Convention 2017. I urge all members to attend next year's event.

At the time of this posting for this edition of *New Jersey Nurse*; I will have completed my second term as Region 2 president. The members of the region were very supportive and active in growing membership and community outreach activities over the past four years. I take the opportunity to thank members who served on our boards. Each and every one was pro-nursing and dedicated to doing important issues correctly. I can't print who will be president and other new board members until after 2017 elections are counted because I am submitting this post in October 2017 for publication. I am proud of what was accomplished by the joint effort of the board members; I can now call my friends. We wish the elected board well. I promise to be there to support and advise as immediate past president of Region 2.

In the coming year, the Region hopes to have more input from Hudson County members. More General meetings may be by electronic formats to support input from all members of the region. Thank you all for becoming members and supporting your professional organization. Cheers.

Region 4

Hunterdon, Mercer, Middlesex, Somerset, Lower Bucks County

Beth Knox, DNP, APN, AOCN
President

Special Thanks: The Region 4 Board would like to thank Dr. Barbara Wright RN, VP of Nominations, for her success in recruiting new Region 4 members to serve on the Board.

Region 4 Membership: We now have over active 800 members located in our five counties in Region 4. It appears that membership growth is a result of NJSNA partnering with ANA to reduce the cost of \$15/month for joint membership in NJSNA and ANA. Thank you NJSNA for your support in this action to give more nurses opportunities to join their professional organization.

New Program Committee: Your board has taken action on the survey collected at the Annual Meeting held in May of this year. A program committee has been established to acquire sites for Region 4 meetings to be held on a rotating basis in each of the four largest counties within our region. I invite you to become an active participant on this committee. Your input is needed to plan meaningful meetings for our region. Please send your inquiry or suggestions to Beth Knox at knoxbe@sn.rutgers.edu.

NJSNA Region 4 Facebook Page: Please check the Region 4 Facebook page by entering **New Jersey State Nurses Association Region 4** in your search window or follow the link provided below: <https://www.facebook.com>

SAVE THE DATE | March 28, 2018

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Information about upcoming programs and events will be posted on the webpage. Please send any information about any upcoming educational nursing programs in your areas to Crystal Gadd, VP of Communication, at crystal_gadd@verizon.net or knoxbe@rutgers.edu for posting.

January Installation of Officers: I encourage you to consider attending the installation of your new Region 4 officers on January 6, 2018. This is a great time to meet your board and to network and learn more about the Region.

Region 6

Atlantic, Cape May, Monmouth, Ocean

Kathleen Mullen, DNP, MA, RN, CNE
VP Communications

Region 6 was well represented at the NJSNA/IFN Convention in October in Atlantic City. At the region meeting at convention, a slate of officers for the 2018-2020 term was proposed to the Executive Board and the membership. Online elections for Vice President Membership, Vice President Congress on Policy and Practice, Nominations Committee, and Chairperson of Monmouth and Chairperson of Cape May and Atlantic counties was held in November in conjunction with the NJSNA state elections.

The annual raffle ticket price and cash prizes were set for fundraising for the Beulah Miller Scholarship for Nursing Education. Every year, Region 6 awards 4 scholarships: to an entry level student (AAS, ADN, or BSN), an RN to BSN student, an MSN student, and a doctoral student. The deadline date for this year's scholarship application is April 1, 2018. The applicant must meet the following criteria:

- Current membership in NJSNA Region 6
 - Candidates enrolled in a prelicensure entry level program exempt
- Current enrollment in an accredited program of nursing education
 - Grade point average (GPA) of 3.0 or better
- Submission of an essay of 300 words addressing the following:
 - Why do you feel you should receive the award?
 - What population or area of practice do you plan to pursue?
 - What are your contributions to professional nursing practice and to your community?
 - What particular challenges or special circumstances would make you deserving of a scholarship?

A nursing student may only receive an award one time per level of educational program. For more information about the Beulah Miller Scholarship for Nursing Education, view the NJSNA website or email the Region 6 Scholarship Committee Chair, Dr. Barbara Blozen, bblozen@njcu.edu. To purchase a raffle ticket or donate to the fund contact any member of Region 6 or email Linda Gural, lmgural@aol.com.

If you are a member of Region 6 and are **not** receiving email blasts about our Region meetings, please update your profile on the NJSNA website and check the group correspondence box in the Email Preferences section of your account. If you are not a member, join us at an upcoming meeting! In February, a general membership meeting with an education session on Wound Care will be held in Ocean County. In March, members will march in the St. Patrick's Day Parade in Seaside Heights. In March in Monmouth County, and in April in Atlantic County, Terri Ivory, RN, MSN, Director of RAMP, the Recovery and Monitoring Program managed by the Institute of Nursing, will discuss the RAMP Alternative to Discipline program. RAMP is a voluntary program available to RNs in NJ whose practice is impaired by substance use, and certain other health conditions.

APNs in Veterans' NJ Health Care System Allowed Full Practice Authority

Kathleen S. Burkhart, MSN, APN-C,
APN-FORUM, COPP

"All ships rise with the tide," was quoted by New Jersey Assemblywoman Nancy F. Muñoz, RN, MSN, recently at a Town Hall meeting to discuss regulatory and legislative issues facing nurses in New Jersey. Advanced Practice Nurses (APNs) in the Veterans (VA) New Jersey Health Care System are leading the charge, and raising the tide, with the implementation of Full Practice Authority (FPA) for over 60 APNs employed in over ten specialty areas in both inpatient and outpatient settings.

On December 16, 2016, after months of public comment, the VA adopted a final rule that allows APNs in three of the four advanced practice roles (Nurse Practitioner, CNM, CNS) to practice to the full extent of their education, training and certifications. FPA allows APNs to evaluate patients, diagnose, order and interpret diagnostic tests and initiate and manage treatments including prescribing medications under the exclusive licensure authority of the State Board of Nursing (BON). They need to meet all education and practice requirements for licensure, maintain a national certification, and be accountable to the public and BON to practice within the standards of care and maintain professional conduct. APNs will continue to collaborate, consult, and refer to other health care providers as indicated to provide quality patient care. In short, the APN can provide advanced nursing services without clinical oversight of a physician when working within the scope of their VA employment. The only caveat to this rule is if the APN is prescribing Controlled Dangerous Substances (CDS), they are bound to the New Jersey Joint protocol requirement with a New Jersey licensed physician.

Certified Registered Nurse Anesthetists (CRNA) were not included in the rule, as there were no

identified problems assessed in anesthesiology practice in the VA at the time of the ruling, however, the door is open for consideration if access becomes a problem in the future. The rule also allowed for VA leadership across the country to determine if they wanted to adopt the ruling in their health care system, as it was not mandated nationwide.

APNs at the VA New Jersey Health Care System are fortunate that the executive leadership team supported the implementation of FPA. Since March 2016, a committee, led by the Director for Quality Improvement and Practice, including an RN, JD, credentials specialist, administrative assistant, and four APNs, has been meeting regularly to transition the existing scopes of practice to clinical privileges. The Medical Staff adopted Bylaws that recognize APNs as Licensed Independent Practitioners and APNs now have representation at the Executive Committee of the Medical Staff as well as the Credentialing and Privileging Board.

VA APNs are leading the way, serving as an example of how removing barriers to caring for Veterans results in better access and quality health care. It is the hope that the positive outcomes demonstrated with the VA adoption of FPA will serve as a catalyst for New Jersey state officials to support legislation to remove the joint protocol which would permit all New Jersey residents to have access to quality health care, rising the tide, and advancing the nursing profession for ALL nurses.

Reference:

Charting Nursing's Future. Robert Wood Johnson Foundation, March 2017 Issue NO. 30 VA Office of Nursing Service -APN Website

(The above is the opinion of the author and not of the VA where she is employed.)

Rutgers-Camden Alumna Laura Tolver Named Tillman Scholar

Laura Tolver has been named a Tillman Scholar by the Pat Tillman Foundation. At Rutgers University-Camden, Tolver is one of only five nursing students, and only 61 students overall, to earn this highly competitive scholarship.

The Tillman Scholars program supports active-duty service members, veterans, and military spouses through scholarship support. Recipients are pursuing undergraduate, graduate, or professional degrees at a US accredited institution.

A US Marine Corps Veteran

Tolver began her service in the U.S. Marine Corps in 2011. She was named recruit training honor graduate, received meritorious masts, and was awarded Squadron Marine of the Quarter.

It was her family ties that led Tolver to pursue a career in nursing. She was honorably discharged from the USMC in order to care for her father, who had suffered an anoxic brain injury. Tolver also was a support for her mother, who suffered from cardiac and renal disease. But it was her grandmother's example that ultimately compelled her to enroll in the accelerated bachelor's degree program at the Rutgers School of Nursing-Camden.

Tolver stated "My grandmother earned her master's in nursing at a time when African Americans couldn't practice in most areas of the country."

A Recovering Victim of Sexual Assault

After earning a bachelor's degree in liberal studies from Wilmington University, Tolver met with representatives from the Rutgers nursing school, who connected her with the Rutgers-Camden Office of Veterans Affairs. From there,

she received the support and encouragement needed to realize her dream of becoming a nurse.

It was the veteran's services office and its director, Fred Davis that helped her access important services to deal with a dark period in her life. "I was sexually assaulted while I was in the military. I kept silent for such a long time, but the assault was like a thorn in my side that I needed to address in order to find peace. Fred Davis had a relationship with The Vet Center in Philadelphia which helped me with counseling, and to be vocal about what happened to me," reflects Tolver.

Rutgers University-Camden is New Jersey's first and only Purple Heart University. The campus is recognized as a "Military Friendly School" by the magazine *G.I. Jobs*.

BSN Graduate of Rutgers-Camden

In 2017, Tolver received a BSN from Rutgers University-Camden, where she is pursuing a DNP in adult gerontology, and launched her professional career as a trauma ICU nurse at Cooper University Hospital. Inducted into the Athenaeum and Sigma Theta Tau honor societies, she was a member of the Student Veterans Association and National Student Nurses Association. With other nursing students, she traveled to Haiti to help in the recovery from Hurricane Matthew.

In 2002, Pat Tillman put his NFL career with the Arizona Cardinals on hold to serve his country. The Tillman Foundation was established following his death in 2004, while serving with the 75th Ranger Regiment in Afghanistan. The Foundation invests in military veterans and their spouses through academic scholarships to build a diverse community of leaders committed to service to others.

Rutgers School of Nursing Initiates Minority Nurse Leadership Institute

Rachel Koshy, DNP, ANP-C, RN.

This is a program started by the SON, Rutgers University which is designed for aspiring minority nurse leaders who have earned a BSN and have at least two years of experience in full-time nursing practice. MNLI Fellows are chosen through a competitive selection process.

MNLI meets monthly on the second Saturday of the month and the last meeting served as a showcase for the projects undertaken as part of the curriculum.

Rachel Koshy, DNP, ANP-C, RN, a Supervisory APN in the Observation Unit at the University Hospital (UHNJ) in Newark, commented, "This was the best program that I've ever attended. It was

stress-free learning environment, very transformative in nature. The course was not graded which meant focusing on learning and taking advantage of developing relationship with mentors and the leaders who were our guest speakers and stay connected with many accomplished minority nurse leaders. It also brought about awareness on lack of minority nurses in leadership positions. We were very enthusiastic in learning, assimilating information, and supporting one another with our respective goals and objectives. The assignments and projects were difficult and time-consuming yet doable and very educational."

Leslie Wright-Brown, MS, RN, NEA-BC, an Education Manager at St. Barnabas Medical Center,

RWJ/Barnabas Health, Livingston, commented, "MNLI was a transformative experience. The project pushed me beyond my comfort zone. The leadership development content (lectures and guest speakers) were excellent. We became a team that cheered each other on."

Basilia Akuwudike, MSN, FNP-BC, RN, Staff RN, Family Health Services, at UHNJ in Newark, stated, "MNLI was a great experience. It brought a lot of exposure and awareness on lack of minority nurses in the leadership positions. Leaders model the way, and one person cannot lead. I understand the importance of leadership and the changes we could bring to the minority population."

Ashley Attah-Mensah, BSN, RN, at UHNJ in Newark commented, "MNLI meetings were an avenue for me to meet leaders in our community who I could gain wisdom and insight from, about the nursing profession and how I could develop myself in the role. It was an opportunity to grow, and I am very grateful for all the wonderful people that crossed my path. It was an experience that I will never forget because, as I move forward with my career, I am more confident than ever that I could change my community."

Martine Louis-Jacques, BSN, BS, RN-BC, a Clinical Nurse at VA Hudson Valley Healthcare System, Montrose, NY commented that she enjoyed every session and that the speakers were excellent.

Many other attendees had similar enthusiastic remarks about the program. A big thank you to the administration of University Hospital in Newark, especially Dr. Carl Kirton, Chief Nursing Officer, for making this program available to nurses. It helps nurses grow in vigor and stature thus reinforcing to do the very best for our patients, thereby improving patient outcomes and experiences at University Hospital in Newark.

NJSNA BOARD UPDATE



September 9, 2017 Board of Director's Meeting:

Following are highlights of the action items:

NJSNA Special Executive Board Meeting Online Voting for Financial Support for Lobbying for APN Removal of Joint Protocol August 25, 2017 to August 30, 2017

Motion 1 - moved to allow the NJSNA Finance Committee to spend \$8,000 to contract with "Phone to Action" for lobbying efforts for the Joint Protocol Legislation with a quarter of the total fee to be paid by the APN Forum and SPAPN. All agreed Motion Carried.

- Motion 1** - To accept the minutes of the May 23, 2017 meeting with corrections. Motion Carried.
- Motion 2** - To accept the Consent Agenda. Motion Carried.
- Motion 3** - To reconvene the original Young Nurse Professional group. Motion Carried.



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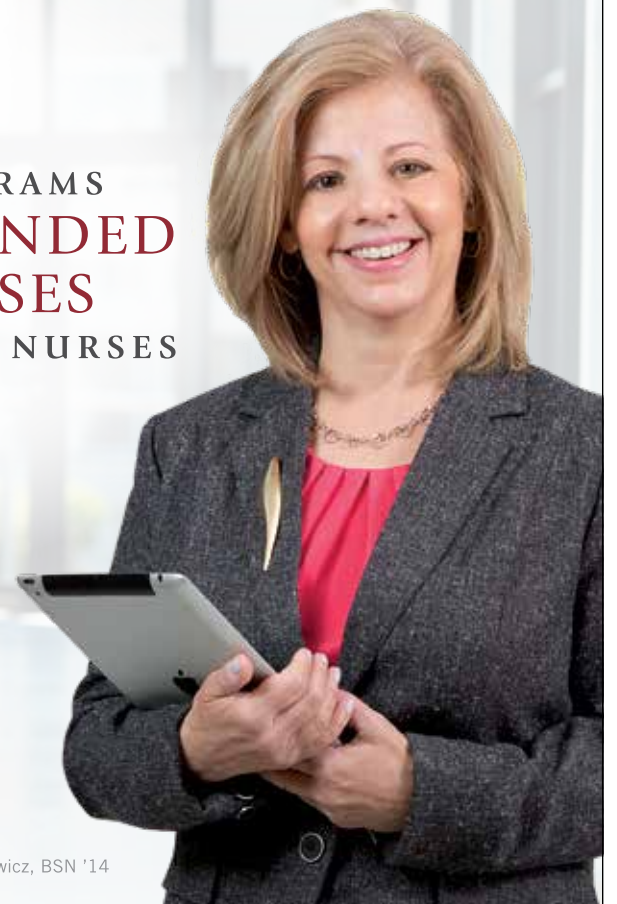
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Englewood Cliffs Campus

Thursday, Jan. 11
5:00 to 7:00 p.m.
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UPDATE: The Society of Psychiatric Advanced Practice Nurses of NJSNA

The Society of Psychiatric Advanced Practice Nurses of the New Jersey State Nurses Association (SPAPN) held its 6th Annual Educational Fall Conference and Awards Ceremony at Ocean Place Resort and Spa in Long Branch, NJ on September 29 and 30, 2017.

Congratulations to SPAPN 2017 Excellence Award Winners: in honor of their role as educators of our future New Jersey Psychiatric Nurse Practitioners. **Rutgers University:** Barbara Caldwell PhD, APN-BC; Edwina Skiba-King, PhD, APN; Lynn Pebole Shell, PhD, PMHNP-BC; **Monmouth University:** Mary T. DeSane PMHNP-BC and Sandra DeGroat MA, ASN, APN, PMHNP; **Fairleigh Dickinson University:** Louise C. Gabriele DNP, APN-BC

Keynote Speaker: Julie A. Carbray PhD, FPMHNP-BC, PMHCNS-BC, APN presented: **“Helping Families ‘Unplug’ Their Children and Adolescents with Psychiatric Disorders: Understanding Neurocircuitry to Guide Effective Treatment Approach”**

The continuing education day had over 85 nurses in attendance covering the following:

- **“Helping Families work with Children and Adolescents with Psychiatric Disorders”:** Julie Carbray, APN
- **“Update on Geropsychiatric: Delirium and Neurocognitive Disorders”:** Matt Barnas MD
- **“Screening Patients in Geropsychiatric Practice”:** Candice Knight, PhD, APN, PMHCNS, BC
- **“Sexuality: Contemporary Opportunities, Challenges and the New Normal for Elders and Adolescents”:** Gail F. Canavan, DNP, APN-C

Save the date for SPAPN’s 7th Annual Spring Conference on Saturday April 21, 2018 and Fall Conference on November 3, 2018.

Our Mission: To foster excellence in psychiatric advanced practice nursing

Our Purpose: To provide ongoing support to our members

Our Goals: To advocate high quality professional care to clients, their families and the community by:

- Promoting professional development through continuing education, networking, award recognition
- Providing member support through peer supervision and mentoring
- Enhancing communication and professional collaboration among healthcare providers.
- Educating consumers regarding issues of mental health.
- Monitoring trends and needs in mental healthcare and influencing public policy

5.75 Contact Hours were awarded by the NJSNA For Information log on to: www.psychapn.org or Deborah Drumm, APN at debdrumm@yahoo.com.

MEMBERS IN THE NEWS



Theresa Campo and Marian Nowak Inducted into Academy of Nursing



Theresa Campo



Marian Nowak

Theresa M. Campo, DNP, RN, FNP-C, FNP-BC, FAANP, FAAN, Drexel University Co-Director of the Nurse Practitioner Program and Associate Clinical Professor, and Marian K. Nowak, DNP, MPhil, MEd RN, CSN, PN, FAAN, Rowan University, Assistant Professor and Coordinator of the RN to BSN Program, were inducted into the American Academy of Nursing (AAN) on October 7, 2017, in Washington, DC. The induction ceremony was held during the Academy’s Annual Meeting and Policy Conference, “Transforming Health, Driving Policy.”

Academy President, Bobbie Berkowitz, PhD, RN, FAAN, conducted the ceremony and explained that “while it is a personal honor to be inducted into the Academy, it also represents a significant professional responsibility to make nursing’s contribution visible, sustainable, and impactful.” One hundred and seventy-three nurses were inducted in the Class of 2017, including 17 international fellows. Approximately 2,500 nurses are AAN Fellows (US nurses number over 3 million). Fellows are from 50 states and DC, as

well as 29 countries. They are leaders in practice, education, management, research, and policy.

Theresa Campo is a founding board member of the American Academy of Emergency Nurse Practitioners and served as the American Nurses Credentialing Center Vice-Chair of the content expert panel for Emergency Nurse Practitioner certification. The first board certified ENP in New Jersey, she was the first nurse appointed to the American College of Osteopathic Emergency Physician Board of Directors. A national and international lecturer on emergency and urgent care, Campo is the co-author of “Essential Procedures for the Emergency, Urgent, and Primary Care Settings: A Clinical Companion” (1st, 2nd Eds), and authored a medical imaging and radiography interpretation text. A Case Western Reserve University DNP graduate, she received a MSN at Widener University.

Marian Nowak’s research addresses public health issues with a focus on disaster preparedness. She developed a three-step disaster triage teaching method that has been adopted nationally and internationally. Her global outreach work for disaster nursing has been featured in 50 countries. Nowak is a United Nations delegate, consulting with 193 member nations; as Pan American President for CICIAMS (an international Catholic Nursing Organization) she assists country presidents from Europe, Asia, Africa, Oceania, North and South America in developing public health projects. She created the first nursing student disaster response certificate program for the Department of Health in which 250 students volunteered in the first two years. A Case Western Reserve University DNP graduate, Nowak holds Masters Degrees from Temple, Johns Hopkins, and Thomas Jefferson Universities.

Murray Receives NLN Excellence in Leadership Award

Donna Murray, MSN, RN, APN, C, WHNP-BC, NJSNA member and President, New Jersey League for Nursing, received the National League for Nursing (NLN) Award State-Affiliated Constituent League Excellence in Leadership Award at the Education Summit in San Diego on September 15, 2017. Each year the NLN recognizes one of its Constituent Leagues and a Constituent League leader for outstanding contributions to advancing the mission of the NLN. Congratulations Donna!



Donna Murray

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A Message of Thanks from the NJSNA/IFN Convention Chair

Fatima Sanchez, MSN, RN

On behalf of New Jersey State Nurses Association and Institute for Nursing. I would like to thank the Convention Staff, Board Members, Regions, Sponsors, Exhibitors, Vendors, nurses and nursing students for their participation in the 115th annual convention this year. Our convention theme, "The Kaleidoscope of Nursing: One Voice, One Vision" was the perfect theme, and we saw through one lens and came up with a variety of different nursing issues on which to focus. Our one strong voice together made this year's convention a success. It would not have been a success without the diligent work effort each of you provided.

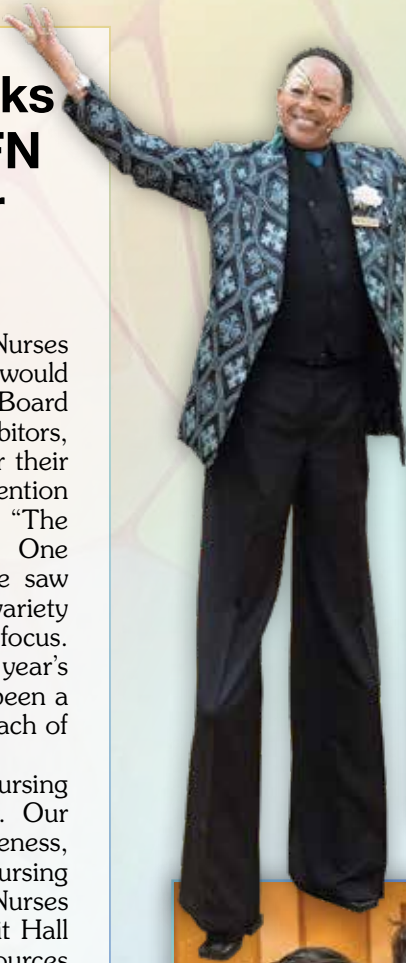
We hope that you found the nursing convention informative and worthwhile. Our primary goal was to increase your awareness, and understanding of a myriad of nursing and political issues that New Jersey Nurses are faced with. We hope that the Exhibit Hall vendors provided you with several resources that will support your daily work success.

There were many subjects covered by the poster presenters, and they did an outstanding job of sharing their expertise with you. If you would like to contact any presenter with questions, please feel free to contact New Jersey State Nurses Association for their contact information. The entertainment from the Stilt Walker was a bit different this year, however, the feedback from attendees was that it was enjoyable and delightful.

To all that participated, your enthusiasm and positive spirit helped make our time together both productive, informative and fun. We thank you for your comments and suggestions on the evaluations, and I assure you that each will be given consideration so that future conferences and events will be even more of a success.

It has been my honor to serve for two years as your convention chair; I've experienced and learned a lot in this role. I am looking forward to supporting and mentoring our new Convention Chair. This nursing conference was one of the best conferences ever, and your involvement helped make it so. Your participation was most appreciated and helped make New Jersey State Nurses Association and Institute for Nursing the outstanding and vital organizations that they are today.

I would like to send a special thank you to Jackie Galante for her supportive role as Co-Chair; I couldn't have done this without her. Again, thank you for being part of our 115th annual convention and providing me an opportunity to be the Convention Chair.







American Nurses Association Calls for Action in Wake of Police Abuse of Registered Nurse

The American Nurses Association (ANA) is outraged that a registered nurse was handcuffed and arrested by a police officer for following her hospital's policy and the law, and is calling for the Salt Lake City Police Department to conduct a full investigation, make amends to the nurse, and take action to prevent future abuses.

The incident occurred July 26 at University Hospital in Salt Lake City, Utah and video footage of the incident was recently released. Registered nurse Alex Wubbels was arrested after refusing to draw blood from an unconscious patient who had been injured in a collision and was a patient on the burn unit.

According to the video, Nurse Wubbels shared details about the hospital's policy with the police officers and consulted her supervisors in responding to the detective's request. Wubbels cited the hospital's policy, stating that blood could not be taken from an unconscious patient unless the patient is under arrest, a warrant had been issued for the blood draw, or the patient consents. The police officers stated that they had implied consent to get the blood sample and they believed that the hospital's policy contravened their duty to enforce the law. However, "implied consent" has not been Utah law for more than a decade. Additionally, the U.S. Supreme Court ruled in 2016 that warrantless blood tests go against privacy interests and public safety and therefore are not allowed.

"It is outrageous and unacceptable that a nurse should be treated in this way for following her professional duty to advocate on behalf of the

patient as well as following the policies of her employer and the law," said ANA President Pam Cipriano, PhD, RN, NEA-BC, FAAN.

According to the *Code of Ethics for Nurses with Interpretive Statements*, "the nurse promotes, advocates for, and protects the rights, health, and safety of the patient."

Unfortunately, nurses often are victims of violence on the job. In 2015, ANA adopted a policy of "zero tolerance" for workplace violence

and called on nurses and their employers to work together to prevent and reduce the incidence of workplace violence.

"Nurses and police officers work collaboratively in many communities," said Cipriano. "What occurred is simply outrageous and unacceptable. Nurse Wubbels did everything right. It is imperative that law enforcement and nursing professionals respect each other and resolve conflicts through dialogue and due process."

ANA Enterprise CEO Weston Announces Resignation

After more than eight years of dedicated and visionary leadership, ANA Enterprise Chief Executive Officer Marla J. Weston, PhD, RN, FAAN, has announced her resignation, effective January 1, 2018.

"We are indebted to Marla for her many years of stellar leadership, helping ANA gain the visibility and impact needed to be the premier organization for registered nurses, leading change and improving health for all," said ANA President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "She has tirelessly led the Enterprise through bold transformative changes and guided us into new strategic directions."

Since becoming CEO in 2009, in partnership with the ANA Board of Directors, Dr. Weston had led the integration of three entities, the American Nurses Association, American Nurses Credentialing Center and American Nurses Foundation, into an enterprise; strengthened the membership recruitment and retention infrastructure resulting in high growth; enabled greater coordination and impact in ANA's advocacy work; and sharpened ANA's focus on the programs and services it offers to nurses. These changes have built a stronger ANA Enterprise through increased strategic alignment and operational efficiency.

"It has been an honor and a pleasure to serve as the ANA Enterprise CEO," said Dr. Weston. "I am

proud of how far the Enterprise has progressed and believe the time is right for me to step down. I remain deeply committed to and passionate about my profession and ANA."

Dr. Weston will continue in her full-time role until the end of the year, and is committed to supporting a successful transition for the new CEO. The ANA Board of Directors will engage in a search process to select the next CEO.

###

The ANA Enterprise is the organizing platform of the American Nurses Association (ANA), the American Nurses Credentialing Center (ANCC), and the American Nurses Foundation. The ANA Enterprise leverages the combined strength of each to drive excellence in practice and ensure nurses' voice and vision are recognized by policy leaders, industry influencers and employers. From professional development and advocacy, credentialing and grants, and products and services through its Nursing Knowledge Center division, the ANA Enterprise is the leading resource for nurses to arm themselves with the tools, information, and network they need to excel in their individual practices. In helping individual nurses succeed – across all practices and specialties, and at each stage of their careers – the ANA Enterprise is lighting the way for the entire profession to succeed.

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ANA NEWS



RESOLUTION 214 - ADVANCED PRACTICE REGISTERED NURSE COMPACT

RECOMMENDATION A:

Madam Speaker, your Reference Committee recommends that Resolution 214 be amended by addition and deletion to read as follows:

RESOLVED, – That our American Medical Association convene an in-person meeting of relevant physician stakeholders to initiate a national strategy to address the APRN (Advanced Practice Registered Nurses) Compact: creation of a consistent national strategy (consensus principles of agreement/solutions, model legislation, national and state public relations campaigns) purposed to: (1) Effectively oppose the continual, nationwide efforts to grant independent practice (e.g., APRN Consensus Model, APRN Compact) to non-physician practitioners (APRN, physician assistant, Doctor of Medical Science, Advance Practice Respiratory Therapists, etc.); (2) Effectively educate the public, legislators, regulators, and healthcare administrators; and (3) Effectively oppose state and national level legislative efforts aimed at inappropriate scope of practice expansion of non-physician healthcare practitioners; with report back at the 2018 Annual Meeting. (Directive to Take Action)

RECOMMENDATION B:

Madam Speaker, your Reference Committee recommends that Resolution 214 be adopted as amended.

HOD ACTION: Resolution 214 adopted as amended.

RECOMMENDATION C:

Madam Speaker, your Reference Committee recommends that AMA Policy H-35.988 be amended by addition and deletion to read as follows:

HOD ACTION: AMA Policy H-35.988 amended by addition and deletion to read as follows:

H-35.988 Independent Practice of Medicine by “Nurse Practitioners” Advanced Practice Registered Nurses
The Our AMA, in the public interest, opposes enactment of legislation to authorize the independent practice of medicine by any individual who has not completed the state’s requirements for licensure to engage in the practice of medicine and surgery in all of its branches. Our AMA opposes enactment of the Advanced Practice Registered Nurse (APRN) Multistate Compact, due to the potential of the APRN Compact to supersede state laws that require APRNs to practice under physician supervision, collaboration or oversight.

Resolution 214 asks that our American Medical Association convene an in-person meeting of relevant stakeholders to initiate a national strategy to address the APRN (Advanced Practice Registered Nurses) Compact. (Directive to Take Action)

Your Reference Committee heard strong and nearly unanimous testimony in support of the intent of Resolution 214. Your Reference Committee heard strong testimony in opposition to the independent practice of advanced practice nurses (APRNs) and the APRN Multistate Compact (APRN Compact), which would allow APRNs with a multistate license to practice without supervision, collaboration, or oversight in any APRN Compact state. Since 2016, the APRN Compact has been enacted in three states and has yet to reach the threshold of 10 states necessary for the Compact to activate.

Your Reference Committee agrees that the original language of Resolution 214 needs to be strengthened. Your Reference Committee believes that the recommendation offered by the Council on Legislation, to amend existing AMA Policy H-35.988 to include AMA opposition to the APRN Compact, accomplishes that goal.

Your Reference Committee also heard overwhelming testimony in support of an AMA convened in-person meeting of relevant physician stakeholders to initiate creation of a consistent national strategy purposed to (1) effectively oppose the continual, nationwide efforts to grant independent practice (e.g., APRN Consensus Model, APRN Compact) to non-physician practitioners (APRN, physician assistant, Doctor of Medical Science, Advance Practice Respiratory Therapists, etc.); (2) effectively educate the public, legislators, regulators and healthcare administrators; and (3) effectively oppose state and national level legislative efforts aimed at inappropriate scope of practice expansion of non-physician healthcare practitioners. Your Reference Committee will note that this meeting should include the issues raised in Resolutions 229 and 230 related to physician assistant scope of practice and indicated as such in our discussions related to these resolutions as well. Your Reference Committee, therefore, recommends that Resolution 214 be adopted as amended and that AMA Policy H-35.988 be amended.

FOR IMMEDIATE RELEASE

November 17, 2017

CONTACT:

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Shannon McClendon, 301-628-5391
shannon.mcclendon@ana.org



STATEMENT:

American Nurses Association Responds to Resolution 214 Amendment Presented by the American Medical Association

Silver Spring, MD – The following statement is attributable to Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN, president of the American Nurses Association (ANA), in response to the American Medical Association’s (AMA) amendment to Resolution 214 – a call for the creation of a national strategy to oppose legislative efforts that grant independent practice to non-physician practitioners through model legislation and national and state level campaigns.

“This divisive tactic will directly impact the nation’s advanced practice registered nurses (APRNs), and perpetuate the dangerous and erroneous narrative that APRNs are trying to “act” as physicians and are unqualified to provide timely, effective and efficient care. APRNs practice advanced nursing, not medicine, in which they regularly consult, collaborate and refer as necessary to ensure that the patient receives appropriate diagnosis and treatment.

For AMA to imply that APRNs are incapable of providing excellent care or that their care puts the patient at risk is blatantly dishonest. The future of health care calls on all health care professionals to work together as a team to meet the growing demand for health care services. This dated way of thinking does a disservice to the public and is in direct conflict with the evidenced-based recommendations advanced by the Institute of Medicine (now the National Academies of Sciences, Engineering, and Medicine) in its 2010 report, “The Future of Nursing: Leading Change, Advancing Health,” which clearly stated that APRNs “should be allowed to practice to the full extent of their education and training.” Research clearly shows that nurses consistently deliver exceptional care with high patient satisfaction.

AMA’s Resolution 214 aims to perpetuate longstanding turf wars between some physicians and nurses, which foster unnecessary impediments to patients receiving quality health care services. ANA invites leaders of the AMA to work with us on measures that will increase access to care.”

ANA will continue to advocate strategies, legislation and regulations, such as the 2016 Department of Veterans Affairs Advanced Practice Registered Nurses Rule, that support APRNs and their proven ability to care for patients. ANA supports the Consensus Model for APRN Regulation: Licensure, Accreditation, Certification & Education that was agreed to in 2008. The four roles included within the APRN Consensus Model are Nurse Practitioner (NP), Certified Nurse Midwife (CNM), Certified Registered Nurse Anesthetist (CRNAs), and Clinical Nurse Specialist (CNS).

For high resolution images of the ANA logo or photos of ANA leadership, please [click here](#).

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The American Nurses Association (ANA) is the premier organization representing the interests of the nation’s 3.6 million registered nurses. ANA advances the nursing profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of health care for all. For more information, visit www.nursingworld.org.

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Attention All Student Nurses and Parents of High School Seniors from Region 5...

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To request a scholarship application, please send an email to Sandy@njsna.org and put IFN SCHOLARSHIP in the subject line.



Due to factors beyond our control which will impact the overall event quality, it is with regret that the Institute for Nursing has rescheduled the Beacon of Light Award until APRIL 5, 2018. The Beacon of Light Award will be part of the Institute for Nursing Awards and Scholarship Ceremony.



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"Working hard for something we don't care about is called Stress! Working hard for something we love is called Passion!!"

By Simon Sinek

As my first year, as NJSNA President-Elect and Institute for Nursing Chair comes to an end, I can say that it has truly renewed my PASSION and EXCITEMENT of being a part of the nursing profession. It has been a great privilege to meet and talk with nurses across the country, especially in New Jersey, who are truly passionate about the nursing profession.

In 2017, to ignite our passion, NJSNA and IFN, joined with ANA, to focus on the Year of the Healthy Nurse. Nurses are the role models, educators, and advocates for health and healthy living. NJSNA is reaching out to our members to provide them ideas on how to improve their mental and physical health through our #HealthyNurse and #HappyFridays tweets! A special thank you goes out to Dr. Sue Weaver for her leadership on the Healthy Nurse Healthy Nation initiative, her dedication to making sure we were staying true to the goal of helping NJ nurses be healthy and happy.

IFN, as part of our mission, awarded scholarships to excellent, well-deserved nursing students and nurses pursuing their ambition to advance their knowledge, achieve their goals, and ultimately give back to the profession. IFN will seek applicants for the scholarships in early 2018, as well as opportunities to be able to provide additional awards.

On April 5, 2018 we will be introducing a new award, called the Beacon of Light Award, at Hyatt Regency Hotel, Princeton NJ. Too often, inspiring people among nurses don't get the recognition they deserve. This award was created to recognize those individuals for their outstanding work towards inspiring the lives of other nurses through leadership and service, community impact, mentorship, which restored the passion of nursing. As a major fundraiser, proceeds will fund scholarship. Also in 2018, we will be holding a Wine Tasting fundraising event in the spring in Cape May, NJ with option to stay for the weekend, to enjoy activities and sightseeing. More to come!

The Recovery and Monitoring Program (RAMP) has served over 600 participants under the Board of Nursing with the leadership of Director Terri Ivory, MSN, RN. At our convention, Director Ivory discussed RAMP's 2018 goal to reach out to NJ hospitals, schools and nursing groups to share the importance of this important program and all it offers to nurses in need.

Lastly, I would like to thank, NJSNA President, Benjamin Evans; CEO Judy Schmidt; Sandy Kerr, NJSNA/IFN Executive Assistant, Debra Harwell, Deputy Director, and the IFN Board of Trustees for their support and guidance.

I am looking forward to 2018, and taking what I have learned, to continue to strongly support our IFN mission to promote the nursing profession.



Kathleen Gillespie

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St. Peter's Hospital Achieves Fifth Magnet Recognition

International record for nursing quality among 5 hospitals in world

Saint Peter's University Hospital, New Brunswick, NJ, has again earned recognition as a Magnet hospital, awarded by the American Nurses Credentialing Center for the fifth time. Only about 7 percent of hospitals worldwide have earned this honor. With this recent recognition, Saint Peter's set an international record: it was one of five of 8,000 hospitals worldwide to be named a Magnet hospital five times in a row. It first received Magnet recognition in 1998.

"We put a great amount of effort into making sure we are building a very professional, qualified nursing force," says Linda Carroll, RNC, MSN, chief nursing officer and vice president of patient care services at Saint Peter's. "Not only does that help us improve patient care, but also it helps us to attract more high quality nurses. That results in even better care."

"The Magnet program is very intense," Carroll says. "And over the 18 years that we've been a part of it, it has gotten more and more detailed. But each time, our nurses demonstrate with both examples and statistics why we deserve this recognition. It's important to us, because it's important to our patients."



L-R: Shannel Kane, RN, BSN, Oncology, Wilhelmina Ungco, CCRN, ICU, Lynda Bern, RN, BSN, Mother/Baby, Karen Nunn, RN, Metabolic, Aaron Freeman, BC-RN, BSN, Surgical/ Education

Innovations, at the bedside

Staff nurses are likely to be the first caregiver to notice issues with their patients, and develop solutions for the variety of challenges that can affect patients throughout the hospital. At Saint Peter's, for example, staff nurses worked to help anxious mothers who were too ill to visit their newborns in the Neonatal Intensive Care Unit (NICU). Their simple solution: use the nursery computers to Skype live video to moms. Initially dubbed Peekaboo NICU, the service now called NicView reaches relatives anywhere in the world, who can "visit" with newborns using a password-protected website.

The Magnet survey also encourages nurses to share innovations with others. Nursing staff at Saint Peter's host education sessions to learn about the latest practices. For example, staff introduced an automatic alarm that alerts nurses when patients get out of bed. For some patients, getting up alone can result in a fall. "But if a patient forgets to call us, we'll still appear by their side to help," according to Shannel Kane, RN, staff nurse. "They're actually delighted to know how in touch we are." Staff also trains colleagues about new products and technology. This might include something as simple as high-protein ice cream, which can be important for cancer patients who might have trouble getting enough nutrition from regular foods. Also, training could introduce new medicines and procedures.

"What we do every day affects patient care," Kane says. "And the Magnet program recognizes that. It is not just a symbol we hang on the wall. It is a reminder that every nurse in the hospital is held to high standards of patient care and that these standards are important for patients and their families."

ANCC Magnet Recognition Program Generates Quality Care

The American Nurses Credentialing Center Magnet Recognition Program survey covers more than 90 topics and includes an on-site visit by nursing experts. It also focuses on all levels of nursing, including the nurse at the bedside and those in leadership positions. With such a wide reach, patients at Magnet hospitals gain important health benefits, compared to other hospitals. According to published research, these include fewer falls, fewer pressure ulcers that can get infected, and even fewer deaths.

What does this mean for patients? The Magnet designation signifies that a hospital focuses on excellence in nursing care. This designation, in turn, gives patients a way to identify where they are more likely to get quality care. Magnet Recognition has become the gold standard for hospitals. Research reports that patients who receive care in Magnet hospitals are more likely to have a shorter hospital stay, are less likely to need intensive care, and rate their satisfaction with care higher than patients at other hospitals. Patients who receive surgery in Magnet hospitals also have improved results, according to *JAMA Surgery*, Journal of the American Medical Association (January 2016). Hospitals volunteer to undergo the regular, intense surveys related to the Magnet program.

Update: FNAP/NJSNA

Joan Zaccardi, DrNP, APN, FAANP, President

The Board of Directors of the Forum of Nurses in Advanced Practice (FNAP/NJSNA) hosted the Fourth Annual Education Day in celebration of Nurse Practitioner Week, on November 17, 2017. Thank you for your participation and I hope that the new, evidence-based information presented will be beneficial in the care of your patients. I encourage all conference participants to offer constructive feedback and suggestions on how we can meet your needs in this changing healthcare environment. I am honored to serve as President and to be part of an organization that not only provides educational and other opportunities but allows friendships to be created within advanced practice nursing colleagues, as well as the nursing and healthcare community.

FNAP is an organizational unit of NJSNA, therefore, only APNs who are active NJSNA members are eligible to join. Membership levels include: full membership for active APNs, retired membership for APNs who are no longer in the workforce, and APN students, who are RNs and members of NJSNA. Membership Benefits include:

- Free or reduced fee for educational sessions with contact hours
- Scholarship and educational awards
- Answers to practice, regulatory, legislative questions
- Access and referral to experts, mentors and preceptors
- Representation on Joint Protocol Steering Group
- Employment postings
- Letters of reference for employment and leadership positions
- Leadership opportunities
- Nominations for office
- Voting privileges
- AANP membership discount

2017 has been an exciting year and as I near the end of my term as FNAP President, I look forward to the future. I will continue the organization's effort in overcoming the challenges and barriers facing APNs in N.J. To all of our current and prospective members, I want to again thank you for joining us and I assure you that the Board will continue to work, to grow and improve FNAP. We will stay focused on improving communication, increasing membership, and keeping abreast of political issues affecting APNs.

As AANP State Representative I look forward to working on behalf of NJ APNs in the national arena and I value your continued support and participation.

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William Paterson University Nursing Students Attend NJSNA/IFN 2017 Convention in Atlantic City



**Adrielle Espinosa and Denise Abrigo,
BSN Senior Students**

Every semester, William Paterson University (Wayne, NJ) senior nursing students are to attend a convention of a professional organization. This is one of the course requirements for Leadership and Professional Practice class taught by Leo-Felix Jurado, PhD, RN, APN, NE-BC, CNE, FAAN. Dr. Jurado firmly affirms "As a nursing professor, I believe that, it is my responsibility to show my students the significance of joining professional organizations. If I do not provide this opportunity now while they are students, when will they appreciate the value of being members of the professional community?" For most of us nursing students, this would be our first time attending a convention hosted by a professional organization. We were excited to travel to Atlantic City for this great opportunity, but we really weren't sure as to what to expect.

The convention ran from Tuesday October 10th to Thursday October 12th. We were able to attend Thursday's presentations. Prior to the start of the first presentation of the day, we were welcomed by Susan H. Weaver, PhD, RN, CRNI, NEA-BC, Nurse Scientist, who provided attending guests with free, reusable water bottles promoting *Healthy Nurse, Healthy Nation*. This ANA nationwide campaign focuses on improving health amongst nurses in order to motivate their patients. She also had mentioned the use of the hashtag #FitNurseFriday to promote activity levels and awareness throughout different social media platforms. We also ran into Sandra Foley, MSN, RN, one of our clinical professors at WPU who greeted us with enthusiasm.

The moment we got settled into our seats, the first agenda of the day was about to begin. It commenced with the NJSNA board voting meeting where different topics were discussed and several motions were voted upon. During this session, we had listened to members of the NJSNA professionally voiced out their opinions. One of the members stated that, as nursing students, we are the future of the nursing profession and that it is important for us to speak up when we want to see changes made, whether it's at work, in our career, or even in the state or in our country. Hearing this statement was motivating to us. It made us feel like we really could make a difference.

Following this voting session was the first presentation of the day. William J. Lorman, JD, PhD, MSN, PMHNP-BC, CARN-AP had spoken about "Opioid Addictions: Addressing This Epidemic." Dr. Lorman is the Vice President and Chief Clinical Officer, Livengrin Foundation, Inc. He spoke about "Opioid Addictions: Addressing the Epidemic." What he discussed was that, it is a challenge for some nurses to identify whether the patient is truly in pain or is just what they call "doctor shopping" in order to obtain their fix of opioids. The lack of treatment for this population is at an all-time high. One statement he emphasized was that although these patients may be addicted, they still have the right to be free from pain. Dr.

Lorman is an advocate for patients with drug addiction. His work raises awareness in the healthcare community as he emphasized how nurses should put aside their biases or stigma associated with drug addicted patients and recognize this as problem that needs to be addressed.

The next session we attended was Dr. Leo Jurado's presentation regarding the facilitators and barriers affecting the retention and recruitment of men in the nursing profession. It was different seeing our professor present at a convention milieu as opposed to the classroom. This goes to show that his leadership is not limited to just one area of expertise. Nursing is a field in which nurses care for the human responses to illness and does not discriminate against the gender of the patients nor the health care provider. Professionally, it was motivating to see someone

acknowledging this topic in nursing. Being so, this will inspire men who are already in the profession and those that are considering to become nurses. Following his presentation, a dynamic question and answer session took place among the speaker, the nursing students and convention attendees regarding the topic. Having had the opportunity to exchange ideas regarding the topic with the other attendees really helped us understand the leadership role that we must have in addressing any type of disparities in our profession. It was inspirational for us as students to witness our very own professor present his research study at the convention.

The last session we attended was Martin Manno, PhD, RN, ACNS-BC, CEN presentation on his study, "The Role Transition Characteristics of New Registered Nurses; A Study of Work Environment Influences and Individual Traits." Based on the title of this study, we were excited to attend a presentation that we can relate in a couple of months as we are about to graduate. The main idea of his presentation was that professional nurses lacked knowledge of approaches in promoting role transition of newly graduated Registered Nurses. As Dr. Manno presented his research findings, we agreed with a lot of the statements of the participants within the study. For example, new graduate nurses have the basic foundation and knowledge about nursing but lack the practical experience of actually implementing nursing care. Therefore, the success of the orientation and the transition of new graduate nurses depend largely on the strategies that the preceptors employ. When observing the attendees of the presentation, most of them have been nurses already for several years. The presentation was great because it reminded how seasoned nurses can facilitate a more positive working environment for novice nurses. It was a good reminder that all nurses were all "once" new nurses as well.

At the end of the day on our long car rides home, we discussed how we felt about the convention. We left feeling inspired and impressed on how organized the convention was and the variety of topics addressed on that day. It was reassuring to be so welcomed and encouraged by many conventioners, considering we were such a large group of students. As president of the Student Nurses' Association (Adrielle) and active Student Nurses' Association member (Denise) at WPU, we were encouraged to continue our involvement with this organization after graduation to further develop our leadership skills. By attending this convention, we have definitely seen the importance of not only continuing our education as nurses, but the value of becoming and remaining involved in professional organizations. Matthews (2012), affirmed that there is power in numbers when advancing and achieving advocacy outcomes. Since this is our last semester in nursing school, we hope to attend the 2018 NJSNA/IFN convention as registered nurses and become role models to nursing students. Professor Sandra Foley who is also the President for NJSNA, Region 1 told us, "you are the future." This educational trip and experience was definitely one to remember as we will soon begin our careers as registered nurses. Thank you to the NJSNA for having us and for allowing us to experience this amazing opportunity.

Reference:

Matthews, J., (2012) "Role of Professional Organizations in Advocating for the Nursing Profession" *OJIN: The Online Journal of Issues in Nursing*, (17)1.

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SELF-CARE at WORK

Healthy Nurse Healthy New Jersey



**Tracey Jaworski-Lucas, BSN, RN,
Sue Weaver, PhD, CRNI, NEA-BC and the
NJ Healthy Nurse Healthy Nation Team**

In 2017, many New Jersey nurses joined the Healthy Nurse, Healthy Nation Grand Challenge and began eating healthier, being more active, getting more sleep, and having more joy this year. **Our Healthy Nurse, Healthy New Jersey initiative will continue in 2018**, in hopes of improving the health of the New Jersey's 120,000 registered nurses and thus transforming the health of New Jersey and the nation.

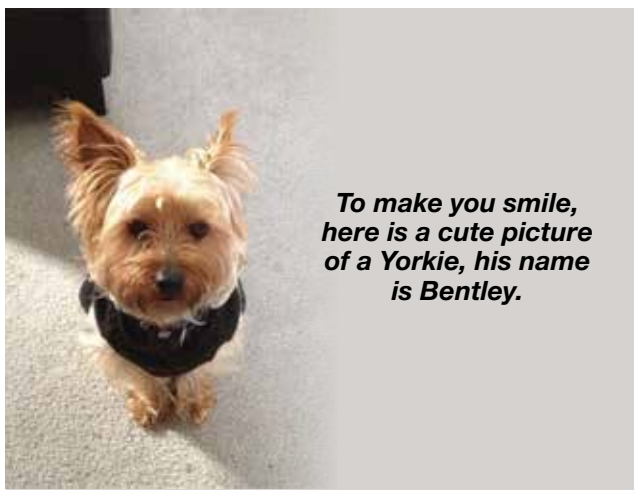
As we begin the New Year, think about being healthier, taking care of yourself and practicing self-care while on the job. This is not always easy to do, considering all the responsibilities nurses undertake while at work. Aside from drinking sufficient amounts of water, eating meals and snacks, and taking bathroom breaks, nurses can implement other basic self-care strategies to satisfy the needs of the mind, body, and spirit while at work, which will in turn help to prevent burnout and promote work-life balance. Here are some easy strategies to use to reduce our stress levels and to feel more joyful and energized.

1. Smile while you're at work :

It's true; smiling can improve your mood and reduce your stress level plus smiles are contagious! As you start your workday make sure you wear a genuine smile. The act of smiling releases endorphins and neurotransmitters to inspire a joyful feeling and reduces anxiety. If you need a little inspiration to smile, think of a sweet or funny memory or think of something you are grateful for.

2. Look at cute pictures to inspire happiness and to make you smile or laugh:

While you are at work, take a moment to look at cute pictures on your smartphone or look at a few cute pictures that are kept in your pocket. The pictures will make you smile, and smiling will decrease your stress level and make you happy.



**To make you smile,
here is a cute picture
of a Yorkie, his name
is Bentley.**

3. Give and receive hugs in the workplace:

Hugs are so healthy. A strong hug can connect us to others in an uplifting way since hugs induce the release of the love hormone, oxytocin and endorphins. Hugs do not need to be reserved for your loved ones; hugs in the workplace are appropriate if your coworker is willing to receive them. This simple act reduces our stress levels and bonds us to one another. The bond from hugging your coworkers inspires camaraderie in the workplace and makes a peaceful work environment.



Some Healthy Nurse Healthy New Jersey team members: Kate Gillespie, Sue Weaver, Eleanor Dietrich-Withington, Tracey Jaworski-Lucas, and Gayle Pearson

4. Inhale Lavender essential oil or other essential oils during your work day to relax or to become energized:

The use of essential oils for aromatherapy is becoming more common in all healthcare settings. Many nurses use aromatherapy to create a relaxing experience for their patients. Lavender essential oil is widely recognized as the relaxing oil. Put a drop of lavender essential oil on a cotton ball and carry it in your pocket. When you feel yourself getting stressed

or overwhelmed, pull out your cotton ball and take a whiff! Experiment with different essential oils before implementing them for yourself in the work place. Use the oils that induce the most peace and joy. Also, peppermint and lemon essential oils can energize you during your workday.

5. Meditate while washing your hands:

Nurses are very busy people. Our days usually go by so fast, that we find it hard to take time for ourselves, but we do have to take the time to wash our hands many times in our workday. While washing your hands, meditate by visualizing any negativity you are experiencing being washed away. Even though this meditation is a short one, it may allow you to collect yourself and continue with your next nursing tasks.

So JOIN the more than 10, 300 nurses who have are taking care of themselves and have joined the Healthy Nurse Healthy Nation Grand Challenge and enjoy:

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