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## Report of the December MNORN Member Meeting:

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### Nursing Drawdown: Nurses Taking Action to Co-create a Healthier Future

**Presented by Teddie Potter.** Teddie is Clinical Professor, Population Health and Systems Cooperative; Director of Planetary Health, School of Nursing and is on the steering committee of the new nursing initiative, Nursing Drawdown.

#### Objectives of the meeting:

- Describe Project Drawdown and the rationale between the nursing - drawdown partnership
- Apply the four Project Drawdown elements to Nurses Drawdown
- Design a state-wide nursing plan to implement Nurses Drawdown in Minnesota

### Background on the current status of climate change and its health impacts:



[YouTube on Planetary Health:](#)

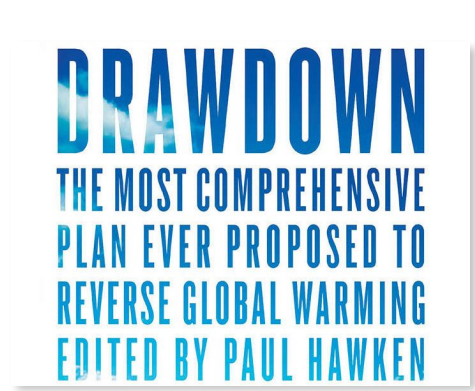
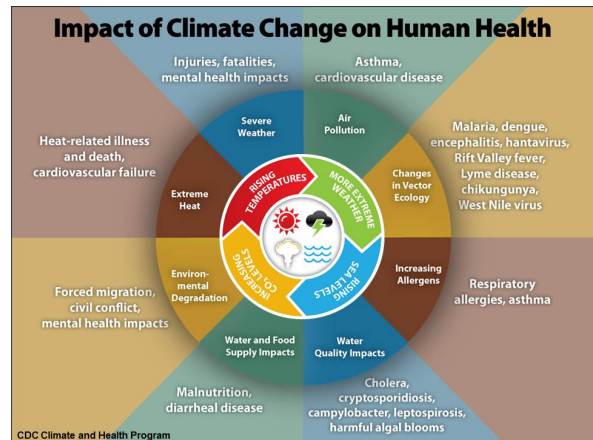
[PLANETARY HEALTH: THE FUTURE IS NOW](#)

#### Human caused ecosystem transformations

- Water scarcity
- Changing food systems
- Urbanization
- Biodiversity
- Natural disasters
- Climate change
- Changing land use and land cover
- Global pollution
- Changing biogeochemical flows

## Health impacts on ecosystem transformation

- Non-communicable diseases
- Infectious disease
- Mental health
- Nutrition
- Civil strife and displacement



### American Nurses Association Code of Ethics: With Interpretive Statements (2015) Speaks of the nurse’s obligation to environmental health:

#### Principle 9.4 Social Justice in Nursing and Health Policy

“...Social justice extends beyond human health and well-being to the health and well-being of the natural world. Human life and health are profoundly affected by the state of the natural world that surrounds us. Consistent with Florence Nightingale’s historic concerns for environmental influences on health and with the metaparadigm of nursing, the profession’s advocacy for social justice extends to eco-justice. Environmental degradation, waste, and other environmental assaults disproportionately affect the health of the poor and ultimately affect the health of all humanity. Nursing must also advocate for policies, programs, and practices within the healthcare environment that maintain, sustain, and repair the natural world. As nursing seeks to promote and restore health, prevent illness and injury, and alleviate pain and suffering, it does so within the holistic context of healing the world.

**The Nurse Drawdown, in partnership with [Project Drawdown](#)**, will engage nurses across the globe to take action to improve the health of individuals and communities, and take steps to promote planetary health and heal the planet.

**The Nurse Drawdown focuses on four areas of environmental health:**



**FOOD:**

- Plant-based diet
- Use of clean cook stoves
- Reduced food waste



**MOBILITY:**

- Bike infrastructure
- Walkable cities
- Mass transit



**GENDER EQUITY AND EDUCATION:**

- Educating girls
- Family planning



**NATURE BASED SOLUTIONS:**

- Planting trees
- Protecting tropical forests
- Forest protection

After Teddie's presentation, participants talked about what nurses in Minnesota could do to participate in these four areas. All participants were able to participate in all areas. The following notes are aggregated from the discussion of all.

**Food:** Clean cook stoves; Decrease food waste; Plant-based diet

- Imperfect produce programs
- Gates Foundation: offer scholarships for technology/innovation
- Letters to the Editor campaign
- ANA using social media to promote "show us your rainbow foods" - pictures of plant-based plates
- Partnering with dietitians
- Eat more local food; in winter frozen foods, local canned... can your own?!
- Teach balanced plant-based diet

- Teach plant-based protein
- Community garden/community kitchen
- Solar oven
- Hydro/aquaponics - get food closer to consumer in all seasons
- Work with WIC
- Grocery store tours (nurse organized)
- Partner with faith community nurses
- U of M extension partnership
- Identify organizations to donate to for clean cook stoves for developing countries
- Educational sessions at food shelves
- Curriculum for children on healthy eating/variety
- Educating college students
- Campaign for more plant-based restaurants
- Creating and publishing resource list about above from nurses

**Mobility:** Walkable/bike-able cities; Public transit

- Involve in city/local/planning/township board to encourage creation of more bike paths, sidewalks - city councils, planning commission
- Nurses involved in bike organizations
- Talk to your state representatives about health benefits of bike/ paths
- Nurses be the face or initiative health activities at work
- Bike share, low cost bikes, low cost/free repair, co-op, bike clinic
- Connect with other travel modalities - mass transit - last mile
- Mixed-use development (housing diversity, retail, seniors, jobs, etc.)
- Start them young
- Start program with employees or others for walk/bike and get food bucks/voucher for fresh vegetables
- Program to promote use/availability of safety features - encourage use of safety measures - parent education programs
- Encourage employers to subsidize mass transit
- Bike vouchers
- Walking Wednesdays
- Bike pools/walking groups - connect through social networking sites
- Teach "bunching" errands/work
- Electric buses = environmental justice - decrease negative health effects of transportation in poor neighborhoods

**Educating Girls (and/or Family Planning)**

- Create a school curriculum or organizational modular
- After school programs
- "Completing Entire School" program
- Mentoring and role modeling
- More parental involvement
- More school nurses - more availability and bigger role
- Involve men in all family planning education, benefits of family planning educating wives and daughters - involve religious leaders about benefits of this
- Education equity

- Education with daycare options
- Easy access to contraceptives
- Make condoms cool! ex: endangered species condoms
- Nurse mentor partnerships with at-risk girls
- Use existing organizations (ex: sports, girl scouts, school programs, etc.) to initiate programs/education
- RNs to create “package” for teaching materials

**Nature-based Solutions** Protect our forests; Plant trees

- Preserve aquifers, preserve water quality
- Give trees as memorials - could implement in hospitals - give a tree to bereaved families (could include the space) planting of the tree as well. Could focus the tree-planting efforts in communities that need them the most. Give a tree with a birth
- Replace dead/removed trees - policy with development
- Use only recycled toilet paper, tissues, paper towels in hospitals to avoid destruction of boreal forests to make these products
- Promote water-saving devices in our homes and hospitals/places of work
- Be good stewards of products/supplies at work
- Encourage businesses (3M, Medtronic) to use sustainable sources for product production, especially single-use equipment
- Have recycle programs at hospitals. Educate people on what is recyclable
- Eliminate or decrease use of styrofoam, straws, to-go utilities
- Education patients/families on our initiatives, including them in our efforts
- Waste-free/sustainable room at home - one room without plastic/waste e.g. bathroom
- Collect and re-use rain water
- Green roofs, rain gardens
- Learn to love brown grass

**The time is now!!**



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## GENEALOGY AND THE YEAR OF THE NURSE 2020

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by Mary Tanner, past president of MNORN

My personal and professional background has been spent primarily as a nurse educator. Now that I am retired from teaching, I have been spending a lot of my time working on family genealogy, and participating actively in the local genealogical society. I find there are many ties between nursing and genealogy!

The year 2020 has been designated as the "International Year of the Nurse and Midwife" by the World Health Organization, partly in honor of the 200<sup>th</sup> birth anniversary of Florence Nightingale, "The Lady With the Lamp," considered the founder of modern nursing. Nursing organizations around the world are backing up this event!

The American Nurses Association Enterprise has created a logo and webpage specific to this topic, so nurses will be able to find out more about activities and support the "International Year of the Nurse" celebration. [CLICK HERE FOR THE ANA YEAR OF THE NURSE WEBSITE](#)

Nurses and midwives constitute about 50% of the health workforce in many countries today, and it is probable that almost every person has at least one nurse or midwife in their family tree. So this may be a great year to focus on health workers in your family! This will be a great time to learn more about their stories, such as their educational and clinical background, why they chose the nursing/midwife career, their commitment to the profession, and what they did to promote nursing, or midwifery, and overall health. And remember that many of these people also served in various military roles, so be sure to include that in their story. You can use historical records, oral interviews, and family conversations to gather this type of information about your genealogical family history and lineage.

Telling your family member's story related to nursing and midwifery will certainly help meet the goals of declaring 2020 as the "International Year of the Nurse and Midwife"--to help advance the nurses' vital position of transforming healthcare around the world!

If you would like to share your family stories of nurses, send them to Kathi Koehn @ [kkoehn@mnorn.org](mailto:kkoehn@mnorn.org). We will share them throughout the year.

## "See You Now," a New Podcast All About Nurses

Will Launch in January, produced by Johnson & Johnson and the American Nurses Association

By Devin Tomb

<https://www.prevention.com/health/a30271714/see-you-now-podcast/>



Nurses currently make up the largest group of health professionals—now 3.5 million people strong, 90% of whom are women. And yet, nurses are identified as sources in only 2% of quotes in articles and have never been sourced for stories on policy, according to a 2018 revisiting of The Woodhull Study, which first looked at nurses' representation in health news media in 1998.

That's going to change thanks to a new podcast called See You Now, produced by Johnson & Johnson and the American Nurses Association. It launches January 28, 2020, but we got a sneak peek at a few episodes. (Go here to listen to the See You Now podcast trailer.)

On the podcast, host Shawna Butler, a nurse economist and health technology specialist, has in-depth conversations with nurses who are driving change and transformation across the healthcare industry—many times starting within a single patient's room.

Like Jonathan Bartels, a palliative-care nurse who came up with "The Pause," a moment of reflection to honor an individual who has passed away, as well as the work that went into trying to save the person. In his episode of See You Now, Bartels described how he got the idea: It came to him when a colleague offered to say a prayer after the death of a patient, but because he is of a different religion, the language didn't feel quite right. The Pause is a non-denominational template, building on his colleague's good intentions, to honor a lost life in a moment when words are hard to come by.

While Bartels's episode focuses on creating meaning out of everyday events (at least in palliative care), Sharon Vanairsdale and Colleen Kraft offer a glimpse inside the extraordinary work that goes into caring for a single patient with a highly communicable disease. Vanairsdale, A.P.R.N., a Nurse and Program Director at Emory's Serious Communicable Diseases Unit, and Kraft, M.D., an Associate Professor of Pathology and Laboratory Medicine at Emory University Hospital, said that in a world where "you can be anywhere in 24 hours," one slip-up in their field can have dire consequences. Together, they

shared insights on the importance of communication—as well as happy moments like the “hug-a-thon” that goes down when a recovered patient is discharged.

And that's just the beginning. Listeners will also hear from the nursing team at the first HIV/AIDS ward that helped patients physically and emotionally move forward despite the enormous stigma then associated with the disease, as well as an emergency room nurse who invented, developed, and patented a device to prevent hot car deaths called “Backseat Buddy.”

This podcast is for anyone who wants to understand what goes into healthcare, from the people on the frontlines. Go here to learn more and subscribe.

**The See You Now podcast debuts on January 28, 2020.**



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### Jan Malcolm's commencement address at the U of MN

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Jan Malcom spoke at the graduation ceremony at the University of Minnesota School of Nursing on Friday, December 13th. As Commissioner of the MN Department of Health, Malcom directs the state's lead public health agency, responsible for protecting, maintaining and improving the health of all Minnesotans.

With the World Health Organization's designation of 2020 as the Year of the Nurse in honor of Florence Nightingale's 200th birthday, Malcom spoke about the legacy of Nightingale and her relevance today.

“I would argue that her combination of technical skill and zeal for reform remains a useful model for how we can make things better in our own ways as we head into the third decade of the 21st Century,” said Malcom. “I encourage you to follow Florence Nightingale's example in asking the tough questions, looking for how things can be done better and putting the needs of patients first.”

You can watch her entire address at:

<https://www.youtube.com/watch?v=31YmpYu6yJA>



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## University of Minnesota Nursing Research Day

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**Date:** April 17th

**Theme:** Celebrating Year of the Nurse: Care and Caregiving in a Complex World

**Keynote Speaker:** J. Nicholas Dionne-Odom, PhD, APRN, ACHPN, FPCN from the University of Alabama. Dionne-Odom's area of research is end of life care and people with complex conditions

**MNORN has one slot for a poster presentation and one slot for a podium presentation.**

**Do you have a project you would like to share? Contact Kathi Koehn at [kkoehn@mnorn.org](mailto:kkoehn@mnorn.org)**

**Deadline: February 3rd.**

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### 2020: The International Year of the Nurse and Midwife<sup>1</sup>

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By Barbara Stilwell, PhD, RN, FRCN, executive director, Nursing Now, a three-year global campaign seeking to raise the profile of nurses

The World Health Organization has declared that 2020, the 200th anniversary of Florence Nightingale's birth, will be the International Year of the Nurse and the Midwife.

The year represents a once-in-a-generation opportunity to celebrate and thank nurses and midwives for all that they do, and to make clear the critical contribution that our professions can make in achieving universal health coverage. It is urgent that we make the most of 2020.

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<sup>1</sup> <https://ajinoffthecharts.com/2020-the-international-year-of-the-nurse-and-midwife/?fbclid=IwAR0292dSSLjJMPitS0vr29BPytWs3cJuY8nwCSMsk7xneOKCQyosj38JJcY>

### **A global health care workforce crisis.**

We are edging ever closer to a significant global health care workforce crisis. The WHO estimates that we are facing a shortfall of 18 million health workers to achieve and sustain universal health coverage by 2030—and approximately half of that shortfall, 9 million health workers, are nurses and midwives. It is high time, therefore, that countries think radically differently about the way they train, deploy, and look after their health workers, particularly nurses and midwives. This will require political commitment and domestic resource mobilization. Countries will need to increase their allocation to health budgets to invest in their nursing and midwifery workforces, not only increasing numbers but also ensuring that all nurses and midwives can practice to the top of their license and stay in the workforce because they feel valued and rewarded.

### **Time for nurses to make their pitch.**

Nursing Now offers a chance for nurses (and midwives) to take center stage, to celebrate their skills and achievements. Nurses are emerging from the wings and showing that they want to step up to be influential leaders and to lead multi-professional teams to get the universal health coverage job done; 2020 gives us all a chance for high visibility in our governments, the public, and other health professions. Many nurses are already leaders, advocates, and innovators in their communities, clinics, hospitals, and in the health care system. But our voices are often lost when we do not make it to the critical health system leadership roles where we can guide workforce investment.

### **Structural barriers; lack of confidence and authority.**

Nursing Now carried out a study of nurses and leadership in 2018.[1] A global sample of over 2500 nurses reported that both women and men in nursing felt a lack of self-confidence about speaking up in large meetings. Nurses also perceived that they lacked authority in decision-making, and some reported not having budget authority so that they were unable to make real change.

These barriers to change are structural and contribute to why nurses find themselves again and again implementing innovative models of practice without recognition and why some of these innovations do not survive. This discussion has come full circle: nurses need the support of policy makers and politicians if they are to realize their full potential, and that support has to include a hard look at the structural and gendered barriers that hold nurses back.

### **Where should investments and energy be focused?**

What should we be asking politicians for? Where can investments most effectively be made? A 2015 systematic review of approaches to improving the contribution of nurses and midwives to universal access to primary health care showed that expanded access to

services could only be achieved when there were investments in infrastructure and training, as well as improvement of working conditions of the health workforce.[2]

When staff took on expanded roles in their work, there was a positive impact on the delivery of health care—but successful expansion depended on clearly defined roles and provision of additional training and support. In addition, incentives, both financial and non-financial, including opportunities for further training and career development, were shown to be important factors for staff retention and performance.

### **Five recommendations for policy makers.**

We recommend five cost effective and evidence-based areas that health ministers and policy makers can immediately invest in for the rapid expansion of health care services:

1. Establish more nurse-led clinics, enabling nurses and midwives to work to their full potential
2. Employ more specialist nurses in all areas of care
3. Make comprehensive midwifery services available everywhere, offering a full range of maternal and newborn health care
4. Make nurses central to primary health care, providing services and supervising community health workers
5. Support nurses and midwives to deliver health promotion and disease prevention.

### **The Nightingale Challenge for employers.**

The Nightingale Challenge urges every health employer to respond by providing leadership and development training for a group of nurses and midwives during 2020. We want to see a cultural shift that equips and empowers the next generation to play a bigger role in multidisciplinary teams as practitioners, advocates, and leaders in health. So far over 450 employers in 58 countries have committed to provide development training for nearly 18,000 nurses and midwives in 2020.

A key date for all our calendars in 2020 is April 7, when the first ever *State of the World's Nursing* report will be launched. This groundbreaking report will provide a global picture of the nursing workforce and articulate the role that nurses play in achieving health for all, ensuring safer and better prepared communities, enhancing health and well-being at every stage of life, and advancing gender equality.

There are over 480 Nursing Now groups and many other organizations who are gearing up to make the most of 2020 and shine a new and brighter light for nursing. We encourage everyone to get involved and visit our website to find out more.

Our role in reaching some of the most marginalized communities is essential to leaving no one behind and achieving health for all. Let's lean in and work together to make 2020 a year that transformed nursing for future generations.

(Editor's note: [CLICK HERE](#) to listen to or download an interview conducted by AJN's editor-in-chief Shawn Kennedy with Pam Cipriano, former ANA president and current first vice-president of the International Council of Nurses. They discuss the Year of the Nurse and Midwife campaign, what that actually means for nurses, and how nurses can benefit from it.)

[1] Newman C., Stilwell B., Rick S., Petersen K. Investing in the Power of Nurse Leadership: What Will It Take? Intrahealth International, Nursing Now, and Johnson & Johnson. 2019

[2] Dawson A.J. et al. Approaches to improving the contribution of the nursing and midwifery workforce to increasing universal access to primary health care for vulnerable populations: a systematic review. Human Resources for Health, 2015 <https://human-resources-health.biomedcentral.com/articles/10.1186/s12960-015-0096-1>

**About Nursing Now:**

Nursing Now is a global campaign with the goal of improving health globally by raising the status and profile of nursing. With a growing network of over 470 groups active in 110 countries, Nursing Now is working to influence global and national health policies. Nursing Now is a project of the Burdett Trust for Nursing run in collaboration with the WHO and ICN. [www.nursingnow.org](http://www.nursingnow.org); @nursingnow2020

