

March MNORN Member Meeting (virtual)

March 30, 2023

Strategies for Improving Health Care
Delivery for Older Adults

Sara McCumber, presenter



The meeting will be held from 6:30 - 8:00 PM.

6:30 - 7:00 PM - social/networking

7:00 - 8:00 PM - program

Objectives:

- Discuss the older adult demographic trends in the US population.
- Describe initiatives such as Age Friendly Health System, NICHE, American Geriatrics Society Co: Care HELP program and Choosing Wisely to help improve delivery of care for older adults.
- Propose strategies nurses and organized nursing can implement to improve health care delivery for older adults.
- Explore workforce challenges for meeting the health care delivery needs for diverse older adults.

Attendees will receive 1 continuing education credit

There is no charge for attending this meeting.

evite link to register: <http://evite.me/AC4hFuZHev>

February Member Meeting on Nurse Advocacy

Mary Chesney and Colleen Quesnell were the presenters at the February Member Meeting, speaking on the topic, **Health Policy Advocacy: From Novice to Expert**. The recording of the meeting is available on the MNORN Website - www.mnorn.org

Here are some suggested links for advocacy identified by the program and attendees.

Minnesota Legislature: [Minnesota Legislature Bill Tracking Information](#)

[Kaiser Family Foundation](#) a non-partisan, up-to-date source for health policy information (can search by menu topic)

[KFF State Health Facts](#) can search various topics with state-specific data

Dashboards:

- [Explore Health Rankings | County Health Rankings & Roadmaps](#): Public data sorted by state and county, comparing each county metric to the state and US.
- [Home | Congressional District Health Dashboard](#) includes 36 metrics for all 435 US Congressional Districts. It was created by the Department of Population Health at NYU Grossman School of Medicine in partnership with the Robert Wood Johnson Foundation.
- [Introduction to the Congressional District Dashboard webinar](#) Webinar that introduced the dashboard, with great examples of how to use it in advocacy.

ANA sites:

- [RN Action](#) : ANA's advocacy pages
- [The American Nurses Advocacy Intitute](#): an annual program designed to help nurses gain political competence

Suggested Advocacy Organizations:

- [Moms Demand Action](#) part of EVERYTOWN for Gun Safety
- [Protect Minnesota](#) prevents gun violence through engagement, advocacy, and community led solutions.
- [Gender Justice](#) advancing gender justice through the law

- [National Alliance on Mental Health](#) - mental health advocacy

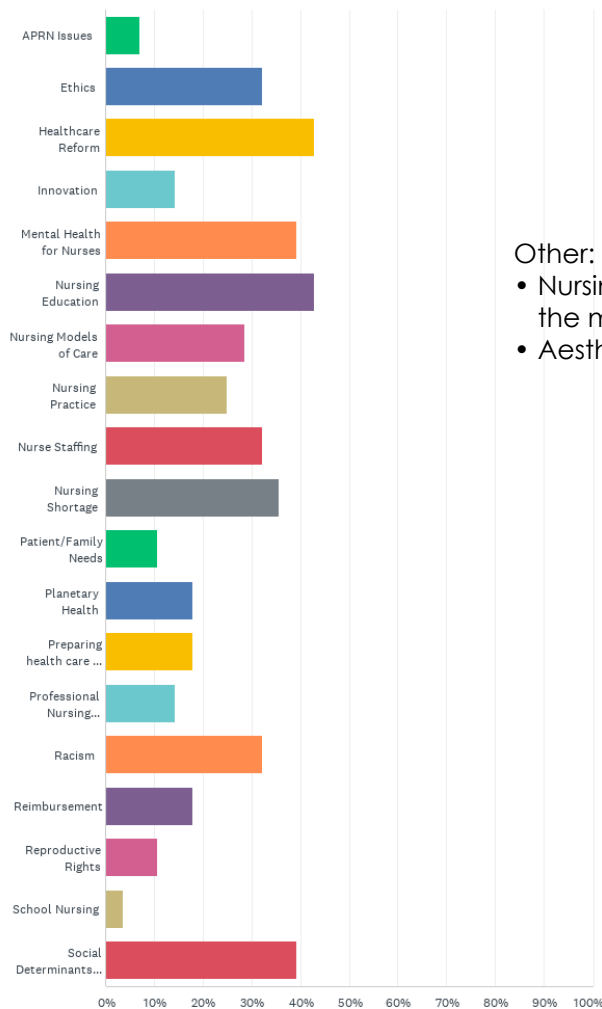
There are no personal solutions at this time. There is only collective action for a collective solution"

Carol Hanisch, 1969

2023 Potential Dialogue Forum Topics

Q1 What broad topics would you be most interested in having ANA discuss at the 2023 Membership Assembly?

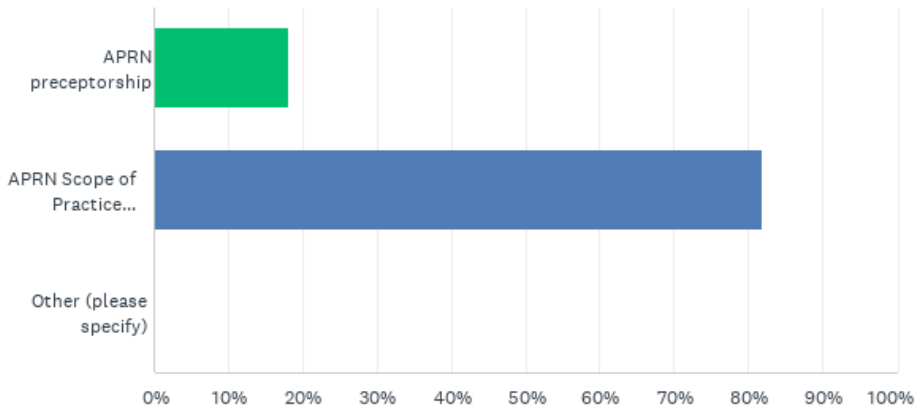
Results from the polling question during the 2022 MNORN election and SurveyMonkey



Other:

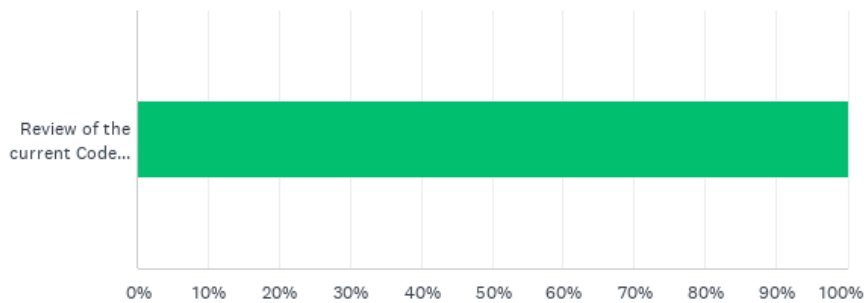
- Nursing safety and rights in regard to patients in the mental health field
- Aesthetics

Q2 What topics would you be most interested in being included in APRN issues?



Other: none

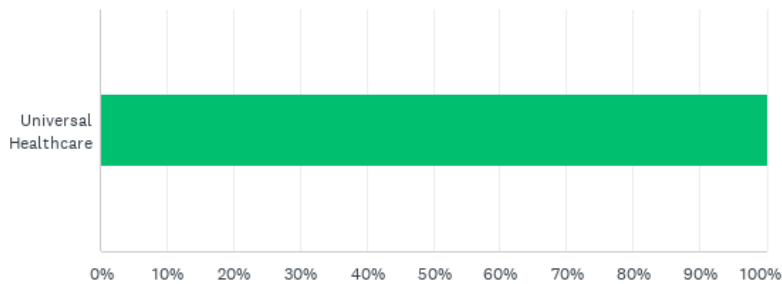
Q3 What topics would you be most interested in being included in Ethics?



Other:

- Emerging ethical issues in a changing world (e.g., gun violence, reproductive issues, misinformation as it applies to health care decisions and care)
- Using ethical framework to assist nurses in delivering care to all patient populations
- Communicating Code of Ethics to nurses in practice

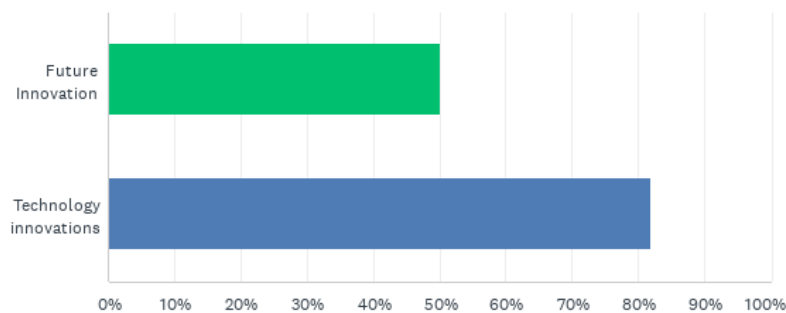
Q4 What topics would you be most interested in being included in Healthcare Reform?



Other:

- Citizens/patients being held responsible for their actions toward staff while either under influence of drugs/alcohol or if they stopped their psychotropic medications
- Promising value based reimbursement models
- How can we utilize nursing research or healthcare research to advance this topic?
- Please include: Nursing care reimbursements separated from the room costs in hospital settings. Reimbursement for nursing care in non-traditional settings.

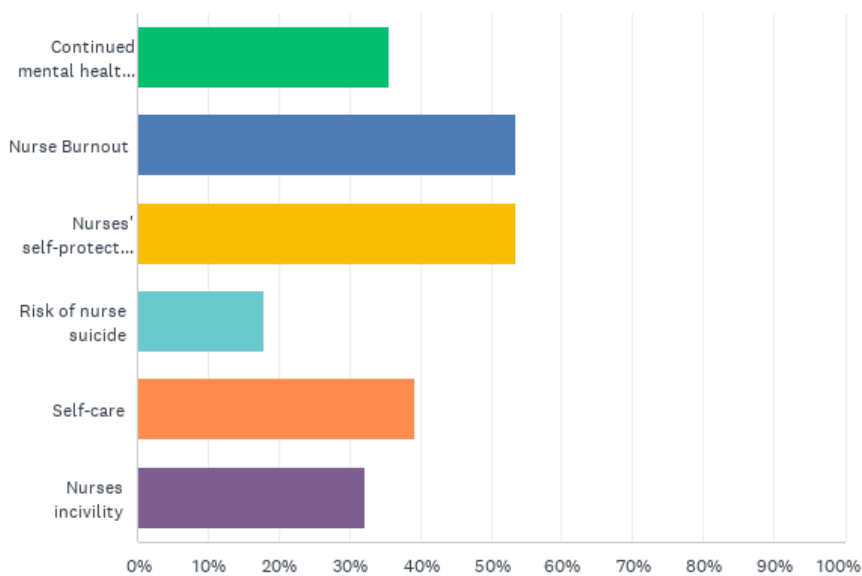
Q5 What topics would you be most interested in being included in Innovation?



Other:

- Innovative nursing education models

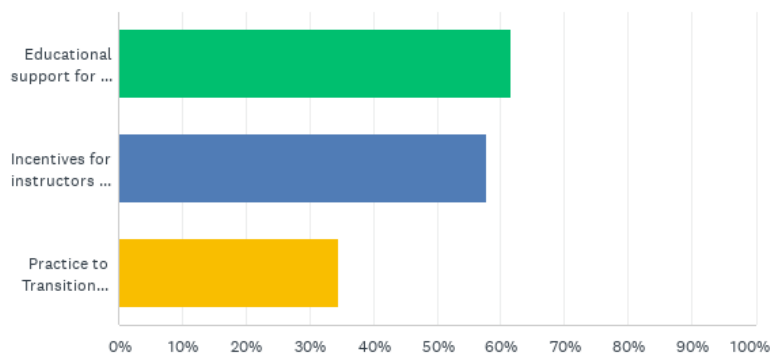
Q6 What topics would you be most interested in being included in Mental Health for Nurses?



Other:

- Managing moral distress in the workplace
- Mental health of faculty should be included since the focus is usually on those in clinical practice
- Trauma resources, especially for those involved in the pandemic

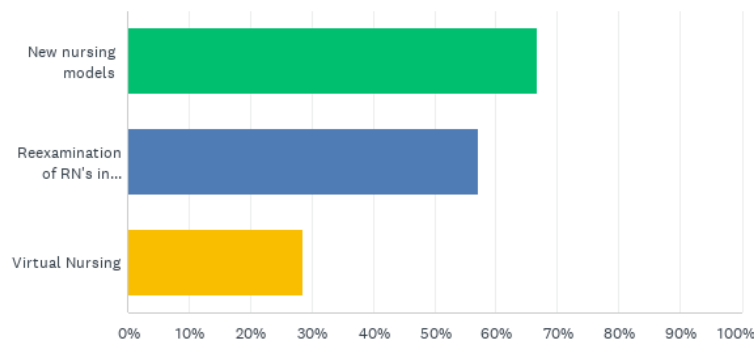
Q7 What topics would you be most interested in being included in Nursing Education?



Other:

- Creative ways to increase the number of students to bedside in this day and age of nursing shortages
- I think there needs to be a model to fund nursing clinical education. This is especially true in ambulatory care areas. There are not enough resources to assume the clinical education for undergraduates and graduate nursing students without additional support, despite this being an area of great importance for nursing education.

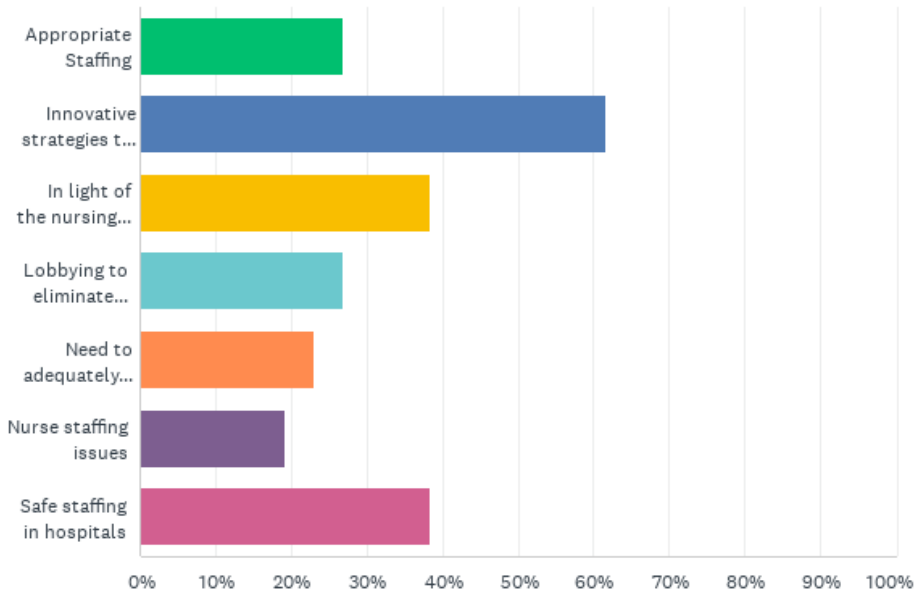
Q8 What topics would you be most interested in being included in Nursing Models of Care?



Other:

- Leveraging top of license practices for nurses - and finding creative support roles
- Technology for both direct care and virtual nursing

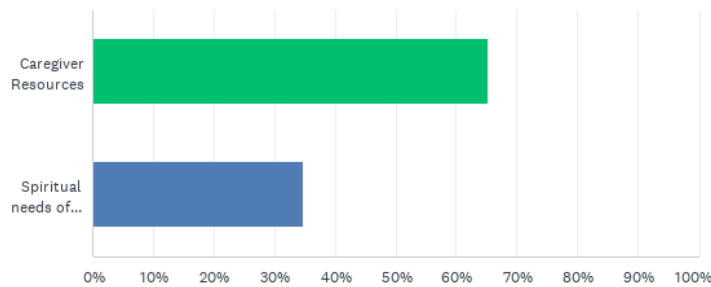
Q9 What topics would you be most interested in being included in Nurse Staffing?



Other:

- Retention and attraction of nurses for proper and safe staffing in all settings
- Capturing nurses thinking of leaving the profession to transition to community-based nursing. Nurse-led staffing solutions.

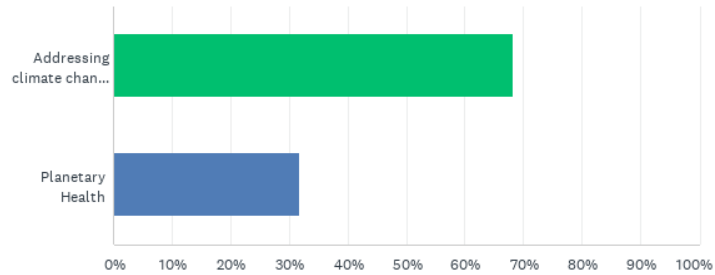
Q10 What topics would you be most interested in being included in Patient/Family needs?



Other:

- Patient inclusion decision making. Self and caregiver resources.

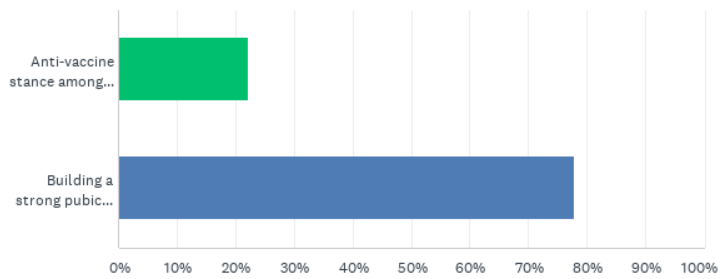
Q11 What topics would you be most interested in being included in Planetary Health?



Other:

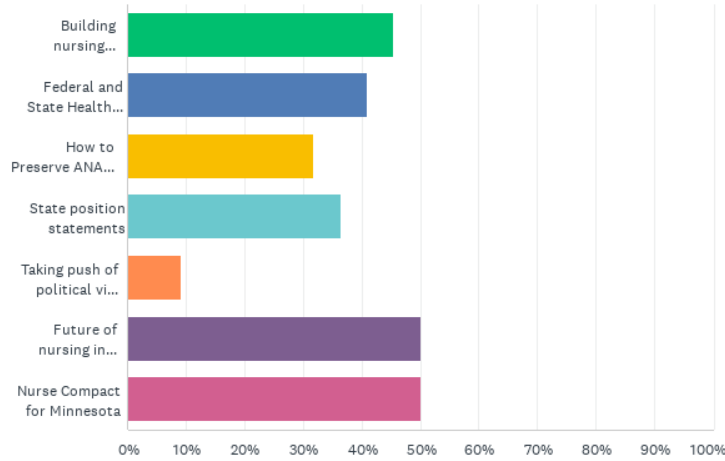
- Not a priority

Q12 What topics would you be most interested in being included in Preparing Healthcare and the Nursing Profession for the Next Pandemic?



Other: none

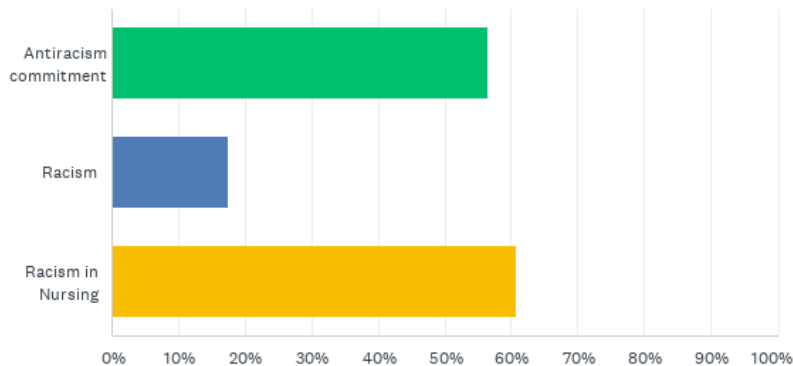
Q13 What topics would you be most interested in being included in Professional Nursing Organizational issues?



Other:

- Inclusion of input and participation of all levels of nursing in programs, leadership, and participation
- Building coalitions across other professional groups to advance healthcare innovations
- Federal and state safe staffing, retention & recruitment, and continuing competence

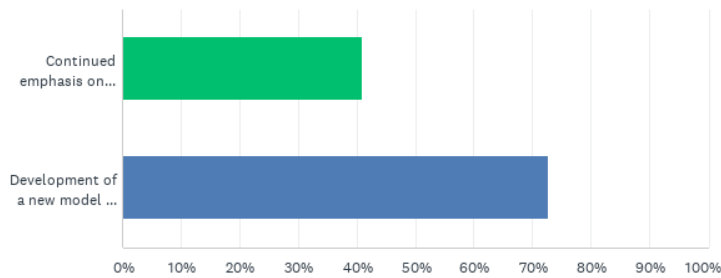
Q14 What topics would you be most interested in being included in Racism?



Other:

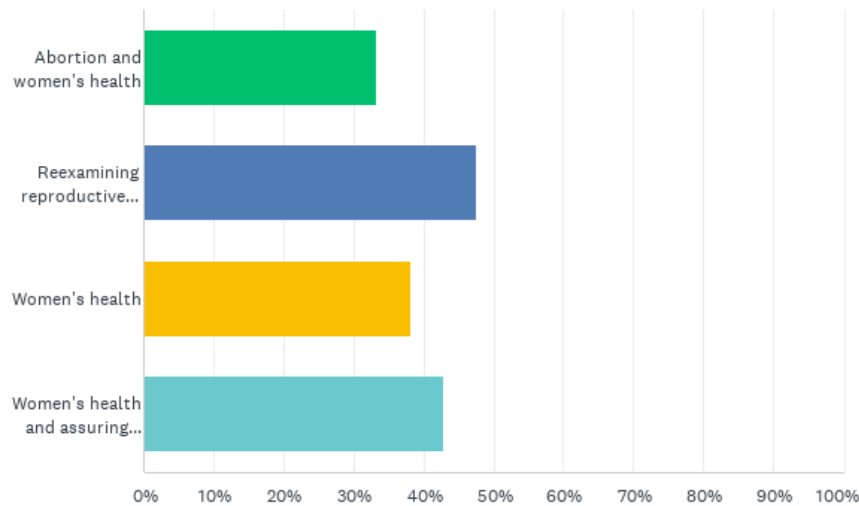
- Race-based prescribing
- Actions nurse can take day to day against racism

Q15 What topics would you be most interested in being included in Reimbursement?



Other: none

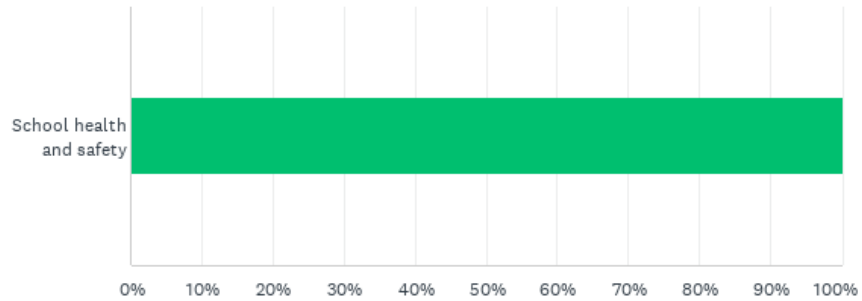
Q16 What topics would you be most interested in being included in Reproductive Rights?



Other:

- Redefining what abortion means, along with miscarriage, D&C, loss of fetal life, fetal viability affecting maternal health/safety. By changing definition of abortion to mean only a conscious decision to end the life of a healthy, viable, non-complicated pregnancy, this can help to eliminate barriers to getting medically necessary procedures.
- Mental health resources for mothers who have had abortions
- String abortion rights. Advocate medicine to take so not get pregnant.
- Increasing maternity leaves to a minimum of 6 months

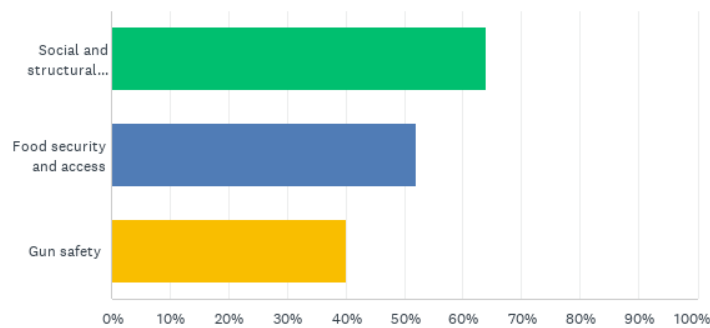
Q17 What topics would you be most interested in being included in School Nursing?



Other:

- Better describing the school health role, to help advance the role and its importance
- Trainings for the school nurse
- Health literacy in schools

Q18 What topics would you be most interested in being included in Social Determinants of Health?



Other:

- Limits on assault type weapons, large capacity magazines and digital printing of weapons

Q, 19 What other topics would you like to be considered?

- Arising health hubs and how nursing fits into these innovative models
- What can we all do to get more nurses involved actively in their nursing organizations at the state, national and even global level?
- RN injector for aesthetic services, trainings and state regulations

After discussion, the MNORN Board decided to focus on nursing education in the broadest sense. from the needs of students and faculty and, at the same time, addressing pipeline issues. The Board also decided to postpone submission until 2024, taking time this year for exploration of the topic throughout the year. Look for opportunities for discussion and input later this year.

Thank you to everyone who participated in the Polling Question and the SurveyMonkey.

For My Krystee, aka Crystal

by Katie Feley, DNP, RN, NE-BC, CEO of the Indiana State Nurses Association

reprinted with permission of the *Indiana Bulletin*. February, March, April 2023 edition

The day after Christmas I received a call that my best friend passed away unexpectedly. My best friend was one of the best nurses I have ever met, and she battled alcoholism for the last decade. I met Crystal late in undergrad nursing school and our friendship bonded quickly as we oriented together on the same unit which was our shared dream job. We had all our “firsts”, the ups and the downs, as new nurses together. We made the best of our young adult lives as single ladies because we had each other’s company, but as we grew into adulthood the stresses of life led Crystal to reach for alcohol.

If you know me well you know I can sometimes be called Kath or Kathy, and I hate it every time. That name was given to me by Crystal. During our nursing orientation I waited in the pickup line after ordering my lunch at the café across the hospital on 16th and Capitol far longer than anyone else in our lunch group. After several minutes passed, I was getting angrier, and my lunch hour was ticking away, Crystal giggled and said, “Hey Kath, I think you lunch

has been ready." Crystal had noticed that the server had been calling for Kathy because my name tag used to say Katherine. Ever since then she roused all my friends and coworkers to call me Kathy and my family still uses it to this day. I want to hear my friend and one of the best nurses I know, Crystal, call me Kath again.

Crystal suffered from mental illness, bouts of anxiety and depression, as many of us have and will have during our career as nurses. My friend and I exchanged many stories of our struggles with early adulthood and the hurdles of our early careers. Over time Crystal began suffering from a quiet addiction. After facing over a decade of alcoholism, she never said to me things like "I am an alcoholic" or "I am struggling and need help". She put on a show and kept her secrets until a few years ago she was escorted off her unit, drug screened, and her license was emergently suspended. I was in complete shock. That's not the Crystal I know. As result of the continued multiplying stressors of life, magnified by the effects of her disease, she continued to lean deeper into her crutch, silently and behind closed doors. This "best nurse I know" was non-compliant in her treatment plans and refused multiple forms of help from those that loved her the most. While giving her heart and soul to the sickest of pediatric patients remained her passion, she was never able to return to nursing. Crystal lost her battle with alcoholism as quietly as it started.

Silence in fallibility cannot be tolerated in our profession. Nurses, while we may seem invincible, carrying the weight of the world and our patients on our shoulders, we are still human. We too carry burdens of debt, struggling relationships, loss, and poor health. We too suffer from mental illness. As nurses we must recognize and accept our own vulnerability, and that of our colleagues. We do not need to prove our stoicism. We must not tolerate pride in invincibility and silence. We are all human beings, not superhuman. By showing compassion to our own self, and to our colleagues, we in turn ripple compassion through the care we provide to our patients.

Alcoholism affects more than just the person carrying the disease. My friend's struggle with alcohol also affected me, our families, and our friends. As Crystal's best friend, I have carried blame and guilt, and her recent death has left a hole in my heart. I have suffered the loss of my best friend slowly for the past decade and now I am suffering her loss all over again. We can no longer be silent about alcoholism and mental illness within our profession.

Alcoholism, a progressive illness, cannot be fixed by mere willpower, a change of scenery, more rest or changing hobbies. The sufferer has lost the power of

choice over alcohol. It is a disease that cannot be cured but can be halted. Shared by Alcoholics Anonymous, it is most important to face the facts of one's illness and to take advantage of help that is available.

I have connected with my longstanding therapist and will continue to seek resources and increase self-compassion to process this tragedy. I will not carry this burden alone and I will not stay silent about addressing addiction and mental illness in nursing.

I ask you to take pause with me and ask yourself how are YOU doing right now? Have you taken time to give yourself compassion for the work you do *and* for your complex and stressful life beyond your service? Are the crutches you have chosen sustainable, healthy? Without a doubt many of us will breeze by these questions. Stop the stoicism. Reread and answer yourself *truthfully*.

I ask that you reach out to your nursing friends and colleagues. Check in on one another. Search for honesty and address harmful crutches. Share resources. Encourage seeking care and assistance.

In memory of Crystal (Goens) Lawson, I ask you to keep the nurses lamp lit by caring for your own flame. Without each other, we have nothing.

If you suspect a co-worker is impaired or you are struggling with alcohol or drug addiction, reach out today.

- **Minnesota Nurses Peer Support Network:** <http://www.npsnetwork-mn.org/>
- **Suicide and Crisis Lifeline (Immediate Assistance) Dial 988**
- **Ignite Wellbeing Mind Body Medicine** (Science Based Stress Resilience) <https://www.ignitewellbeingin.com/> (Nurse Discount)
- **ANA Well Being Initiative** (Stress Self-Assessment, 24 Hour Support, & Wellness Resources) <https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>
- **Healthy Nurse Healthy Nation** (Wellness Resources) <https://engage.healthynursehealthynation.org/blogs/8/3645>
- **SAMHSA** (Preventing & Managing Stress for Responders) <https://store.samhsa.gov/product/Preventing-and-Managing-Stress/SMA14-4873>
- **Alcoholics Anonymous** (Need help with a drinking problem?) <https://www.aa.org/>
- **Al-Anon** (Families and Friends of Alcoholics) <https://al-anon.org/>



Nursing Research Day 2023: Addressing Health Disparities and Promoting Social Justice through Nursing Research

Friday, April 14, 2023: 8:30 am to 3:30 pm

McNamara Alumni Center
200 SE Oak St
Minneapolis, MN

The University of Minnesota's School of Nursing will be hosting the 2023 Nursing Research Day conference on Friday, April 14. This year's theme is Addressing Health Disparities and Promoting Social Justice through Nursing Research. The event is free; ANCC credit will be offered. Throughout the day, faculty, community partners and students will lead concurrent podium and poster presentation sessions that showcase findings from innovative research and evidence-based projects that improve health and quality care.



Our keynote speaker is **Bridgette M. (Brawner) Rice**, PhD, MDiv, APRN, FAAN. Dr. Rice is the Richard and Marianne Kreider Endowed Professor in Nursing for Vulnerable Populations in the M. Louise Fitzpatrick College of Nursing at Villanova University. She holds degrees from Villanova University (BSN '03), the University of Pennsylvania (MSN '05, PhD '09) and Palmer Theological Seminary of Eastern University (MDiv 17).

Dr. Rice began her nursing career in neonatal intensive care at the Children's Hospital of Philadelphia. She has since expanded her work to community-based practice. Her methodological advances have been applied to address multiple health inequities (e.g., youth mental health service utilization, cardiovascular disease risk among young Black men, gun violence) where she uses novel approaches including mixed methods research and GIS mapping. Cognizant of the role of geography in health, her spatially-based research explicates and intervenes in factors such as neighborhood disadvantage to prevent disease and promote health equity. Dr. Rice is a staunch justice advocate who believes that research can be leveraged as an advocacy tool to ensure all individuals have an opportunity to achieve their full health potential. Her work has been featured through multiple media outlets, and she has received numerous honors and awards, including the Friends of the National Institute of Nursing Research Protégée Award in 2015 and the International Society of Psychiatric Nurses Diversity and Equity Award in 2020.

[FOR MORE INFORMATION AND TO REGISTER](#)

First Annual Whole Person Health Summit

Welcome to the **First Annual Whole Person Health Summit** at the University of St. Thomas! It is an honor to be hosting our inaugural Whole Person Health Summit and convening this inspiring group of practitioners, providers, thought leaders, advocates, and organizers who are dedicated to advancing health equity through whole-person care. It's time to move farther upstream and reimagine health care that is anchored in how people, families, and communities live, work, learn and play.



We are done accepting health disparities as a part of our delivery system. The concept of whole-person care is not new, but for too long words have taken precedence over action. We saw over the course of the pandemic how vital it is for us to act together. The time to act is now to advance health equity through whole person care and in partnership with our communities. This Whole Person Health Summit offers not only the opportunity to hear from people taking concrete steps to implement whole-person care, but also a chance for all participants to help us develop tangible solutions together that we can act on today.

Join us as we strive to create the necessary change in how we care for our neighbors, our friends, and our families. Join us at the first annual Whole Person Health Summit.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Wednesday, April 19, 2023
8:30 a.m.-4 p.m.
University of St. Thomas
James B. Woulfe Alumni Hall
2115 Summit Ave.
St. Paul, MN 55105



FIRE IN MY VEINS: Blazing Through Life with Invisible Illness

This is Lee with Open Eye Theatre here in Minneapolis!

We're extending a special invitation to the medical community to be our guests as local storyteller **Kevin Kling** (best known for his work on NPR, TPT) hosts award-winning storyteller **Allison Broeren** in a 60-minute show called **FIRE IN MY VEINS: Blazing Through Life with Invisible Illness**, running **March 16 - 19** for only four performances: openeyetheatre.org/fire-in-my-veins.

Almost 20 years after her initial diagnosis, Allison Broeren thinks she has finally figured out the process of creating a new life while navigating work, insurance, friendships, and dating with chronic illness. Then a pandemic hits, and her chemo tries to kill her, so—back to the drawing board! With surprising humor and insight, Allison takes you on the romp of living life with a rare autoimmune disease.

According to the National Institutes of Health (NIH), there are approximately 7,000 rare diseases affecting between 25 and 30 million Americans. This equates to 1 in 10 Americans, or one on every elevator and four on every bus. **FIRE IN MY VEINS** uses the power of storytelling to pull back the curtain on invisible illness and destigmatize how these conditions are perceived.

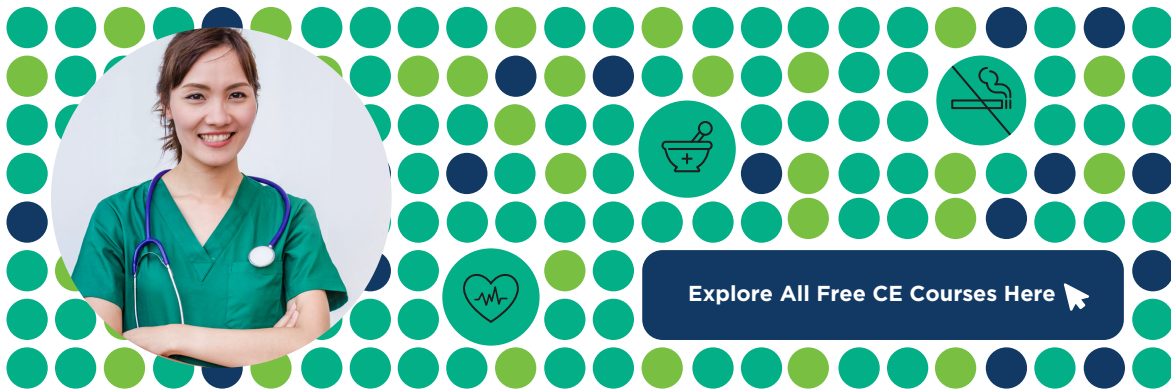
“My General Practitioner came to an early version of the show and told me, ‘You changed the way I will practice medicine.’ I truly believe storytelling can change the world, and sharing our personal stories is the best way to remember that we're all more similar than we are different.” - Allison Broeren

Open Eye Theatre would like to offer the Minnesota Organization of Registered Nurses \$10 tickets to the show with discount code FIRE23.

Please note: This code works when applied to general admission tickets.

506 E 24th St, Minneapolis
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Accreditation information found at CoursesThatClickMN.com