



## Happy Third Week of Nurses Month!

When ANA decided that it would take a month to suitably celebrate Nurses Day in the Year of the Nurse and Midwife, they decided the third week would be a perfect time to celebrate Professional Development. What ANA didn't

realize that most of the professional development would focus on COVID-19! Nursing is a career built on life-long learning - many times learning what we need to know the moment we need to know it. This is one of those times!

As part of ANA's celebration of this week of Nurses Month, they produced a webinar on storytelling, featuring Carolyn Jones, author and film producer of *The American Nurse* and other films about nursing. The webinar is called "Magnify Your Voice, Using Storytelling to Advance Nursing." If you haven't had a chance to see it, it is well worth seeing (and you can get 1 CEU at no cost!) [HERE IS THE LINK TO REGISTER](#) MNORN member, Mary Bliesmer says about the webinar, "I am glad I watched this. It showed nurses who were practicing the principles and ethics that I know they were taught in our (Mankato) nursing program when I was there. I would recommend it."

Here are some of Carolyn Jones' thoughts about nurses and storytelling. (Carolyn is not a nurse - but is a big fan of nurses!) She talked about how nurses walk towards crises, not away from them. And that nurses need to tell their stories because storytelling leads to understanding, it is powerful. She says that:

- Story telling allows someone to walk in your shoes
- A good story is one the teller loves to tell and feels passionate about.
- A good story includes both an intention and an obstacle
- The biggest obstacle is that we think we're not good at it, but we all tell stories all the time - you already do it

### MNORN Board Actions

The MNORN Board voted to sign onto two significant letters about Climate Change.

### Global health professionals' letter to G20 calling for 'healthy recovery' plans

On May 26, a letter will be sent to every head of state of the G20 countries on behalf of medical and health professionals and their associations all over the world, urging those governments to pursue a healthy recovery from COVID-19. The letter calls for G20 leaders to deliver plans that put us on a path to a healthier world, with strong health systems, clean air and water, stable climate, etc.

### Minnesota Declaration on Climate Change & Health, 2020

Spearheaded by Health Professionals for a Healthy Climate & The American Lung Association in Minnesota

- The best advice for telling a better story is to remember why you're telling the story
- Given the world we live in, we are hungrier than ever for human experience - stories can make a difference.



Other organizations are currently focusing on nurses and storytelling also.

AACN is partnership with [DearWorld.org](https://dearworld.org) - an organization that documents pivotal events with moving portraits and compelling stories - to share nurses's experiences during the COVID-19 crisis. They say, "as nurses become the storytellers, it will help them bolster resilience, find gratitude and celebrate each other. You can read these stories and see powerful images of nurses at [AACN- Dear](#)

### [World - Nurse Stories](#)

One more resource for nurses' stories:

Laurel Braitman has been meeting with medical students and physicians at Stanford University, teaching them the mental health benefits of storytelling for healthcare workers. She did a TED talk about this that [YOU CAN ACCESS HERE](#)

The TED talk is about 9 minutes long. Towards the end, she says "we need healers who are healthy enough to heal the rest of us."



Attached to her TED talk is a link to zoom reflective writing sessions for healthcare workers and their loved ones in the time of COVID-19 that you can sign up for.

While Laurel's focus has been on medical staff, her TED talk is very applicable to nurses.



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### REQUEST FROM ANA:

#### PLEASE RESPOND TO THE SURVEY ON THE CURRENT PPE SITUATION NURSES FACE.

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Early results show PPE shortages remain, and there is significant concern about the safety of reusing and decontaminating N95 respirators. This information is critical to support our advocacy efforts on behalf of all nurses.

We need your participation! Answer the questions describing the situation you faced in the last two weeks. The survey is open to all RNs – both ANA members and non-members. Please feel free to forward this email to any RN colleagues who might be interested in participating.

**The survey will close on Sunday, May 31st.** Please take a few minutes to complete this PPE survey today. If you have already participated, please ignore this reminder.

[Click here to take the PPE Survey](#)

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### Addressing Clinician Mental Health and Suicide Risk During the Pandemic

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AJN Off the Charts - <https://ajnoffthecharts.com/addressing-clinician-mental-health-and-suicide-risk-during-the-pandemic/#more-29160>

Pandemics are known to cause panic disorder, anxiety, depression, sleep disturbances, and post-traumatic stress. Depression can lead to suicide if not treated, yet is a treatable disease. We have seen nurses die by suicide during this pandemic in Italy.

Past experience suggests that health care workers exposed to the stress of the pandemic will need help long after the pandemic is under control.

I am serving as co-chair of the Strength Through Resilience task force of the American Nurses Association, whose focus was originally to collate resources to reduce suicide among nurses. We quickly shifted gears when the pandemic hit to collate resources to optimize resiliency and mental health among nurses in relation to the projected impact of the pandemic. Curiously, these resources are virtually identical. The ANA has posted initial resources as part

of their Healthy Nurse, Healthy Nation campaign and is and building more resources as quickly as possible.

Nurses already at higher suicide risk.

The added stress of the pandemic is particularly problematic because of evidence that emerged before the pandemic that nurses were at higher risk of suicide than the general public. If leaders at health care organizations have not already started proactively screening staff for depression and suicide risk, it would be important to do so now. Immediately. Offering screening is seen as an act of caring in leadership. Staff appreciate the fact that leaders care about their mental health.

A risk-screening program for health care workers.

We predict that without proactive efforts at preserving mental health and identifying and referring those who are suffering into treatment, the suicide rate among health care workers will increase. We can't just sit and wait to look at the numbers in a year or two. There is something every organization can do right now. A tested model of risk screening for doctors, nurses, and other health care workers is available that is inexpensive, simple, and ready for replication. The screening program works through encrypted email to maintain anonymity of the person being screened and referred for treatment. Contact the American Foundation for Suicide Prevention ([info@afsp.org](mailto:info@afsp.org)) for more information on how to start a program.

Anticipating that an increased number of workers will screen as high risk now and in the aftermath of the pandemic, at the University of California San Diego we have increased the number of therapists available for our staff. The department of psychiatry has also launched a hotline for people under stress or with excessive anxiety, uncontrolled fear, depression, or other mental health issues.

Peer-support.

We have also launched a systemwide peer-support program, training doctors, nurses, and other health care workers how to support each other through anxious times and how to detect colleagues who might need more help than a friend can offer. The program is modeled after the successful 2nd victim prevention program created by Susan Scott at the University of Missouri. After initial training, we have been meeting weekly to discuss techniques of addressing and supporting colleagues in need.

In addition to testing and peer support, building resiliency skills through cognitive-based therapy techniques has been shown to decrease suicide risk among nurses.

Now more than ever it is important that we let go of the 'buck up and take it' mentality and look out for ourselves with self-care and each other with compassion.

Judy E. Davidson, DNP, RN, MCCM, FAAN, nurse scientist, UC San Diego Health Sciences and UC San Diego School of Medicine, Department of Psychiatry, and associate editor, Journal of Nursing Management

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**GLOBAL ADVANCED PRACTICE NURSING LEADERSHIP IN THE ERA OF COVID-19**  
free webinar

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**Tuesday, May 26 • 3:00 - 4:00 PM CT**



This webinar will highlight the advanced practice nursing (APN) leadership around the world as we battle the COVID-19 pandemic. Speakers from Latin America, Australia

and the U.S. will discuss the challenges and opportunities that the pandemic presents and will pose future solutions and trends.

**[FOR MORE INFORMATION AND TO REGISTER](#)**

**PANELISTS**

Susan Hassmiller - Senior Nursing Advisor, Robert Wood Johnson Foundation (RWJF)

Silvia Cassiani - Regional Advisor for Nursing, Pan American Health Organization (PAHO/WHO)

David Stewart - Associate Director for Nursing and Health Policy, International Council of Nurses International Council of Nurses (ICN)

Joyce Knestrick - Visiting Professor, GW Nursing, Immediate Past President American Association of Nurse Practitioners (AANP)

**MODERATOR:** Joyce Pulcini - Professor, GW Nursing

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**From the American Academy of Nursing:  
Lessons from Leaders: Dr C. Alicia Georges Discusses Professional Development**

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<https://www.youtube.com/watch?v=sdzvPTQQUnU&feature=youtu.be>

If you have never had the opportunity to hear Dr Georges speak, you are in for a real treat when you listen to this YouTube. If you have heard her speaking “live,” you will remember the electricity in the room that starts the moment she opens her mouth and grows greater and greater the longer she speaks. She is an amazing nurse leader!

In this YouTube, when Dr Georges talks about nurse leaders, she is talking about us all being nurse leaders. She reminds us that despite everything that has changed during this pandemic, there is one prevailing thing that has been constant”... the role of the nurse, with our knowledge, skills, and humanistic approach to caring. She speaks to the public’s belief that we will be there no matter what, due to our trustworthiness and integrity. Dr Georges’ remarks are short, but powerful and well worth the listen.

Dr C. Alicia Georges, EdD, RN, FAAN, is the chairperson of the Department of Nursing at Lehman College of the City University of New York. She is also the the national volunteer president of the AARP Board of Directors. In 2019, Dr Georges was named a Living Legend of the Academy in recognition of her continued work to increase minority representation in nursing and for her leadership in advancing health equity.



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## ANF Coronavirus Relief Fund for Nurses Update from Kate Judge, executive director

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In late March, the American Nurses Foundation with the support of Johnson & Johnson launched the Coronavirus Response Fund for Nurses to support nurses' immediate and ongoing needs through the pandemic. Here are the initiatives and resources that the Foundation and ANA are working on through the Coronavirus Response Fund, to support nurses now and in the future.

### **Direct Financial Assistance to Nurses in Need**

- Nurses House, Inc. The Fund has already directed almost \$1 million in financial assistance to support nurses in need.
- Free Hilton Hotel Rooms. ANA members have reserved over 158,000 free room nights at Hilton hotels.
- Free Nurse Giveaways. Take advantage of free and discounted deals from Burger King, McDonalds, and other partners at RN Perks.

### **The Well-being Initiative**

- The Foundation and our partners have created a comprehensive mental well-being program that includes virtual support systems and a digital toolkit for nurses on the frontline of the COVID-19 pandemic. Specific initiatives include:
- Nurses Together: Connecting through Conversations, a facilitated online nurse-to-nurse video chat for nurses to safely connect and share thoughts, feelings, ideas, and insights during the pandemic.
- Happy App Warm Line offer nurses emotional support with 24/7 access to a Support Giver team.
- Moodfit, a mobile app that supports nurses in their own wellness goals.

### **Data-Based Education for Nurses**

- Free COVID-19 Webinar Series with over 120,000 nurses registered for on-demand sessions, with more to come!
- ANA's first COVID-19 Workplace Survey with more than 32,000 nurses participating.
- An improved ANA COVID-19 Resource Center offering a one-stop source of what nurses need to know about the pandemic.

### Advocacy to Strengthen Public Health and Protect Nurses

- ANA's COVID-19 Legislative and Regulatory activities have generated over 350,000 letter to Congress to get needed PPE to nurses. Daily updates keep you in the know.

Thank You!

The Foundation is thankful for ANA members and the essential work that you do to care for patients during this unprecedented global pandemic. Please visit our Fund for Nurses [Coronavirus Response Fund for Nurses Website](#) to find the assistance you need to stay on the frontlines of care.

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### Free on-demand Webinar from ANA: How to Survive the Pandemic with An Unbroken Spirit: Actions to Take Right Now to Stay Strong and Focused

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Discover how to successfully manage your mental health needs while caring for COVID-19 patients.

Nurses are tough but COVID-19 is challenging their toughness in new and unique ways. This webinar, part of the ANA COVID-19 webinar series, will help you survive this bleak and distressing time.

Register now to view this online, on-demand webinar anytime, anywhere. A link will be emailed to all registrants during the week of May 18.

**[CLICK HERE TO REGISTER](#)**

The impact of caring for COVID-19 patients on nurses' mental health is now well known. The content of this 60 minute on-demand webinar gives you the best and most up-to-date tools to stay strong and focused on your vitally important work and find calmness in the chaos.

Presented by nurse experts who serve on ANA's Healthy Nurse, Healthy Nation's Strength through Resiliency Committee, this program focuses on:

- Brand-new screening resources developed to detect mental health issues in nurses caring for COVID-19 patients
- How to perform a reliable self-assessment
- Successfully deal with your own grief and bereavement in the fast-paced environment of COVID-19



- Effective ways to cope with your other emotions: Anger, loneliness, isolation, anxiety, depression, fear
- Proven, evidence-based ways to improve your resilience now and into the future
- Recommendations for tools, resources, and apps that will help you deal with the mental health challenges of caring for COVID-19
- Suicide prevention: Helping yourself and your colleagues during this difficult time
- Getting the help you need: What to do when you need additional help and where to get it

Who should attend: Nurses in all practice settings

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The webinars in the ANA COVID-19 series cover different aspects of this crisis and provide up-to-date information that can be applied immediately in your care of COVID-19 patients. Each of these approximately 60-minute webinars has been developed and recorded in the last few weeks.

The other webinars in the ANA COVID-19 Webinar Series are:

How to Respond to Ethical Challenges and Moral Distress during the COVID-19 Pandemic; Be Confident Protecting Yourself and Providing the Best Care to Your Patients during this COVID-19 Pandemic (focus on PPE); Ventilator Management: Essential Skills for Non-ICU Nurses



## 2020 Call for Nominations for ANA Appointed Positions

Dear Colleagues –

On behalf of the ANA Committee on Appointments (COA) and the ANA Board of Directors, it is my pleasure to announce that the annual 2020 Call for Nominations for Appointed Positions is now open until 5:00pm ET, Monday, June 29, 2020.

As you consider volunteering your time and talent, please take a look at the committees/boards with open seats listed below:

### **ANA Political Action Committee Board of Trustees**

- Eight (8) seats open to ANA Members (C/SNA-ANA or IMD)
- Terms of Service: January 1, 2021 – December 31, 2022
- Must be active members of a C/SNA/ANA or IMD member and registered voter;

demonstrated interest in political activities, evidenced by involvement with the political action committee of a C/SNA-PAC and/or experience in political campaigns and/or political fundraising.

- Ability to give or solicit a minimum of \$1,000 per calendar year for fundraising and demonstrate a pattern of consistent contribution to the ANA-PAC.
- Experience with lobbying at the local, state, or national level.

American Nurses Credentialing Center Board of Directors

- Two (2) seats open to ANA Members (C/SNA- ANA)
- One (1) seat open to a member of the public
- Term of Service: January 1, 2021 – December 31, 2022
- Competencies in credentialing, innovation, emerging business models in healthcare delivery, technology, and financial acumen are especially desired.

### **Center for Ethics & Human Rights Advisory Board**

- Five (5) seats open to ANA Members (C/SNA-ANA) with terms starting January 1, 2021 through December 31, 2024.
- One (1) vacated seat open to ANA Members (C/SNA-ANA) with a term ending December 31, 2022.
- Two (2) non-voting alternates with terms starting January 1, 2021 through December 31, 2022.
- Members are responsible for proposing to the ANA Board of Directors matters requiring attention by the membership, including position statement and policy development, review, and revision to help support the strategic goals of the Center and of ANA.

### **Committee on Bylaws**

- Four (4) seats open to ANA Members (C/SNA-ANA or IMD).
- Term of Service: Two (2) years (January 1, 2021– December 31, 2022).
- Appointed members shall have a knowledge of and interest in: 1) ANA and/or C/SNA governance; 2) parliamentary procedure; and 3) organizational management.
- State level experience with bylaws development is especially desired.
- Preferred that individuals do not serve the Association in another capacity during their term of service.

### **Committee on Honorary Awards**

- One (1) seat open to ANA Members (C/SNA-ANA or IMD).
- Term of Service: January 1, 2021 – December 31, 2022.

### **Committee on Nursing Practice Standards**

- Two (2) seats open to ANA Members (C/SNA-ANA or IMD) with a term of service from January 1, 2021 – December 31, 2024.
- One (1) non-voting alternate seat open to ANA Members (C/SNA-ANA or IMD) with a term of service from January 1, 2021 – December 31, 2022.
- Diversity in practice, administration, education, and research experience is valued.

### **Minority Fellowship Program (MFP) National Advisory Committee**

- Five (5) seats open to ANA Members (C/SNA-ANA or IMD) with a term of service of January 1, 2021 – December 31, 2023.
- Candidates must be Ph.D. or DNP prepared with backgrounds in mental/behavioral health and/or substance abuse disorders and have an interest in leadership and mentoring minority nursing students.
- Individuals with experience in community-based/ population-specific clinical practice; state, local or federal policy-making; editorial/publishing; academics (specifically, experience working with minority nursing graduate students specializing in mental health and/or substance abuse) are especially desired.

### **Professional Policy Committee**

- Three (3) seats open to ANA Members (C/SNA-ANA or IMD).
- Terms of Service: January 1, 2021 – December 31, 2022.
- Nomination of individuals with prior experience attending/participating in the annual Membership Assembly meeting is encouraged. Clinicians are especially encouraged to apply.
- Ability to attend the annual Membership Assembly meeting is essential.

### **Please refer to the Guide to the Appointments Process and the following nomination materials:**

- Biographical Data Form for ANA Members
- Biographical Data Form for Non-Members

- ANA Conflict of Interest and Financial Interest Disclosure Statements
- Frequently Asked Questions

Nominees may submit electronically up to three (3) support/endorsement statements with the required nomination materials. All nomination materials must be submitted by 5:00pm ET, Monday, June 29, 2020.

**MNORN is happy to write letters of support and endorsement. If you have questions or would like more information, contact Kathi Koehn at [kkoehn@mnorn.org](mailto:kkoehn@mnorn.org).**

C/SNAs, the IMD, Organizational Affiliates and individual members who would like to nominate a fellow member may do so by submitting a separate form. This form is available upon request by contacting [leader@ana.org](mailto:leader@ana.org).

