



Actions taken by the MNORN Board of Directors

Nurses Drawdown

The MNORN Board voted to become a Nursing Organization Partner of Nurses Drawdown, an organization committed to planetary health and its ability to improve the health of individuals and communities. You can learn more at <https://www.nursesdrawdown.org>

American Nurses Foundation Coronavirus Response Fund

The MNORN Board voted to make a donation of \$4000 to the ANF Coronavirus Response Fund. You can learn more about the Fund at <https://www.nursingworld.org/foundation/programs/>

Happy Year of the Nurse 2020!

Last year the World Health Organization determined that 2020 should be the International Year of the Nurse and

Midwife, because the world needs 9 million more nurses and midwives if it is to achieve universal health coverage by 2030. According to WHO, "Nurses and midwives play a vital role in providing health services. These are the people who devote their lives to caring for mothers and children; giving lifesaving immunizations and health advice; looking after older people and generally meeting everyday essential health needs. They are often, the first and only point of care in their communities." This was before COVID-19. Now we will undoubtedly need even more nurses and midwives.

It was just a year ago that ANA was planning a Dialogue Forum discussion about the invisibility of nurses in the media - that nurses were seldom used as experts by journalists as experts in articles about healthcare, both in print and on TV. The phenomena was studied in 1998 in the Woodhull Study on Nursing and the Media and was reexamined in 2018, with the same results - nurses appeared as sources in only 2% of health care stories. This was before COVID-18. Nurses are a valued source of information now, the eyes, ears, and hearts of what is happening in care facilities throughout the country.

When ANA started thinking about how to celebrate the Year of the Nurse, the decision was made to make May a month of celebration and recognition. This was before COVID-19.

Nurses are now on the frontlines and on the front page. We are grateful for all nurses, those who are taking care of patients, those who are developing new policies, those who are advocating for nurses and patients, those who are staying home and cheering on their

colleagues from a distance. Wherever you are, we are grateful that you are doing the awesome work of nursing. In the words of Annette Kennedy, president of the International Council of Nursing, "In this Year of the Nurse and Midwife, the eyes of the world are on our profession in a way that we could not have anticipated. Nurses are in the spotlight, and all around the planet this tragic pandemic is revealing the irreplaceable work of nursing for all to see."

This is not a "cake and trinket" kind of Nurse Week year. This is a year of heartfelt thanks and recognition for all you are and all you do.

ANA and MNORN have decided to commemorate Nurses Month in the following way:

Week 1 - Self-care (May 1-9)

Week 2 – Recognition (May 10-16)

Week 3 – Professional Development (May 17-23)

Week 4 – Community Engagement (May 24-31)

Expect to see Newsletters from us each week during the month, focusing on those topics.

On this 200th celebration of Florence Nightingale's birthday, we are celebrating you!

A Letter to Florence Nightingale from Nurses in Prilep, Macedonia



Our dear Florence Nightingale,
To influence the course of history and health-social trends, you need to be really strong. Being strong means being a NURSE! And time behind us has shown that only with a strong desire and brave spirit can achieve the values that we consider to be a real human need, how the world would look more humane, more grateful, filled with love and happiness for as many people as possible. And the most often bearers of the progressive ideas that bring humanity are we – the nurses, who with our love for the profession and the daily acts of humanity we do, are deeply engraved in what is called the past, the present and our eternal future!

This year, on May 12, we were supposed to celebrate your 200th birthday with dignity. This 2020, which is dedicated to us nurses and midwives, is undoubtedly OUR year. A year that

was supposed to start very differently ... Unfortunately, we are in an unprecedented period of time marked by anxiety, a period that many call the "War with the Invisible Enemy." Just as you excelled in your work as the leader of the nursing and fought during the Crimean War, where you tirelessly cared for wounded soldiers, so today we are – your offspring – we are the heroes who many seek. It's not easy really, to be the "Lady with the Lamp" and fight for another day, and for another, and another ...

At this moment, I would like to convey to you the selfless sacrifice of your collegium of nurses who are on the front lines of danger, when everyone else retreats to the safety of their homes. This was supposed to be a wonderful start to this year, this was not a battle we signed up for, but no matter what we took up arms and we fight. We have chosen selflessness to care for all those who have been, all those who are still and those who can be infected with this virus, even though the very act of caring can endanger us, ourselves or our families.

As the coronavirus pandemic (Covid-19) has spread in recent months, it is increasingly felt that time is at a standstill. Our profession has long been accused of being noble, since the time when you were an example of compassion and commitment. That is why we now have the enormous privilege of carrying the burden of preserving human dignity every day amid uncertainty, and to be part of the moments of vulnerability to "flattening the curve" requires a special kind of selflessness and strength. We have learned from you the ability to be a humane and compassionate person, as well as the common will to create a more beautiful world. With the power we have we influence, we change and save lives every day, we strive for the health for all and we provide the necessary care that patients need, because WE are the Voice that leads, because we play a key role in providing health care. Yes, our dear Florence ... And one day when all this will end, only then will we be able to look at all the emotional and physical scars of this battle. Do you know that there are no mistakes or coincidences? Maybe all what is happening to us now is just an opportunity to learn something new or this year "accidentally" was chosen for our?!" I learned that you don't have to compare yourself to the best others. You have to walk for a long time until you get tired. Heroes are people who do what needs to be done, regardless of the consequences. Only in that way you will discover what you are and what you have! Heroes are all nurses and midwives from around the world who work for hours of the day and night no matter where they are, whether it is an ambulance, a hospital, a clinic, an emergency, nursing homes, etc ...

For me, heroes are all those who have spent long sleepless nights away from their loved ones. For me, the hero is a colleague who had to leave her three minor childrens to take care of herself, while her husband, who tested positive for coronavirus, struggled in a hospital setting, while she was forced to be in self-isolation instead of being at work and together to fight.. For me, heroes are those colleagues who spent the nights in hospital

rooms and corridors, for me heroes are those who secretly cried hiding from their families and childrens, all that with the fear that they would put them at some risk. For me, heroes are all those who in every cell in their body have so much faith and strength to help the whole world. You know, in this whole battle I've learned that the greatest source of happiness is to help and be benefit for others, the best medicine-optimism, and the most successful defense-smile.

These are the moments when we feel we want to give up. But we keep fighting! Maybe now we're just wondering "why and when this will be over?!" Maybe these are the days when people are trying to test our intelligence, skills, knowledge and the duty to be where we need to be. There are times when we re-examine our abilities, our awareness and consciences and intellect, but we can still rise above it all. We'll rise up because our strength as a nurse is not determined by just one level or one task or obligation – it is an unstoppable journey towards learning, honor and the chance to make even the slightest difference in the lives of our patients at this time. And while everyone around us is at their homes, only we and our colleagues continue on the path of this battle. This is OUR year! This is OUR International Nurses Week! This is OUR moment! Today is our day, and tomorrow too! We are proud of our call for help. Dear Florence, I know that you see all this from somewhere and I hope you are proud of ... US !!..

With endless respect,

Elizabeta Nasteska

(FOR US – Association of Nurses, Midwives and Dental Nurses)

<https://www.2020yearoffthenurse.org/story/letter-for-florence-nightingale/>

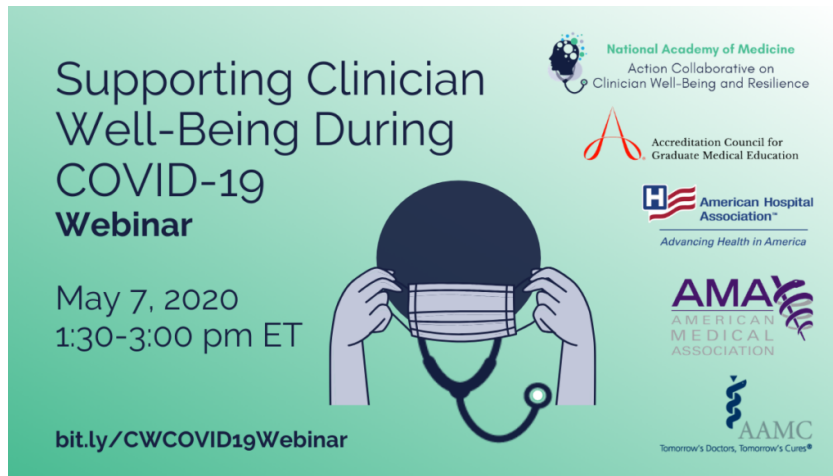
Nightingale Tribute

There is still time to submit names for the Nightingale Tribute at the 2020 ANA Membership Assembly. If you would like to honor a nurse who has died since June 2019, please notify MNORN at kkoehn@mnorn.org

Please include the nurse's full name and date of death. MNORN must submit names to ANA by May 25th.

The names of those will be honored will be added to ANA's Nightingale Tribute Book.





This webinar is hosted by the National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience in partnership with the Accreditation Council for Graduate Medical Education, American Hospital Association, American Medical Association, and the Association of American Medical Colleges.

The key objectives of this webinar include:

- Describing the existing clinician burnout crisis prior to the COVID-19 pandemic and the goals of the Action Collaborative on Clinician Well-Being and Resilience.
- Identifying the critical needs and priorities to support the well-being of clinicians, including those in their formative years of training, during the COVID-19 era.
- Spotlighting programs, resources, and leadership efforts currently underway to address and monitor the acute and long-term mental health and well-being of clinicians on the frontlines of COVID-19.
- Voicing the need for a coordinated, national strategy to care for the acute and long-term health and well-being of frontline clinicians delivering health care during this public health crisis.

You can submit your questions for the panelists as you register for the event and during the webinar.

A recording of this webinar, slides, and transcript will be available after the event. Join our [CLINICIAN WELL-BEING COLLABORATIVE MAILING LIST](#) to be notified of new resources and upcoming events.

Questions? Please email ClinicianWellBeing@nas.edu



FREE Webinar: Planetary Health: Cross-Cutting Principles for a Healthy Future

Thursday, May 7, 2020

12:30 PM - 1:15 PM

Please register for the webinar via Zoom [here](#).

Join the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing for a webinar led by **Teddie Potter**, Clinical Professor and Director of Planetary Health at the University of Minnesota's School of Nursing, on Planetary Health: Cross-Cutting Principles for a Healthy Future.

The health of humans is interconnected with the health of the planet. From loss of biodiversity to air and water pollution, from the collapse of ocean fisheries, to rising temperatures, the planet's health is in jeopardy and so is ours. Technology alone won't save us. Every individual, family, and community needs to reconnect with the planet in sustainable ways. The Planetary Health Cross-Cutting Principles offer a roadmap for reconnecting and co-creating a future that works for everyone.

Learn more about the Earl E. Bakken Center for Spirituality & Healing at csh.umn.edu. For accessibility accommodations, please contact Molly Buss (bussx057@umn.edu, 612-625-8164).

More Free Webinars from the Center for Spirituality & Healing

With a primary focus on health and wellbeing, the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing has unique resources to offer the University and community during the COVID-19 pandemic. In an effort to make our programming accessible, we are offering a number of free webinars outlined below.

Free Webinar: Sleep Strategies to Promote Wellbeing

Thursday, May 21; 12:30 to 1:15 p.m. Central Time

[LEARN MORE AND REGISTER HERE](#)

This webinar will offer new insights on the role of sleep in promoting health and wellbeing as well as help individuals recognize their own innate circadian rhythms and how to address common sleep challenges.

Free: Online Stress Busters Sessions

Weekly on Tuesdays, noon to 1 p.m. Central Time

[LEARN MORE AND REGISTER HERE](#)

Bakken Center Mindfulness and Wellbeing Instructor Mariann Johnson will guide you through mindful movement exercises and guided meditation that will leave you feeling physically, emotionally, intellectually, and spiritually rejuvenated.

Self Care During This Pandemic

American Red Cross is offering a free course on Mental Health First Aid. This is a review of mental health care that we are familiar with but it is a quick refresher and handy for these stressful times. It covers self care as well as care for family, co-workers, and children.

Online, there are multiple suggestions for how to care for self during these difficult times. However this course is helpful in recognizing the mental health needs of those around us as well as self. It is basic enough to suggest the public access it also.

Molly Maxwell has taken the course and recommends checking it out—it only takes about 30 minutes.

Mental Health First Aid for COVID-19
American Red Cross Training Session

info@outreach.redcross.org





**WANT TO HELP DURING THE COVID-19 CRISIS?
VOLUNTEER WITH THE AMERICAN RED CROSS**

In-Person Public Facing Opportunities

- ****NEW** Blood Donor & Facilities Screener:** The American Red Cross has implemented an additional position in the interest of safety for the blood supply, recipients, donors, staff, volunteers and the general public health regarding COVID-19. The Blood Donor & Facilities Screener Volunteer position will ensure people entering blood drives or other Red Cross facilities have a healthy temperature and answer some brief screening questions prior to entering. This short-term volunteer position is for ages 18 and older. Access to a schedule of available opportunities will be accessible after a successful volunteer application is completed. Follow [this link](#) to apply today!
- **Blood Donor Ambassador:** Considered an essential job. The need for blood is crucial during this time. Help at blood drives by greeting and checking in donors! Eligible for age 15 and older. [Apply here!](#)

Virtual Opportunities

- **Disaster Action Team (DAT) Duty Officer:** The need to dispatch volunteers to disasters doesn't stop in the wake of a pandemic. An American Red Cross Duty Officer immediately dispatches disaster responders to fires, floods, and tornadoes at a moment's notice. Serve your community by assisting those affected by disasters by becoming a qualified disaster dispatcher in **less than 8 hours!**
- **Service to the Armed Forces (SAF) Caseworker:** SAF Caseworkers provide virtual support to active military members, veterans, and their families while working remotely from their home. Training provided; no experience required.
- **Volunteer Screener:** Gathers relevant information about prospective volunteer candidates while assessing which positions volunteers are best suited for. Provides an excellent experience for all new volunteers joining the American Red Cross!

Impact Starts Here

When you volunteer with the American Red Cross, you become a member of one of the largest humanitarian networks in the world. Working with the Red Cross is an excellent way to make a meaningful difference in people's lives. Are you ready?

SLEEVES UP. HEARTS OPEN. ALL IN.

Contact your local American Red Cross today to learn how you can be there for neighbors when they need you the most.

Call (612) 391-1923 or email MNRecruit@redcross.org
[Apply Today!](#)



American Red Cross
Minnesota and Dakotas Region

A Letter to All on the Frontlines in the Battle Against COVID-19

April 18, 2020



Together Always

In the midst of this pandemic, one the likes of which we have never before seen, we, as veterans, are transported back to memories of our service during the Vietnam War, the last time America witnessed this shocking loss of life. Although the environment and circumstances of our war are not precisely the same as yours, we see a direct correlation to the experiences, conditions, and fallout that we endured from our time in the "trenches." We know from our wartime experiences the feelings of social isolation; little contact with family; the endless, incoming casualties; the stressful anxiety of making triage decisions; and the frustration of lacking critical medical equipment and personal safety items.

We remember the sadness of our hearts in not having the time to do all we wanted to do for the patients in our care. We see on your faces and hear in your voices the profound weight and sense of grief that you carry. We know that, along with these feelings, you have the added fear and threat of dealing with this unpredictable virus and the burden of potentially exposing family and friends.

We were not prepared for our war, just as you are facing situations unlike any you have experienced before. The daily chaos, anxiety, and stress of the shifts you work can be overwhelming at times with patients wherever you turn, all of whom need your care and attention. You are running a marathon with no finish line in sight, even though you are running as fast as you can.

Your coworkers will be with you forever as you are sharing something that no one else will ever truly understand. This may well be the most intense experience of your life. This will change your life. Don't forget to take care of each other, because you have each other. However, when all is said and done, on the other side of this national crisis, you need to pause, reflect, and get in touch with yourself. We spent too many years after we came home from the war dealing with the denial of our feelings and memories.

One of the legacies of the Vietnam War is that society now accepts Post-traumatic Stress as a natural reaction to abnormal events. We discovered the importance of seeking professional help to explore the emotional residue created by our war. We had to take a deep dive into our feelings and search our souls in order to heal ourselves. We know this path—it is a life-long journey. Your loved ones are suffering and sacrificing in this fight. Don't forget to include them

in this process. Family and friends are your first line of support and are critical to healing.

We write this letter because we believe we share a commonality of serving our nation in a time of uncertainty and need. You are the very essence of what make America great. Your courage, determination, strength, and selfless sacrifice give us hope. Our thoughts and prayers are with you all. We salute you. You are not alone. We stand with you.

Signed:

Chuck Byers, BSN
Chair, VVA Veterans Health Committee
U.S. Army Combat Medic RVN 67-68 Arizona
Marsha Tansey Four, RN
U.S. Army Nurse Corps
Vietnam 1969-1970
Special Advisor to the VVA National President
Immediate Past National Vice President, VVA
Pennsylvania

Dr. Thomas C. Hall, PhD U.S. Army
Vietnam 68-71
National Chair
VVA PTSD Committee Missouri

Kate O'Hare-Palmer, RN, RD
U.S. Army Nurse Corps
Vietnam (1968-1969)
National Chair of the VVA Women Veterans Committee
California

Dr. Linda Spoonster Schwartz, RN, MSN, DrPH FAAN
U.S. Air Force Nurse Corps (1968- 1986)
Special Advisor to the VVA National President
Connecticut

Rick Weidman,
Executive Director for Policy and Government Affairs
Vietnam Veterans of America
U.S. Army Combat Medic RVN 1969 Maryland

Postscript:

It is important to know that this letter was a spontaneous effort by a group of Vietnam veterans deeply touched by your videos, the news reports, and daily body counts. They

cannot be in the trenches this time, so they looked for a way to help. The sentiments expressed in this letter reflect the thoughts and feelings of our many of our members. As a New Yorker, there is so much more that could be said. Most importantly, I want to thank you all. As stated in the letter, we stand with you now and in the future. We are all in this together. Be safe out there!

--John Rowan, National President, Vietnam Veterans of America, U.S. Air Force

HONOR THOSE WHO CARE FOR US

by Audrey Novak Riley
4.30.2020

My mother was a registered nurse. She wore a uniform to work—a crisp white dress, white shoes and stockings, a starched white cap with a black velvet ribbon on it, and a little gold pin with some Latin words on it. (We kids thought Mom looked beautiful in her white uniform.) Mom was proud of her profession, and she was good at it too.



But nurses' kids don't often see their mothers at work, so that wasn't what impressed me. I was impressed with her white uniform, especially that snazzy starched cap. The amount of work she put into keeping that little cap up to her standards was astonishing. Well, that was a long time ago. Even Mom was relieved when those crisp white uniform dresses gave way to white pantsuits and then (after she retired) washable, colorful, practical scrubs.

CONFIDENT AND COMPETENT

And as I grew up, I came to understand that Mom's uniform—even the cap—was never the important part. The critical part of being a nurse, for her, was competence, and confidence in her own ability.

Florence Nightingale, the founder of modern nursing, was born on May 12, 1820, 200 years ago. A confident and competent woman herself, she used all her considerable gifts to revolutionize the care of wounded British soldiers during the Crimean War, earning respect, gratitude, and honor worldwide. After the war, she established nursing and midwifery schools in England and wrote tirelessly on nursing, hospital management, and public health.

Florence Nightingale said, "How very little can be done under the spirit of fear!" Her courage, determination, and generous service promoted healing and wholeness in the society and the world. She is recognized in the ELCA's calendar as a renewer of society.

Only God knows how many people's lives have been improved, even saved, by Florence Nightingale and the millions of nurses who have followed in her footsteps. I know my life is all the better because of nurses, especially one Carol Helen Novak, R.N., and I'm grateful.

Audrey Novak Riley is director for stewardship for Women of the ELCA.

<https://www.womenoftheelca.org/blog/devotions/honor-those-who-care-for-us>

The American Nurses Association (ANA) continues to advocate for access to new, unused PPE while providing patient care.

With regard to the decontamination of PPE, ANA calls for stronger evidence regarding the safety of decontamination methods for the reuse of PPE by nurses and other health care professionals. In accordance with the Centers for Disease Control and Prevention, ANA does not support the use of decontamination methods as a standard practice, however, we acknowledge this is a crisis capacity strategy in the time of supply shortage.

During pandemics, nurses and their colleagues must decide how much care they can provide to others while also taking care of themselves. Therefore, when decontamination systems are used, nurses should have the right to refuse use of a decontaminated N95 respirator.

If utilized, it is imperative that the employer know the N95 respirator materials are compatible with the decontamination system selected. Employers must fully understand and communicate any known risks to staff that are associated with use of these methods. Furthermore, it is the responsibility of the employer to continue developing strategies to address the limited supply and manufacture of PPE. Guidance from the CDC also notes that given the uncertainties on the impact of decontamination on respirator performance, these Filtering Facepiece Respirators (FFRs) should not be worn by healthcare personnel when performing or when present for an aerosol-generating procedure.

ANA calls on government and the health care industry to identify and offer strategies to address the limited manufacturing and supply chain of necessary PPE without compromising the health and safety of healthcare staff. This call to action is more urgent as states across the country reopen and demand for PPE for workers across all sectors and consumers increases. ANA continues to urge the Administration to use the Defense Production Act to increase the domestic production of medical supplies and equipment desperately needed by front line healthcare personnel.

For more information on this and other FAQs available, please be sure to reference information here: www.nursingworld.org/practice-policy/work-environment/

**People working on the front lines of COVID-19
are experiencing unparalleled levels of stress.**



**We want to support all those who are
working hard to save lives.**

**That's why a group of mental health professionals have come
together to provide free support sessions to people in Minnesota
working in healthcare, essential personnel, and first responders.**

**They have volunteered their time to provide support
and a listening ear. Available seven days a week,
now through August 31, 9AM to 9PM**

**To reach an on-call volunteer,
visit <https://www.mnpsychsoc.org>**



You're here for us. Let us be here for you.

ANA's COVID-19 Self-Care Package for Nurses (Free)

Overview

ANA has created a self-care package of free courses to thank the entire nursing community supporting the COVID-19 response. As the coronavirus (COVID-19) continues to impact nurses across the globe, ANA wants to share resources to support you, your safety and the important work you do.

This self-care package includes the following courses:

- Nursing Ethics: Strategies to Resolve the Top Ethical Dilemmas Nurses Face
- Moral Resilience
- Dealing with Fatigue: Strategies for Nurse Leaders
- Promoting Nurse Self-Care: Emotional and Mental Wellbeing
- A Nurse's Guide to Preventing Compassion Fatigue, Moral Distress, and Burnout

Benefits include:

- Free CE credits
- Valuable tips
- 24/7 online access

Key Learning Outcomes

- Recognize moral distress in your nursing practice and build confidence in confronting morally complex situations to reduce moral distress and burnout
- Self-identify ways to build moral resilience and reduce the physical and emotional consequences of morally complex situations
- Identify the most common ethical dilemmas in nursing practice
- Harness expert tips and strategies to build resilient teams
- Establish leadership responsibility for identifying work environment elements contributing to fatigue
- Define leadership strategies to create and sustain a safe care delivery environment
- Apply strategies to identify and intervene with nursing mental health concerns, while decreasing the stigma associated with mental health conditions

[MORE DETAILS AND REGISTRATION](#)

[**MORE FROM ANA ON WHAT YOU NEED TO KNOW/MENTAL HEALTH AND WELL-BEING**](#)