

## December MNORN Annual Meeting /Member Meeting (via Zoom)

### MNORN DUES

MNORN members were notified last month that the ANA portion of our dues will be increasing in 2025.

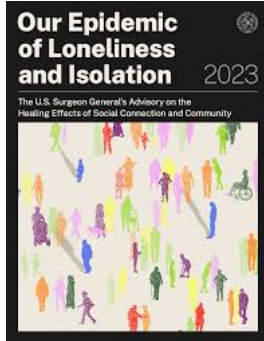
“The ANA portion of your membership dues will increase by 5.1% (about 2 cents a day) in 2025 – our first increase in 11 years. ANA dues policy is governed by an automatic dues escalation process that was approved by the Membership Assembly in 2020.”

**What we want you to know is that the MNORN portion of your dues (\$7.58/month) will not be increasing.**

Total ANA/ MNORN dues should be \$22.72/month.

Further ANA dues increases will not be considered until 2030.

**What we also want you to know is that we are grateful for your membership, especially during these challenging times.**



## Wednesday, December 18, 2024

6:30- 7:00 PM: Social/Networking  
 7:00 - 7:15: Annual Meeting  
 7:15 - 8:00 PM: Program

**Program:** The Loneliness Epidemic, the impact on health and wellbeing, and what some communities are doing to reduce social isolation

**Presenter:** Heidi Orstad

In March 2023, Surgeon General Dr. Vivek Murthy Called for Action to Address Loneliness as a Public Health Crisis, He laid out a framework for a national strategy to advance social connection. “Our epidemic of loneliness and isolation has been an under- appreciated public health crisis that has harmed individual and societal health. Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives,” said U.S. Surgeon General Dr. Vivek Murthy. “Given the significant health consequences of loneliness and isolation, we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders. Together, we can build a country that’s healthier, more resilient, less lonely, and more connected.”

Come and learn more about this important report, what some communities are doing to address this and actions we can take as individuals and organizations.

[CLICK HERE TO REGISTER](#)

## Recording & Report of the November Member Meeting: Using Video Visits with Adult Family Caregivers in Rural Areas to Improve Care Transitions Outcomes



Presenter: Joan Griffin

[SLIDE DECK](#)

Joan is a professor at the Mayo Clinic and Scientific Director for the Patient Centered Outcomes Program. In her own words, she says "I use both qualitative and quantitative methods to study how social, psychological and behavioral factors affect health services and health outcomes. I have a keen interest in how best to model health care services to include family caregivers as partners in care. My current research also includes intervention studies to support family caregivers using technology, and observational studies that describe the impact of caregiving on caregiver and care recipient health and well-being."

At our November meeting, Joan talked about her newly published research on Transitional Palliative Care for Family Caregivers, which targeted rural caregivers caring for people with serious and life-limiting illnesses and aimed to support them during the transition out of the hospital using video visits. Her research showed that providing support throughout a transition (typically a stressful and risky time for caregivers and patients can improve both caregiver and patient health and well-being.

Her article was published in the November 2024 Journal of Pain and Symptom Management [https://www.jpmsjournal.com/article/S0885-3924\(24\)00911-4/fulltext](https://www.jpmsjournal.com/article/S0885-3924(24)00911-4/fulltext)

### Objectives of the presentation:

At the conclusion of the presentation the participant will be able to:

- Explain at least 3 reasons why engaging caregivers during care transitions can reduce risks for poor patient outcomes.
- Restate main Transitional Palliative Care study intervention procedures
- Describe recent laws (MN Care Act) and policies (CMS billing codes) that address challenges for caregiver engagement.

### Comments from attendees' evaluations:

What factors influenced your decision to attend?

- Topic
- The topic was new to me, so I was interested to hear about it, especially related to current nursing roles.
- Topic
- Our monthly meeting
- Topic, CEU
- Availability, interest in topic
- Regular attendee, networking opportunities
- I make it a priority to attend monthly MNORN meetings and appreciate all of our presenters.

Other comments:

- Such important work!
- Thank you for this wonderful presentation!
- It was an excellent presentation on a great topic and well needed.
- Data driven policy development
- Great study
- I will like see a presentation on the effective use of AI in nursing education and practice.
- It is a good thing to bring speakers with diverse topics to share with us.
- Thank you so much for the broad topics chosen for presentations. I have learned so much about many diverse aspects of nursing, many of which were completely new to me.
- Any in person offerings being considered? Maybe 1 or 2/year?
- Really well-done
- Caregivers give so much time, expenses that are not reimbursed. I remember this well with my mother.
- Thank you again for a fantastic meeting and presentation! This is such an important topic. Thank you for your work and dedication!



### ANA Healthy Nurse, Healthy Nation® Spotlight: MNORN member, Teddie Potter, PhD, RN, FAAN, FNAP

*A nurse shares how improving our planet's health is possible — and the role nurses can play in changing Earth's fate Novelist and Nobel Prize winner Ernest Hemingway once said, "The Earth is a fine place and worth fighting for."*



And [#healthynurse](#) Dr. Teddie Potter has spent her career doing just that.

Dr. Potter is the director of the Center for Planetary Health and Environmental Justice at the School of Nursing at the University of Minnesota. She leads a passionate and growing movement to integrate environmental health into the practice of nursing.

**CLIMATE CHANGE AS A HEALTH ISSUE**

From the early years of her nursing career, Dr. Potter focused on ways she could prevent and alleviate suffering as much as possible. In the late 1990s, she began noticing evidence of climate change in her home state of Minnesota. She immediately realized the danger it could pose to public health.

"I saw disruptions in ancient environmental patterns that I had experienced my entire life," she recalls. "I remember waking up on Christmas morning in 1999, and it was pouring rain. It was the first time that I experienced rain instead of snow on Christmas in Minnesota."

Dr. Potter also witnessed changes in bird migration patterns and growth cycles of perennial plants. These changes alerted her that something was amiss.

"As I did more study, it was apparent that climate change was going to be a huge health issue."

As Dr. Potter became more involved in the climate change movement, she started to understand that the problem was bigger than climate.

"The realization hit that we were facing much more than climate change," she continues. "There were also signs of biodiversity loss, pollution, and plastics and waste issues. That was when I learned about Planetary Health."

**PLANETARY HEALTH: CREATING A WORLD WHERE ALL CAN THRIVE**

Launched in 2015, Planetary Health is both a field of study and a global environmental movement. It seeks to understand and address the ways our environment impacts human health. Human-caused changes to our planet now threaten our health and well-being, along with the health and well-being of all life.

When Planetary Health launched, Dr. Potter had already been actively working to stop climate change for a decade.

"I read the Rockefeller Foundation-*Lancet* Commission's 2015 paper on Planetary Health, and immediately recognized it as an approach I wanted to take," she says.

The movement's central organization, [Planetary Health Alliance](#), comprises a growing network of academic institutions, non-governmental organizations (NGOs), research institutes, and government entities. The organization's members represent more than 75 countries that are committed to creating a more habitable planet.

"I became involved very early, when Planetary Health was quite small," says Dr. Potter. "Since then, it has grown into a global movement. It's very rewarding to see."

## THE 5 DOMAINS OF PLANETARY HEALTH

The [framework of Planetary Health](#) is built on 5 interdependent pillars:

- 1. Interconnection within nature:** Humans are not separate from Nature; we *are* Nature. The way we treat the planet affects us, our children, and future generations.
- 2. Anthropocene and health:** Humans have damaged the planet. The environmental changes and shifts we currently experience aren't natural; they are human-made.
- 3. System thinking and complexity:** The problems with our planet can't be solved by changing one small aspect. We must consider how everything interconnects, and how each action we take affects all parts of the ecosystem.
- 4. Equity and justice:** The people who contribute the least to the destruction of the planet often suffer the consequences first, and most.
- 5. Movement building:** Planetary health requires shifting the structures and behaviors of our society.

According to Dr. Potter, "This movement is a worldwide call to action to redesign all human structures — so that instead of harming the planet, we're supporting it."

## PLANETARY HEALTH AND NURSING: A NATURAL CONNECTION

"Planetary health is about fighting *for* something, rather than *against* something," Dr. Potter says. That is the aspect of the movement she found most inspiring. Rather than working "against" those who didn't believe in the threat of climate change, Dr. Potter began exploring ways to make a positive difference.

In her quest to improve our planet's health, Dr. Potter examined how humans might shift the behaviors that have damaged it.

"To me, an obvious place to start was nursing," she says. "Nurses are good at influencing human behaviors. They're educators, and people listen to them and follow them. I started looking at how we can nurse differently and prepare people for a different future."

Dr. Potter also realized that Planetary Health was something that could be applied to nursing in any setting. She considered ways to incorporate the movement's teachings into the curriculum at the University of Minnesota's School of Nursing and other nursing schools, and a new program took shape.

## NURSING FOR PLANETARY HEALTH PROGRAM

In 2022, Dr. Potter contacted the president of the International Council of Nurses about launching Planetary Health within nursing.

"The president responded by saying the Council recognized the urgency of addressing climate change's threats to human health and was ready to work with me," she recalls.

The next step was to outline the program. Dr. Potter gathered other nursing leaders together to create the framework.

"We had a choice," she says. "We could set it up as a specialty within nursing. Or we could create a program called Nursing for Planetary Health and hope all nurses would pivot to the change. Rather than a specialty, it would become foundational to nursing and the way we practice."

Nursing for Planetary Health officially launched at the 2023 Congress of the International Council of Nurses. Dr. Potter now directs the Center for Planetary Health and Environmental Justice at the School of Nursing at the University of Minnesota.

Dr. Potter says she may have been the first director of Planetary Health for a nursing program, but she isn't the last. "Since that point in time, I've talked with many people who want to step into that role and incorporate Planetary Health into their own university curriculum."

#### **HOW NURSES CAN CONTRIBUTE TO PLANETARY HEALTH**

According to Dr. Potter, at the individual level, nurses can contribute to creating a healthier planet with their own choices and behaviors.

"When you understand the foundation of Planetary Health, you walk through the world differently," she says. "You shop, make purchases, eat, even choose transportation in a new light. And when people see you making these choices, they might, too."

Nurses also influence decisions within health care organizations. Dr. Potter says nurses can have a voice in how their organization purchases products, the food they serve, even resources like electricity.

On a larger scale, Dr. Potter recommends getting involved with professional organizations like the [American Nurses Association](#).

"Nurses can join their ANA state nurses associations and get involved in shaping the future of our planet," she says. "Instead of reacting to disasters, we can work together and lead this movement to prevent disasters and create positive change for all people and life."

Teddie Potter, PhD, RN, FAAN, FNAP is a clinical professor and director of the Center for Planetary Health and Environmental Justice at the School of Nursing at the University of Minnesota. She also co-founded Nursing for Planetary Health, a global nursing movement.

Want to know more about planetary and environmental health? Here are [some actions](#) nurses and their nurses associations can take to combat climate change.



Have you joined [Healthy Nurse, Healthy Nation \(HNHN\)](#) yet? [Join today!](#)  
[Sign up for our monthly challenges!](#)

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## Learn with The Alliance of Nurses for Healthy Environments

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Discover our range of short courses, workshops, and webinar series designed to improve your knowledge around a variety of environmental health topics. Our mission is to promote healthy people and healthy environments by educating and leading the nursing profession, advancing research, incorporating evidence-based practice, and influencing policy.

Examples of courses:

**Finding Health in Nature:** This presentation discusses the science of spending time in nature and its impact on physiological and psychological health. Additionally, we share information regarding an ongoing study that involves participants spending time in the forest. Our sources of data include psychometric measures of recovery, heart rate variability, and salivary hormones including cortisol and oxytocin.

**Advancing Climate Change in the Nursing Curriculum:** This workshop introduces issues of climate change to nursing faculty, establishing the connection between climate change and health across the lifespan.

**Plastic Pollution and the Impact on Human Health:** Plastic pollution harms the climate, wildlife, ecosystems, and human health. It is estimated that of the 14 000 tons of waste generated daily in US health care facilities, about 20% to 25% is plastic. Yet, the majority of



plastics, including those used in health care, are not recycled and have created a plastics crisis for our environment. This webinar will provide an overview of the health harms from plastics and how plastic is a hazard at every stage of its life cycle - beginning with extraction of the coal, oil and gas from which nearly all plastics are made, production and use, and to the disposal of plastic waste. Speakers will also discuss how medically unnecessary plastics in the healthcare sector are contributing to the plastics crisis.

**Learn at your own pace:** Content is available 24/7 so you can study at your own pace and as your schedule allows.

**Get Nursing CE credits:** Once you complete each course and assess your learning through a short post-test, you will receive a personalized and downloadable certificate for nursing CEs.

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## New Fellows of the American Academy of Nursing from Minnesota

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**Congratulations to Minnesota's new Fellows, inducted at the AAN Policy Conference the beginning of November:**

**Robin Austin PhD, DNP, NI-BC, FAMIA, FNAP**

Assistant Professor, University of Minnesota

**Rhonda Kazik DNP, RN, CENP**

Chief Nurse Executive, Essential Health Integrated Healthcare System

**Heidi Lindroth PhD, RN**

Nurse Scientist, Mayo Clinic

**Holly Shaw PhD, RN**

Director, Center for Nursing Engagement and Leadership at the United Nations and member of the Katharine J Densford International Center for Nursing Leadership (University of Minnesota) Directorate

**About the Academy:**

**Purpose:** The American Academy of Nursing serves the public by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. Academy Fellows are inducted into the organization for their extraordinary contributions to improve health locally and globally.

With more than 3,000 Fellows, the Academy represents nursing's most accomplished leaders in policy, research, administration, practice, and academia.

**Vision:** Healthy Lives for All People.

**Mission:** Improve health and achieve health equity by impacting policy through nursing leadership, innovation, and science.

**Values:** Equity, Diversity, Inclusivity, Inquiry, Integrity, Courage

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**Minnesota Indian Women's Resource Center starts construction on affordable housing in Minneapolis**

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Note: MIWRC is an organization that MNORN supports through an annual donation. [Click here to learn more about this organization](#)



**MIWRC STAFF WITH SHOVELS AT GROUNDBREAKING CELEBRATION OUTSIDE OF THE MIWRC ON THURSDAY. CHANDRA COLVIN | MPR NEWS**

The Minnesota Indian Women's Resource Center in Minneapolis celebrated the start of construction of additional program housing Wednesday.

The \$14.1 million project will include renovating the building's top two floors and converting the space into 24 [permanent supportive housing](#) units, four of which will have accessibility features for those with disabilities.



**MIWRC CEO RUTH BUFFALO SPEAKING AT  
GROUNDBREAKING CELEBRATION OF  
ADDITIONAL HOUSING PROJECT. CHANDRA  
COLVIN | MPR NEWS**

The apartments will also be utilized for emergency housing for unsheltered Indigenous women and families, CEO Ruth Buffalo said. Those living in the apartments will have access to services in the resource center on the bottom two floors of the building, which offers advocacy, support groups and healing spaces.

"I'm hoping that through this project, we can also be helpful to the community and curb further tragedies from happening and helping individuals, families and communities live long, healthier, happy lives," Buffalo said.

The Minnesota Indian Women's Resource Center, or MIWRC, partnered with local and state programs for funding including UnitedHealth Group, Cinnaire, Minnesota Equity Fund, and Greater Minnesota Housing Fund.

Minneapolis Mayor Jacob Frey says the city gave \$2.5 million toward the cost of construction through the [American Rescue Plan](#).



**PEOPLE GATHER OUTSIDE THE MIWRC TO CELEBRATE THE  
GROUNDBREAKING OF PROJECT.  
CHANDRA COLVIN | MPR NEWS**

“When you give people a foundation of home, when you give them the service that they need and the care and the love that every human being on this planet deserves, they’ll flourish and they’ll do amazing things,” Frey said.

Hennepin County District Four Commissioner Angela Conley says the resource center will offer much needed affordable housing in the community.

“Housing is a fundamental human right, and there is no reason for any Indigenous person to be homeless on stolen land,” Conley said.

Construction is expected to be completed in July 2025. In [September](#), the center also celebrated its 40th anniversary.



**SHOVELS PICKING UP DIRT AT GROUNDBREAKING CELEBRATION OUTSIDE OF THE MIWRC. CHANDRA COLVIN | MPR NEWS**

retrieved 11/25/2024 <https://www.mprnews.org/story/2024/11/21/minnesota-indian-womens-resource-center-affordable-housing-minneapolis>



**NSO Upcoming Webinars - available on-demand**

Documentation do’s, don’ts, and best practices to defend against lawsuits and licensing board investigations.



**Part 1, December 5, 2024:** Back to Basics will discuss common documentation problems, provide documentation examples from actual cases, and suggest best practices in documentation and record-keeping to aid in the defense of malpractice lawsuits or licensing board investigations.

**Time: 2:00 PM – 3:30pm CT**

Speaker: Edie Brous RN, BSN, MS, MPH, JD, Nurse Attorney

Moderator: Jennifer Flynn, CPHRM, Risk Manager, Nurses Service Organization (NSO)

**Overview:** This session will discuss common documentation problems, provide documentation examples from actual cases, and suggest best practices in documentation and record-keeping to aid in the defense of malpractice lawsuits or licensing board investigations.

**Objectives:**

- Identify common documentation and record-keeping deficiencies that expose nurses to liability.
- Describe elements that each healthcare record should contain.
- Develop processes and best practices related to chart review and record-keeping practices.

[CLICK HERE TO REGISTER](#)

**Part 2, December 12, 2024:** Special Situations will discuss proper documentation recommendations for specialty situations and patients, provide documentation examples, and suggest best practices in documentation and record-keeping to aid in the defense of malpractice lawsuits or licensing board investigations.

**Time: 2:00 PM – 4:30pm CT**

Speaker: Edie Brous RN, BSN, MS, MPH, JD, Nurse Attorney

Moderator: Jennifer Flynn, CPHRM, Risk Manager, Nurses Service Organization (NSO)

**Overview:** This session will discuss proper documentation recommendations for specialty situations and patients, provide documentation examples, and suggest best practices in documentation and record-keeping to aid in the defense of malpractice lawsuits or licensing board investigations.

**Objectives:**

- Identify proper documentation and record-keeping for specialty patients.
- Describe how a properly documented healthcare record can aid in the defense of malpractice allegations.
- Develop processes and best practices related to chart review and record-keeping practices for specialty patients and situations.

[CLICK HERE TO REGISTER](#)

**These activities for 1.5 contact hours each are provided by Lippincott Professional Development and jointly provided by Nurses Service Organization.**

Lippincott Professional Development (LPD) is accredited as a provider of Nursing Continuing Professional Development by the American Nurses Credentialing Center's (ANCC) Commission on Accreditation.

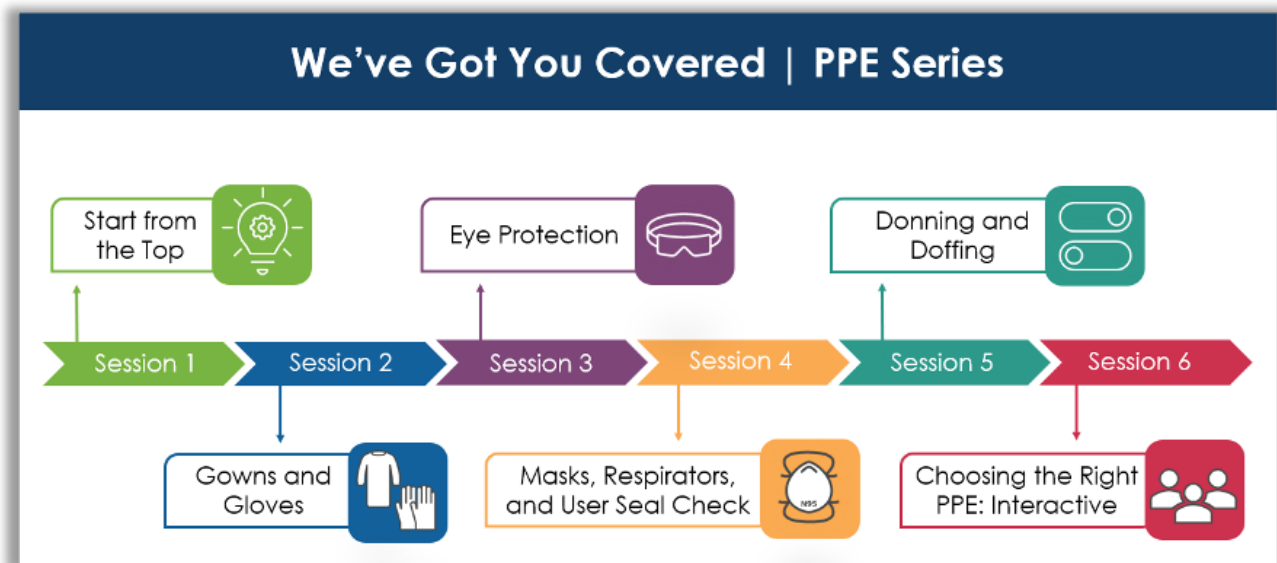
These activities are also provider approved by the California Board of Registered Nursing, Provider Number CEP 11749 for 1.5 contact hours each, the District of Columbia, Florida #FBN50-1223, and Georgia Board of Nursing #50-1223.

In order to earn CE credit for this event: Participants must (1) register, (2) attend the entire live event, and (3) complete the post event test evaluation. Only those who meet these requirements will be issued a certificate of completion.

### Register for MDH Project Firstline Trainings

#### **We've Got You Covered | Personal Protective Equipment (PPE) Six-Part Series**

Personal Protective Equipment (PPE) helps keep health care workers safe and prevents germs from spreading in the health care environment. Learn more about how to select the appropriate PPE for the task at hand. Register for the training series here: [Project Firstline Training and Resources \(www.health.state.mn.us/facilities/patientsafety/infectioncontrol/pfl/training/index.html\)](http://www.health.state.mn.us/facilities/patientsafety/infectioncontrol/pfl/training/index.html)



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OFFICE OF RURAL HEALTH AND PRIMARY CARE

## Student Loan Forgiveness Opportunity

### Eligible professions

- Dental Therapist/Advanced Dental Therapist (Rural Only)
- Dentist
- Mental Health Professional-LICSW, LADC, LPCC, LMFT, Clinical Psychologist, Psychiatrist
- Advanced Practice Provider-NP, CNM, CNA, PA (Rural Only, Urban ok for Psych. NPs)
- Nurse Faculty
- Long Term Care Nurse- LPN, RN
- Pharmacist (Rural Only)
- Physician-Family Practice, Internal Medicine, OB/GYN, Pediatrics, Psychiatry
- Public Health Nurse (Rural Only)

### Eligible service areas

Rural Area-Outside the Seven County Metro

- Seven County Metro defined as Anoka, Carver, Dakota, Hennepin, Ramsey, Scott & Washington
- Also excluding Duluth, Mankato, Moorhead, Rochester & St. Cloud

Urban Area-In the Seven County Metro or Duluth, Mankato, Moorhead, Rochester, St. Cloud

- **AND** in a Federally Designated Shortage Area- HPSA or MUA/P
- Look up your practice site's designation by address at [data.hrsa.gov](https://data.hrsa.gov)

**Application Open November 1, 2024-January 6, 2025.**

**See more and apply** [www.health.state.mn.us](https://www.health.state.mn.us) keyword "Loan forgiveness"

MDH Office of Rural Health and Primary Care  
MN Health Care Loan Forgiveness  
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