

## Coronavirus, Food Insecurity and the Year of the Nurse



What, you may ask, do the Coronavirus, Food Insecurity and the Year of the Nurse have to do with each other? Let's take it one at a time, starting, of course, with Florence Nightingale, whose 200th birthday we are celebrating this year.

Florence Nightingale was all about providing a clean, safe environment where health and healing could occur. She continues to remind us today that "what nursing has to do, is to put the patient in the best condition for nature to act upon him" and that "wise and humane management of the patient is the best safeguard against infection." She promoted good hand washing techniques, fresh air, and nutritious food as methods of keeping people healthy.

Nightingale would have been a huge champion of the annual March Food Drive as a means of ensuring nutritious food for those who have Food Insecurity. Did you know that, according to the Minnesota Department of Health, Minnesota ranks 7th worst in the nation for the share of residents with access to healthy foods? As nurses, we know that food insecurity is associated with poorer health outcomes for both children and adults.

Food insecurity is not a rural or an urban problem in Minnesota, it is a problem throughout the state. In fact, in greater Minnesota, 100% of 24 counties qualify as federally designated food deserts. In stark terms, 504,760 people in Minnesota are struggling with hunger - and of them 163,310 are children. That's 1 in 11 people in Minnesota and 1 in 8 children.<sup>1</sup>

The largest grassroots food and fund drive in the state, the Minnesota FoodShare March Campaign brings together various community organizations, businesses, and faith communities to help stock nearly 300 food shelves statewide. [MN FOOD SHARE MARCH CAMPAIGN](#)



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<https://www.feedingamerica.org/hunger-in-america/minnesota>

Nurses are contributors to this campaign year after year, because we know, as Nightingale knew, that nutritious food is a necessary ingredient to health and well being.

So, finally, what is the connection to the Coronavirus? It's all about the food! The Department of Homeland Security has recommendations for how individuals can prepare for a possible pandemic. Among their recommendations are:

- Store a two week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

If you have food insecurity, how are you supposed to store a two week supply of water and food and enough prescriptions and over-the-counter medications and supplies? All of a sudden, it is obvious that disaster planning, including a potential Coronavirus pandemic, is just one more area of health inequity.

So this year, during the March Food Drive, remember Florence Nightingale and the Year of the Nurse, remember that food insecurity makes people especially vulnerable in times of disasters, including pandemics, and give what you can to your local food shelves. Volunteer, if you can. Again, the words of Florence Nightingale: "So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seed germinates and roots itself."

PS. If you volunteer at a Food Bank or any other hunger-related activities, please share a photo! You can send it to [kkoehn@mnorn.org](mailto:kkoehn@mnorn.org).

**For current information about Coronavirus:**

[MINNESOTA DEPARTMENT OF HEALTH](#)

[CDC](#)

[AMERICAN NURSES ASSOCIATION](#)

[DEPARTMENT OF HOMELAND SECURITY](#)

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## Nurses Climate Challenge: Educating 50,000 Health Professionals by 2022

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There is increasing interest and engagement among the nursing community around environmental matters that influence human health, such as climate change. Nurses are trusted health professionals and make up nearly 40% of the healthcare workforce, serving as catalysts of change in their institutions and practice settings.

To activate nurses, the [Alliance of Nurses for Healthy Environments \(ANHE\)](#) and [Health Care Without Harm \(HCWH\)](#), launched the Nurses Climate Challenge (the Challenge) in May 2018. The Nurses Climate Challenge is a national campaign to educate health professionals on climate and health, with nurses leading the education. The Challenge started with the original goal to educate 5,000 health professionals and was quickly surpassed in less than a year due to the combined efforts of Nurses Climate Champions around the world.

The response to the Nurses Climate Challenge has been robust. There are over 1,000 nurse climate champions from nearly all 50 states, with over 13,000 health professionals educated since the launch. In addition, nurses from 19 countries outside the United States are registered as Nurse Climate Champions. However, there are nearly four million nurses and 18 million workers in the healthcare sector in the US alone; therefore there is an opportunity to exponentially scale the impact of the Challenge. To do this, we are aiming to educate 50,000 health professionals by 2022.

The Nurses Climate Challenge offers a comprehensive toolkit with all the resources nurses need to educate colleagues on climate and health and engage in climate-smart practices in health settings and at home. Nurses using the Challenge resources are highlighted through profiles (<https://nursesclimatechallenge.org/champion-profiles>) published on the Challenge website, shared in newsletters, and posted on social media to showcase the work being done and to inspire others to join.

The Challenge also calls on nurses to be advocates for climate and health. Leading within a nursing organization, health institution, or academic center to spearhead initiatives to address climate change is an example of how nurses can move health professionals from education to action. The Challenge resources include a guide to taking action within workplace and home settings and provide other points to get started.

As a nurse, you can also educate policymakers and the public about the connection between climate and health and how to take action by writing a letter to the editor in

a local newspaper, meeting with elected officials, or talking with patients, friends and family members, and/or your community about the health impacts of climate change. The Challenge website includes sample talking points and template letter to the editors in the resources section.

Furthermore, the CHANT: Climate, Health, and Nursing Tool 2020 is now available. CHANT is 10-minute voluntary survey asking respondents about awareness, motivation, and behaviors related to climate and health. Nurses and other health professions are encouraged to take the survey every year. Access CHANT here: <http://bit.ly/30riTR9>.

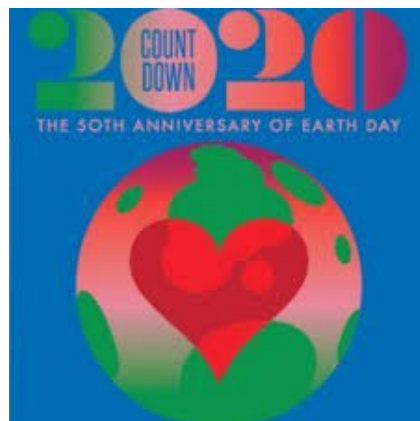
Learn more and join the Nurses Climate Challenge by visiting [nursesclimatechallenge.org](https://nursesclimatechallenge.org)

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## ANA Health Policy/Government Affairs Corner

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### **Title VIII Nursing Workforce Reauthorization Act**

The House passed this legislation. Unfortunately, there hasn't been any movement in the Senate this year. (When the Senate was considering impeachment, that put a halt to all other legislative activity.) We have been talking to committee staff and our Title VIII champions so that we can continue the momentum. The Senate bill now has 20 cosponsors.

[LIST OF SENATE COSPONSORS](#)

### **Home Health Care Planning Improvement Act**

The House legislation now has 134 cosponsors and the Senate has 43 cosponsors. Both bills are waiting to be considered by its committees of jurisdiction. One additional note: the Senate Aging Committee held a hearing earlier today entitled "There's No Place Like Home: Home Health Care in Rural America."

[LIST OF HOUSE COSPONSORS](#)

[LIST OF SENATE COSPONSORS](#)

### **Promoting Access to Diabetic Shoes Act**

The House legislation has 90 cosponsors and the Senate has 14. Both bills are waiting to be considered by its committees of jurisdiction.

[LIST OF HOUSE COSPONSORS](#)

[LIST OF SENATE COSPONSORS](#)

### **The Workplace Violence Prevention for Health Care and Social Service Workers Act**

The House has passed this legislation. There are 31 cosponsors of this legislation in the Senate. We are meeting with Senate staff to educate them on this topic and build the cosponsor list.

[LIST OF SENATE COSPONSORS](#)

### **U.S. Cadet Nurse Corp.**

ANA is scheduling meetings with our champions in the House and Senate and talking with them so we are all on the same page as to how we will move the legislation this year. Additionally, they are scheduling meetings with House and Senate Veterans Affairs Committees to continue to raise awareness about this legislation. In the meantime, they are asking member offices to cosponsor the bill.

[LIST OF HOUSE COSPONSORS](#)

[LIST OF SENATE COSPONSORS](#)

**Note:** we can be asking MN Representatives and Senator Tina Smith to be cosponsors.

### **President's Budget**

The President has issued his budget for Fiscal Year 2021. Included in it is the elimination of Title VIII, cuts to NIH, and a reduction in the National Institute of Nursing Research. While these cuts are very disappointing, the Administration did broaden the set of primary care providers for beneficiary assignment for accountable care organizations to include nurse practitioners and clinical nurse specialists, among others. Also in the budget is support for the United States Public Health Service Commissioned Corps, additional funding for nurses in Indian Health Services, and recognition of the need of increased access to health care and

telehealth technology in rural America. Lastly, the President's budget has become almost ceremonial in nature. It is the Administration's wish list of what they would like to see. It is the House and Senate members who serve on the budget and appropriations committees who dictate the dollars. In the coming weeks, budgets from the House and Senate will start to roll out. The Nursing Community Coalition did send out a statement of the budget and it will be in the notes we send out after the call.

[NURSING COMMUNITY COALITION STATEMENT ON THE PRESIDENT'S BUDGET](#)

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**SAVE THE DATE**

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**MNORN MEMBER MEETING MAY 12TH,  
FLORENCE NIGHTINGALE'S 200TH BIRTHDAY!**



Time: 6 - 9 PM

Location: The Carondelet Center, 1890 Randolph Avenue ,  
Saint Paul MN 55105

Besides celebrating Nightingale and the Year of the Nurse 2020, we will be discussing the topics for the ANA Membership Assembly Dialogue Forums.

Mark your calendars now for a wonderful evening!



## **The American Nurses Advocacy Institute**

**an annual program designed to help nurses gain political competence.**

**Since its launch, more than 120 nurses from all over the country have participated. You must be endorsed by your state nurses association in order to participate. Class size is limited to 24 per year.**

### **What is expected of each ANAI endorsed candidate?**

- Attendance at the face-to-face sessions held in Washington DC - Dates September 27-29, 2020
- Participation in conference calls held every other month. (multiple one-hour calls are scheduled to accommodate varying work schedules and time zones) Topics include: conducting a political environmental scan; bill analysis; preparing and delivering testimony; coalition building; and value of a PAC.
- In collaboration with your state nurses association, selection of a policy issue and associated legislative / regulatory activities that you will work on during the year
- Reporting of activities to the state and ANA mentors.

### **What are the associated expenses? (\*)**

- The nurse candidate is responsible for transportation and any uncovered meals and incidentals. All but one meal is covered while in DC. ANA covers all other meals and hotel accommodations for two nights.
- The registration fee is \$ 500. MNORN will pay registration fees.

Contact Hours are awarded at the conclusion of the program.

**Contact Kathi Koehn ([kkoehn@mnorn.org](mailto:kkoehn@mnorn.org) or 651-271-5863) for questions or consideration for this year's class.**



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**MNORN is a co-sponsor of "Code Blue for Patient Earth", led by Health Professionals for a Healthy Climate.**

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Details:

April 4th, 2020 - 8AM to 4PM  
McNamara Alumni Center  
University of Minnesota

Keynote:

Dr. Christie Manning, from Macalester College, will speak about "The Psychology of Climate Change."

This was an impactful conference last year, and will undoubtedly be so again this year.

As we all know, climate change is impacting the health of Minnesotans. Increasingly, those of us who support the health of patients and communities are called to take action.

For more information about the conference: <https://www.nursing.umn.edu/events/code-blue-patient-earth>

MNORN is sending the following five members to the conference: Molly Maxwell, Sara McCumber, Bethany Divakaran, Alyssa Vesey, and Carlos Grosch Mendes. They would love to have more MNORN members join them!



## Clinicians in Crisis: Strategies to Address Burnout & Build Resilience

**Date:** Wednesday, March 25, 2020

**Time:** 2PM (central)

**There is no charge for this webinar.**

Sharon H. Pappas PhD, RN, NEA-BC, FAAN and Cynda Hylton Rushton PhD, RN, FAAN, both of whom were members of the "NAM Committee on System Approaches to Improve Patient Care by Supporting Clinician Wellbeing", will summarize the findings and recommendations from the report, and identify ways in which workplaces can address factors contributing to burnout and what individuals can do to reduce burnout and develop resilience.

### Presenters:

Sharon H. Pappas, PhD, RN, NEA-BC, FAAN

Chief Nurse Executive, Emory Healthcare;

Professor, Nell Hodgson Woodruff School of Nursing, Emory University

Cynda Hylton Rushton, PhD, RN, FAAN

Anne and George L. Bunting Professor of Clinical Ethics

Johns Hopkins University Berman Institute of Bioethics and School of Nursing

### Moderator:

Maureen "Shawn" Kennedy, MA, RN, FAAN

Editor in Chief, American Journal of Nursing

### Learning Objectives:

At the completion of this webinar, participants will be able to:

- Describe the findings and recommendations of the NAM report on clinician burnout;
- Identify work system factors contributing to burnout and strategies that workplaces can implement to address them and to support individuals;
- Discuss what individuals can do to build resilience and reduce burnout.

### [REGISTER HERE](#)

Lippincott Professional Development (LPD), winner of the ANCC Accreditation Premier Award in 2017 and 2018, will award 1.0 contact hours for this continuing nursing education activity.

LPD is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is also provider approved by the California Board of Registered Nursing, Provider Number CEP 11749 for 1.0 contact hours, and LPD is an approved provider by the boards of nursing in District of Columbia, Florida, and Georgia (CE Broker #50-1223)

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## University of Minnesota Nursing Research Day

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**Date:** April 17th

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

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

MNORN member Heidi Orstad will be presenting her poster at the conference: "No More Hungry Tummies: Food Insecurity Screening and Referral" a quality improvement project for at-risk early childhood families

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## 2020 Nursing Knowledge:Big Data Science Conference

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Join us in advancing person-centered care and improving health outcomes through nursing data at the 2020 Nursing Knowledge: Big Data Science Conference. Our agenda is live, registration is open, and we're excited to announce that the conference is now eligible for ANCC contact hours.

**[REGISTER HERE](#)**

Be sure to [book your hotel room](#) early to receive the guaranteed conference rate of \$164/night.



# Finding Wholeness in Healthcare: Spirituality in Practice

The conference is designed to support all workers in healthcare and those preparing for careers in healthcare.

**Friday, April 17, 2020**  
**9 a.m.–2 p.m.**  
St. Catherine University  
Rauenhorst Ballroom, Coeur de Catherine

Participants will

- Share the stories that guide and connect us in healthcare.
- Deepen our ability to find meaning and purpose in imperfect organizations.
- Learn practical strategies to support spiritual connectedness.



## Keynote Speakers

**Rev. Paul Galchutt**, BCC, MPH, MDiv  
Research Staff Chaplain  
M Health Fairview  
University of Minnesota Medical Center



**Beba Tata**, BCC, MPH, MDiv  
Chaplain  
Dept. of Chaplaincy Services  
Mayo Clinic, Rochester

Conference co-chairs:  
**Eileen O’Shaughnessy**, MD  
**Susan O’Conner-Von**, PhD, RN  
**Diane Nettifee**, MTS, MA

For information and to register visit  
**[stkate.edu/spiritualityinpractice](http://stkate.edu/spiritualityinpractice)**  
  
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