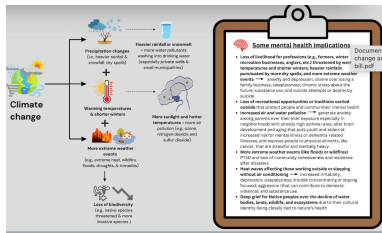


October MNORN Member Virtual Meeting

Tuesday October 15, 2024



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

Creating Policies to Protect the Mental Wellbeing of Minnesotans Facing the First and Worst of Climate Change

Presenter: Jocelyn Leung

Jocelyn Leung, a researcher at the School of Public Health (SPH) Center for Public Health Systems, has been awarded a prestigious 10-month fellowship for the 2023-2024 academic year. The fellowship, awarded by Health Professionals for a Healthy Climate, is designed for health professionals from a variety of disciplines who are concerned about the public health impacts of climate change. She is using the fellowship to explore climate change's impact on mental health, and to research the role of public health professionals in alleviating this growing public health challenge.

Objectives:

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

- Understand how changing climate in Minnesota exacerbates existing inequities and which populations have been disproportionately impacted
- Understand how climate change has a variety of mental health impacts ranging from increasing stress to increasing exposure to air and water pollutants
- Understand a new bill being introduced to the Minnesota legislature to promote climate solutions to support mental health and what you could do to help

Attendees will receive 1.0 continuing education credit
There is no charge for this meeting.

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

Recording & Report of the September Member Meeting: Inaugural MNORN Nurse Collective Conversation



Our September meeting focused on networking, connecting, and community. This is in line with MNORN's mission "to advance the profession of nursing in Minnesota through advocacy, leadership development, education, and mentorship."

Facilitators: Cami Peterson-DeVries and Christy Waltz

Objectives: Through conversation and networking experience:

- Participants will understand different aspects of nursing/various careers within nursing
- Learners will be able to describe educational and experiential requirements for various positions.
- Participants will identify methods to improve personal networking skills/capacity.

The conversation centered around the following:

Understanding different aspects of nursing/various careers within nursing.

- What has been your path?
- What advice do you have for new nurses entering into your field?

Here is what participants shared:

Experience in neonatology; work in pediatrics/allergy; work based on where one lives; nursing positions found by networking; work in academics; work in research; work at Mayo; leadership roles in nursing; ambulatory care; care coordination; new grad (who literally just received her nursing license in the mail) looking for a job; ethics in nursing; long term care; med-surg bedside care; quality management; parish nursing.

International perspective—one of the respondents began their career in nursing outside the U.S. and shared this unique perspective. Left Nigeria as a director of nursing but could only work as a CNA in the US at first.

Participants also shared their journeys with education—LPN > AD > RN > MSN > DNP > PhD. Certifications have also been impactful for career satisfaction and advancement.

MNA and then MNORN have been sources of joy, sharing, and collaboration. Other nursing

organizations and volunteer work are important aspects of nursing professional careers.

Most participants have had varied careers and worked in multiple areas of nursing. Recognition of the networking experience of nurses in career mobility.

Evaluations of the meeting included:

What factors influenced your decision to attend?

- Being to listen on Zoom
- Interesting topic for discussion of the group, and the variety of age staff expanded the content for the goals.
- Active member and needed to attend to interact with members.
- Great networking opportunity!

Other comments:

- Excellent chance to hear what everyone's nursing experience has been & what nursing programs are doing now!
- It was very interactive and engaging.
- Was great knowing the wealth of skills, experiences and expertise among ourselves.
- Well spent evening getting to know more of our selves.
- I enjoy coming to to our meeting and look forward to it.
- Thanks!

MNORN Was A Sponsor for September’s State of Reform Health Policy Conference

by MNORN President Heidi Orstad:



The State of Reform Health Policy Conference is an annual event that brings together practitioners, thought leaders, and policymakers who are dedicated to improving the healthcare system. The conference aims to facilitate discussions and collaboration on pressing concerns in healthcare and

explore potential solutions. It provides an opportunity to gain insights into the intersection of healthcare policy and practice, and to understand the current state of the healthcare system in Minnesota.

This year, I was one of five MNORN members attending along with legislators, hospital leadership, practitioners, thought leaders, policy makers, and other individuals who are

actively involved in improving the healthcare system.

I took away two key solutions for my work with municipality leadership; one to address the needs of the aging population and the other to address youth mental health.

Multi sector Plan for Aging (MPA):

An MPA is a 10+ year blueprint for restructuring state and local policies and convening a wide range of cross-sector stakeholders to collaboratively address the needs of older-adult populations and are designed to create a coordinated system of high-quality care and support services that promote healthy aging, independent living, and social engagement, while also addressing issues related to healthcare, housing, transportation, and other social determinants of health. Every state develops its own MPA based on its unique characteristics, history, politics, and existing aging and disability initiatives.

WELL BEINGS campaign:

This campaign addresses the critical youth mental health needs in America through broadcast content, original digital content, and impactful local events. The multi-year campaign brings together partners from across the country, including people with lived experience of health challenges, families, caregivers, teachers, medical and mental health professionals, social service agencies, private foundations, filmmakers, corporations and media sponsors, to create awareness and resources for better health for all.

[HERE IS THE MINNESOTA CAMPAIGN](#)

Thank you to MNORN for sponsoring the event and for representing Minnesota nurses at this important event!

Twenty-six nursing organizations, including MNORN, met with White House Council on Environmental Quality, EPA, and HHS to plan for health impacts of extreme heat



On Monday September 9th, the White House Council on Environmental Quality (CEQ) hosted representatives from 26 leading national nurses organizations to discuss the critical importance of addressing extreme heat and plan for future actions. Organized and led by the Alliance of Nurses for Healthy Environments, this

event aimed to discuss strategies that the 5 million nurses in the United States can implement to enhance the Biden Administration's historic actions to address the climate crisis and help communities across the United States become more resilient to climate impacts such as extreme heat.

"Nurses hold a trusted and unique position in communities nationwide. In order to promote a healthcare workforce prepared to care for those affected by extreme heat, nurses must be included in the strategies and policies aimed at reducing climate-related health threats", said Katie Huffling, DNP, RN, CNM, FAAN, Executive Director of the Alliance of Nurses for Healthy Environments. "When nurses have the tools and resources to provide clear and accessible information, we can promote protections for patients and communities, especially for those at most significant risk."

MNORN was represented by president Heidi Orstad.

[CLICK HERE TO READ THE FULL PRESS RELEASE](#)

Experiencing Healthcare as a Patient: Lessons and Reflections from a Nurse Educator

by Misty Wilkie



This summer, my personal and professional worlds collided in an unexpected way. As a nursing professor, I've spent years teaching the importance of empathy, compassion, and quality care. But when I found myself on the other side—as a patient—my view of the healthcare system shifted, opening my eyes to both the exceptional care I received and the areas where we still need to improve. My journey began with a routine cholecystectomy that quickly became a complex medical ordeal involving multiple emergency visits, hospital stays, and eventually, a diagnosis of *Clostridium difficile* (C. diff).

WHAT I EXPERIENCED THROUGHOUT THIS TIME AS A PATIENT HAS ONLY STRENGTHENED MY BELIEF IN THE NEED FOR CONSISTENCY AND IMPROVEMENT IN NURSING CARE.

THE CARE THAT SHINES: EMPATHY AND EXPERTISE IN ACTION

Throughout my medical journey, I encountered several nurses who demonstrated the very best of what nursing should be. Many were young, but their professionalism, empathy, and expertise were extraordinary. They didn't just treat my physical symptoms; they made me feel heard and cared for. These nurses consistently checked in to ensure my pain was under control and showed genuine concern for my well-being.

We strive to teach this kind of care in nursing education—to create professionals who treat the person, not just the illness. These nurses reminded me of the potential we have to elevate healthcare standards when we prioritize patient-centered care.

WHERE WE CAN DO BETTER: INCONSISTENCIES IN CARE

Not all of my experiences were as positive. During my hospital stay, there were moments when the care I received didn't meet the standard we should aim for in nursing. Basic tasks, like tracking my output or providing timely pain management, were sometimes overlooked. On a few occasions, I found myself having to manage certain aspects of my care that should have been addressed by the nursing staff. Additionally, there were times when my pain wasn't prioritized, leading to delays in receiving medication and unnecessary discomfort. This was a stark contrast to those who made it their mission to ensure my pain was managed promptly. What happened to the idea that pain is whatever the patient says it is? No one should have to fight to have their pain acknowledged.

A CALL TO ACTION: WE CAN BE PART OF THE CHANGE

My experience highlighted both the progress we've made and the work that still lies ahead in nursing. As healthcare providers, we must recognize that every patient deserves consistent, compassionate care. While I was fortunate to receive exceptional care from many of my nurses, the inconsistencies I experienced point to the need for better training, support, and accountability in the nursing profession.

As a nurse educator, this experience has deepened my commitment to preparing the next generation of nurses to be empathetic, attentive, and skilled. We have a tremendous opportunity to improve healthcare by ensuring that every nurse understands the critical role they play in their patients' physical and emotional recovery.

We can—and must—do better. By raising awareness and fostering a culture of continuous improvement, we can ensure that every patient, regardless of their circumstances, receives the care they deserve. We have the power to create lasting change, and I'm optimistic that together, we can raise the bar for healthcare.

ABOUT MISTY WILKIE:

Misty Wilkie is a member of the MNORN Board of Directors. She is an enrolled citizen of the Turtle Mountain Band of Chippewa Indians in North Dakota. She is passionate about health equity and improved health outcomes for underserved populations but particularly for American Indian/Alaska Natives (AI/AN). She is committed to advancing diversity in the nursing workforce and founded Niganawenimaanaanig (an Ojibwe word that translates to 'we take care of them') in 2017 at Bemidji State University which is a HRSA Nursing Workforce Diversity funded program to increase the number of AI/AN baccalaureate prepared nurses.

Misty earned her PhD in Nursing and has been a registered nurse for over 25 years. She has spent the past 18 years in higher education teaching in LPN, ADN, and BSN programs. She recently joined the the University of Minnesota School of Nursing as a Clinical Associate Professor teaching in the DNP program and serving as a Faculty Mentor/Liaison for the Doctoral Education Pathway for AI/ANs.

article retrieved from LinkedIn: <https://www.linkedin.com/pulse/experiencing-healthcare-patient-lessons-reflections-from-misty-wilkie-qeufc>



DR. LORNA BREEN
HEROES' FOUNDATION

Call to Action:

Remove Barriers to Mental Health Care for Health Workers

Like everyone, health workers deserve the right to pursue mental health care without fear of losing their job. However, overly invasive mental health questions in licensing and credentialing applications prevent health workers from seeking support and increase the risk of suicide.

Such questioning tends to be broad or stigmatizing, such as asking about past mental health care and treatment, which has no bearing on a health worker's ability to provide care and violates the Americans with Disabilities Act.

Ensuring that health workers can access mental health care when needed not only benefits their wellbeing, but it also improves the health of our entire country.

Join us in removing this substantial barrier to mental health care for our health workers!

WELLBEING FIRST CHAMPION CHALLENGE

The Wellbeing First Champion Challenge program supports licensure boards, hospitals, and health systems in auditing and changing (as needed) all their applications, forms, and addendums to be free of intrusive mental health questions and stigmatizing language. Once the applications are verified, licensure boards, hospitals, and health systems are recognized as a Wellbeing First Champion.



WHY BOARDS OF NURSING SHOULD MEET THE WELLBEING FIRST CHAMPION CHALLENGE

Nurses are the backbone of healthcare, providing essential care and support across diverse medical settings. Their role is indispensable in maintaining public health, yet, many nurses

are suffering. Not only do nurses experience a higher rate of suicide than the general population, but recent surveys also indicate that over 60% of U.S. nurses experience burnout due to systemic factors.

This is exacerbated by institutional stigma around seeking mental health care due to concerns about potential impacts on their license. Many State Boards of Nursing still ask invasive mental health questions on licensure applications, which directly deter nurses from seeking the mental health care they may need. These stigmatizing questions and the fear they create are also a key driver of suicide among health workers, including nurses. We invite you to join us in calling upon State Boards of Nursing to undertake an audit of their licensure applications and change any questions that are not consistent with recommendations. Additionally, we implore boards to communicate any changes, or affirm their existing consistent questions, to their dedicated nursing community.

Help us urge State Boards of Nursing to join our Wellbeing First Champions Challenge and eliminate unnecessary and discriminatory questions about mental health that deter nurses from seeking care.

Together, let's ensure that nurses receive the support they deserve, unburdened by the fear of professional consequences and stigma. Your advocacy can make a profound difference in the lives of those who dedicate themselves to our health and wellbeing.

STATES WHERE NURSING BOARDS' INITIAL AND RENEWAL RN, LPN, AND APRN APPLICATIONS ARE CONSISTENT WITH RECOMMENDATIONS:

- Nebraska
- Missouri
- Oklahoma
- Mississippi

[Send an email to the MN Board of Nursing with one click!](#)

ALL IN: Wellbeing First for Healthcare, led by the [Dr. Lorna Breen Heroes' Foundation](#), is a coalition of national healthcare organizations committed to advancing a state where the healthcare workforce's wellbeing is prioritized, and individual health workers feel valued and supported so they can sustain their sense of purpose and meaning in their work. Coalition members include AHIP, American Association of Colleges of Nursing, American College of Emergency Physicians, American Foundation for Suicide Prevention, American Hospital Association, American Medical Association, American Nurses Foundation, American Society of Health-System Pharmacists, CAA Foundation, CHARM, Harvard T.H. Chan School of Public Health, Heart of Safety Coalition, Institute for Healthcare Improvement, Johnson & Johnson Foundation, Moral Injury of Healthcare, National Medical Association, National Black Nurses Association, Medicine Forward, Philippine Nurses Association of America, The Physicians Foundation, the Schwartz Center for Compassionate Healthcare and Thrive Global.



Reproductive Justice

Volume 29, No. 3

The six new articles in the September *OJIN* topic, Reproductive Justice, offer insights into the issue of reproductive justice in the United States with opportunities for nurses to advocate for themselves and their patients.

- Reflections on Reproductive Justice in the United States from 1989 to 2024
- Intersectionality and Feminist Theory: A Framework for Understanding and Teaching Social Construct and Healthcare Policy
- The Movement: Reproductive Health and Rights in 2024
- An Overview of Abortion Laws for Nurses to Advocate for Themselves and Their Patients
- Healthcare Needs of Incarcerated Pregnant and Postpartum Women: Implications for Just Nursing Practice
- Reproductive Justice: A Framework for Improving Maternal Mental Health

Visit ojin.nursingworld.org to access the current topic, which is members-only, after [logging in to nursingworld.org](#). This topic will be available to all viewers after Jan. 31, 2025.

ARTICLES ON PREVIOUSLY PUBLISHED TOPICS

[Read 10 new articles](#) on previously posted topics such as Chat GPT in education, embracing the multigenerational workforce, a framework for addressing climate change, and unit-based ethics rounds. These articles are available to all readers.

OJIN is a peer-reviewed, online publication that addresses current topics affecting nursing practice, research, education, and the wider health care sector.



Where Nurses Might Donate for Hurricane Relief

From Angela Beddoe, ANA Chief Executive Officer,

The devastation caused by Hurricane Helene has left communities reeling in Florida, Georgia, North Carolina, South Carolina, and Tennessee, and the road to recovery will be long. At ANA, our hearts go out to all who have been affected and we want to do our part to improve the circumstances of the many people whose lives have been impacted.

Even the smallest acts of kindness can have a ripple effect, bringing comfort and hope to those in need. We encourage you as an ANA member to find ways to support where you can whether it be with your time, your words, or your resources.

If you are looking for ways to support the communities and nurses affected by this disaster, ANA and our State Nurses' Associations in the impacted southeastern US have shared ongoing relief efforts that can be supported. Your generosity, no matter how big or small, will make a lasting impact.

Nurses make the difference.

RESOURCES FOR NURSES WHO WANT TO HELP:

TNF Disaster Relief Fund

- Tennessee Nurses Foundation has a **Disaster Relief Fund** to assist registered nurses residing in Tennessee. **If you or someone you know in Tennessee needs support, there is an application link here:** tna.wildapricot.org/TNF-Get-Involved
- **NCFN Nurse Recovery Fund:** NCNA and the North Carolina Foundation for Nursing (NCFN) have revived the NCFN - Nurse Recovery Fund, which will distribute funds directly to nurses in the western part of the state who are suffering loss or damages. People interested in donating can click here. https://portal.ncnurses.org/donate-now?_zs=p9NDd1&_zl=SeJp9&reload=timezone

Additional Ways to Help:

- **ASPCA.** When disaster strikes-like hurricanes, wildfires, tornados or other emergency situations-animal shelters and family pets are among a vulnerable population. During these crises, animal shelters are often inundated with displaced animals and impacted

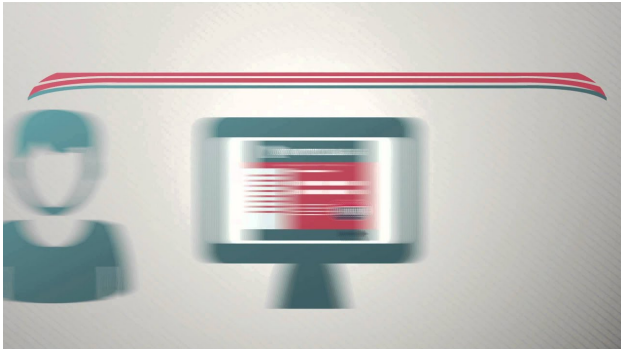
communities may need assistance with animal evacuation and search-and-rescue efforts. <https://www.aspca.org/investigations-rescue/aspca-disaster-relief-efforts>

- **All Hands and Hearts.** All Hands and Hearts has already deployed teams to North Carolina and throughout Florida to evaluate and respond to support communities affected by the impacts of Hurricane Helene. [Click to Support](#)
- **American Red Cross.** Help people affected by Hurricane Helene. Your donation enables the Red Cross to prepare for, respond to, and help people recover from this disaster. [Click here to donate.](#)
- **Direct Relief.** Direct Relief has provided assistance to more than 50 safety net healthcare providers who were in the path of Hurricane Helene and is taking donations to support the impacted areas with emergency medical supplies, hygiene kits, and transportation support.. [Click here to learn more about how to help through Direct Relief](#)
- **World Central Kitchen.** WCK is first to the frontlines, providing meals in response to humanitarian, climate, and community crises. When disaster strikes, WCK's Relief Team mobilizes to the frontlines with the urgency of now to start cooking and provide meals to people in need. By partnering with organizations on the ground and activating a network of local restaurants, food trucks, or emergency kitchens, WCK serves comforting meals to survivors of disasters quickly and effectively. We know that good food provides not only nourishment, but also comfort and hope, especially in times of crisis. [Click to Donate](#)

Thank you in advance for your support and generosity.

Angela Beddoe
ANA, Chief Executive Officer

Nurses Vote! Get out the Vote Initiatives



"Let's Get Ready to Vote!" YouTube
Office of the Minnesota Secretary of State

[State of Minnesota Voter Outreach Materials](#)

[ANA - Nurses Vote](#)



The American Nurses Association strongly encourages nurses to be well-informed and civically engaged, because when nurses speak, health care policy changes for the better. Make your voice heard by voting and educating candidates on the issues important to nurses and patients.

Voting is a social determinant of health. In other words, civic and voter participation is associated with better self-reported health. As part of on-going non-partisan get out the vote (GOTV) efforts this year, the American Nurses Association (ANA) is encouraging nurses to be well-informed and civically engaged.

Join Health Professionals for a Healthy Climate (HPHC), Advocates for Better Health (ABH), Minnesota Doctors for Health Equity (MDHEQ), the University of Minnesota School of Nursing, and community leaders for an immersive continuing education conference – Code Blue for Patient Earth focused on “weathering the uncertainty” of climate change together.

Saturday, November 9, 2024
8:00 a.m. - 1:30 p.m.
Join in-person or online

CODE BLUE
FOR PATIENT EARTH
WEATHERING UNCERTAINTY

Continuing education credits available!

SCHOOL OF NURSING
UNIVERSITY OF MINNESOTA
Driven to Discover™

HPHC Health Professionals
for a Healthy Climate

ABH ADVOCATES FOR
BETTER HEALTH

MINNESOTA
DOCTORS
FOR HEALTH
EQUITY

Code Blue 2024 will bring together more than 100 health professionals and frontline experts from environmental justice, mental health, nursing, pharmacy, physician, public health, social work, veterinary, and dentistry communities — represent your health or science profession and join us!

Saturday, November 9, 2024 | 8:00 a.m. – 1:30 p.m.

In-person option: Join for an immersive in-person experience at The Gathering Place at Sanctuary: [2018 N. Aldrich Avenue Minneapolis, MN 55411](https://www.gatheringplaceat.com). The Gathering Place is located on the first floor of the building and is considered accessible. Ample onsite parking is available along with street parking and an overflow parking lot. There are also City of Minneapolis electric vehicle charging stations nearby. Metro Transit bus lines service Stop #8306 (West Broadway/Aldrich Ave N.) and Stop #11180 (West Broadway/Lyndale Ave N.), which are both located less than 0.2 miles from the event space.

Online option: Join online at a reduced registration rate and enjoy interactive facilitation from the comfort of your home.

A nourishing, catered lunch will be provided. This conference is also an optional [continuing education opportunity](#).

You'll build self-efficacy for climate change mitigation and adaptation solutions while centering the experiences and expertise of people most at risk of climate change impacts. Plus, we'll focus on well-being and creativity as practices to sustain ourselves and each other.

Full schedule and session facilitators will be announced via email and social media, [sign up to stay connected!](#)

Health professionals:

- In-person option: \$60
- Online option: \$45

Students and/or frontline community members:

- In-person option: \$25
- Online option: \$10

If finances are a barrier to participating, please let us know!

Thanks to supporters in HPHC's network, we have a designated "community fund" to help cover participation costs for anyone interested in attending.

To receive financial support from the community fund, please email Kelley at kelly@hpforhc.org.

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



Hispanic Heritage Month: Sept. 15 - Oct. 15

During Hispanic Heritage month, Project Firstline celebrates all Hispanic health care workers who are dedicated to preventing infections and protecting our health.

Project Firstline supports the health care and public health workforce with infection control resources and trainings to keep communities healthy and protected from the spread of germs.

To facilitate access to recent resources on infection control, Project Firstline has made available information in Spanish so that you and your team can stay up to date.

Durante el mes de la Herencia Hispana, el Proyecto Firstline celebra a todos los trabajadores de salud hispanos que se dedican a prevenir infecciones y a proteger nuestra salud.

El Proyecto Firstline apoya al personal que labora en el área de atención médica y de salud pública. Brinda recursos y capacitaciones para el control de infecciones con el fin mantener a nuestras comunidades saludables y protegidas de la propagación de microbios.

Para facilitar el acceso a recursos actualizados sobre el control de infecciones, el Proyecto Firstline ha puesto a su disposición información en español para que usted y su equipo se mantengan al día.

Learn more here Más información aquí

- [MDH: Project Firstline Training and Resources](#) Capacitación y recursos del Proyecto Firstline (MDH)
- [CDC: Training and Educational Materials](#) Capacitación y materiales educativos (CDC)
Almost all materials are available in English and Spanish.
Casi todos los materiales están disponibles en inglés y español.

[Find More Resources at MDH](#)



El poder de detener las infecciones. Juntos.

