As I write these words, the events surrounding Ebola are rapidly evolving. Two nurses have become infected with the virus and the exact mode of transmission is still unclear. Agencies at the local, state, and national level are scrambling to confront this growing threat while news media are covering the crisis, many stoking the fires of fear and confusion.

Amidst this chaos, the American Nurses Association (ANA) and the Florida Nurses Association (FNA) are working to calm fears, ensure public safety, and advocate for nurses. Pam Cipriano, ANA president, and Willa Fuller, executive director of FNA, have appeared on many local and national radio and television programs addressing this crisis, calming fears, and providing up to the minute facts about the crisis. They have represented our profession admirably and advocated tirelessly for the safety of the public and healthcare workers. They have also reminded us of the human loss of those afflicted with the disease.

ANA has joined the American Medical Association and the American Hospital Association to call for the Centers for Disease Control to release unambiguous guidelines on what precautions are necessary to protect healthcare providers. (The importance and influence of this union of entities cannot be understated.) They have also coordinated their efforts and shared their resources with state affiliates to disseminate vital information as broadly as possible.

ANA and FNA have assumed lead roles to disseminate appropriate resources to ensure nurses are informed about the crisis with the hopes to empower nurses and prevent further transmission of the virus to healthcare providers. Included in these efforts was a Webinar to nurses addressing the Ebola crisis and provided our members with facts about the virus and what is needed to protect themselves and the public.

FNA’s response has included the formation of a working group of nurses experienced in the public health arena to develop strategies to educate the public, legislators, and healthcare providers. The FNA board and lobbyists are reaching out to legislators and other healthcare leaders to advocate for policies and positions that ensure the safety of healthcare providers and the public.

As I write these words, I cannot forecast how this crisis will develop nor estimate the impact it will have on our state. The one thing I can confidently predict is that your professional association will be working tirelessly to ensure the safety of healthcare workers and the public. We will stand united in combating fear and ignorance and will be a continued information resource for our profession and the public.

It is my hope that you will join us in these efforts. We have learned from prior experiences that when crisis strikes nurses are prepared to lead the response. The efforts of ANA and FNA to the Ebola crisis are clear evidence of this. But our strength lies in numbers and our power lies in unity, so please stand with us to face this crisis.
With over 400 Nurses and nursing students in attendance, the 2014 FNA Membership Assembly is in the history books. With inspiring and educational sessions highlighted by nationally known speakers, the sessions were both engaging and enlightening. All of the presentations invited participants to think differently and incorporate new approaches to their work. We wish to thank Dr. Dan Pesut, Dr. Teddie Potter and Barbara Blakeney for bringing their ideas to our annual meeting.

We were thrilled to honor 14 nurses for their outstanding contributions to nursing. They are as follows:

- Maria Seidel- Mary Cash Award
- Guillermo “Billy” Valdez- Nurse Educator Award
- Mark Welz- Undine Sams Award
- Bonnie Sklaren- Barbara Lumpkin Award
- Mary Ruf- Registered Nurse Practice Award
- Linda Howe and Joan Castleman- Heather Scaglione Award
- Betsy Fernandez- Advanced Practice Nursing Award
- Teri Lynn Bianchi & Danell Deberg- Community Action Award
- Theresa Morrison- Nursing Research Award

These nurses were honored with a plaque and by the applause and support from their friends, colleagues and family members. Their names will be select to the Wall of Honor on the FNA website for the upcoming year. Their stories were so inspiring that one student remarked, “I feel like I am at the Oscars and I am among the “Stars” of the nursing profession.”

In addition, to fabulous speakers that included outstanding FNA members, we had a lively business meeting which concluded with the passage of three reference proposals and substantive bylaws changes. Our Summary of Action can be found at www.floridanurse.org/resources.

We were thrilled with our interactive session on the future of the Association which we dubbed FNA@next. The participation by students was exciting and their input was excellent. We are proud of our longstanding inclusion of nursing students at our events. We have compiled a report which the board will be reviewing for action at the next meeting.

Planning is underway for the next annual meeting. We invite members to get involved as by attending, speaking or sharing their ideas. Also, next year will be an election year and the Nominating Committee is gearing up to engage new leaders for the future of the organization. It is also never too early to bring your burning issues to the table in the form of a Reference Proposal. For some highlights of the conference, please enjoy the photographic montage on page 11. See you at the next Membership Assembly.
I was frequently criticized for my decision to specialize in a specific practice area in nursing. Never having to tell a mother her worst fear has come true in regards to the birth of her child I wouldn’t trade my choice for anything in the world. All of that being said, I encourage every nursing student, new graduate, and seasoned RN to stay connected with their passion and revisit what made you choose nursing to begin with.

I also encourage everyone to become active with their professional organization, to get another view and to gain the networking and support to help you through the tough times as well as take action as it relates to those issues you feel need “fixing” in nursing. It is only with the voices and actions of nurses that this can occur.

FNA Congratulations the 2015 FNSA Board of Directors elected at the FNSA Convention in October:

Board of Directors

Tiffany Massey
President

Melissa Derringer
Treasurer

Region 1 Director
Dionne Williams
Breakthrough to Nursing

Region 2 Director
Terry Tokash
Legislative

Region 3 Director
Ricky Bettencourt
Community Health

Region 4 Director
Kimberlyn Sauer-Watts
Resolutions

Region 5 Director
Jainal Bernard
Membership

Region 6 Director
Arsalan Hamid
Nominations and Elections

Region 7 Director
Kevin Moreow
Communications

Tiffany Massey is an RN-BSN student at Florida Atlantic University. She is currently a Woman’s Health nurse in North Florida and is pursuing her long-term goal of becoming an ARNP. She enjoys helping students with questions from class to questions about leadership. She enjoys fishing and hiking and being in nature in her free time.
I honestly thought that the final two years of nursing school would be dedicated to studying, and well, more studying. That was how I played the two years of pre-requisite courses in order to gain acceptance into the University of Central Florida's College of Nursing and it only made sense that such a case would continue until completion. But of course, why not make it worth the ride? Add some loops and corkscrews to make it one to remember.

I wanted more with nursing school, more than just books, I wanted to be that helping hand in outreach, but I just did not know where to start. Before nursing school started, I found myself joining The Student Nurses’ Association: UCF – Orlando and writing a resolution for the Florida Nursing Students Association on ovarian cancer awareness simply because I wanted to help the community. I did not know anyone with ovarian cancer. With this, my eyes opened to how much more nursing is than just acute care; it is a profession encompassing all areas relative to the community, from political action, research, systems management, business, and so much more.

After the resolution passed, my cousin was diagnosed with ovarian cancer and my aunt passed away from late stage ovarian cancer as well. My resolution advocated raising awareness on the signs and symptoms for others, but lo and behold, I found myself advocating for a condition that did not affect me before. Something needed to be done. I wanted to teach the community about ovarian cancer in a way that they could remember, they could spread, and possibly save a life. This gave birth to The OVARYou Project. YOU have the knowledge; YOU have the power to fight ovarian cancer.

The OVARYou Project is a campaign that makes the awareness of ovarian cancer memorable, trendy, and relatable to men and women in a manner that is easy to spread to the masses through methods of social media and presentations to schools and organizations in the Orlando area. The resolution and campaign has reached national recognition at the National Student Nurses’ Association Annual Conference in Nashville.

The campaign has and continues to garner success, but what I really got out of doing all of this is not just the recognition from others, but ultimately my own recognition that nursing itself is the lending hand that heals in a multitude of forms. I learned that to be a nurse, one has to be a teacher, an innovator, and a designer, all of which lead to the same goal: to heal others.

Nursing school is a rollercoaster, with its ups and downs, but it is an experience well worth the ride. I entered the ride with fear, and sometimes it was a bit bumpy, but I came out more formidable than before. Nursing school offers these opportunities to grow unlike any other profession, but it is up to you to decide how you want to ride it out.

Lilian Canamo is a senior at the University of Central Florida’s College of Nursing. In addition to being the founder of The OVARYou Project, which has been recognized by Sparks Magazine and The Central Florida Future, Lilian also serves as the 2014-2015 President of the Student Nurses’ Association: UCF – Orlando Chapter.
With the 2014 elections now in the rear view mirror, the focus of the Florida Nurses Association (FNA) turns to the upcoming session of the Florida Legislature. Newly elected members of the House and Senate were scheduled to be sworn into office during a one-day organizational session on Tuesday, Nov. 18. Unlike previous years, there will be no legislative committee meetings in November or December. Instead, they will begin the week of Jan. 5, 2015.

The Legislature will convene its regular session on Tuesday, March 3, 2015. In the next few weeks, the FNA is encouraging members to meet with their legislators in their home districts and attend legislative delegation meetings. We encourage FNA members to attend these county-level and regional meetings which allow lawmakers to hear what constituents want them to accomplish in the upcoming session.

We need nurses to attend these meetings to talk about FNA’s 2015 legislative priorities, which include state employee pensions and pay; nurse staffing committees in hospitals; and the ability for nurse practitioners to practice without a collaborative agreement with a physician. We also support legislation that would allow nurses and other healthcare practitioners to perform and get reimbursed for telehealth services. A full list of the FNA’s legislative platform can be found at www.floridanurse.org.

We will again post a toolkit with talking points and tips for appearing before a legislative delegation. That information is located under Legislative Activities/CapWiz at www.floridanurse.org. Dates for the legislative delegation meetings are also posted and will be sent to FNA members. We anticipate that legislation will be filed in 2015 that would allow Florida to accept federal dollars to make healthcare coverage available to an additional 800,000 to a million uninsured Floridians. The FNA supports this effort and is part of larger coalitions (Florida CHAIN, the Florida Hospital Association) which are promoting this initiative.

Nurses can help promote FNA’s legislative initiatives by attending Advocacy Days at the Capitol (formerly called Lobby Days). It is scheduled for March 24 and 25 in Tallahassee. We will conduct webinars that will help educate nurses on the issues and how to lobby. Dates will be announced in future emails to membership.

Other items of note:

• A special primary election has been scheduled for Senate District 6 (Flagler, Putnam, St. Johns counties and part of Volusia county) for a successor to replace Sen. John Thrasher. He resigned to become president at Florida State University. The special primary election will be Jan. 27, 2015 and the special general election is scheduled for April 7, 2015.

• Among those seeking election to Thrasher’s seat is Rep. Ron “Doc” Renuart, an avid supporter of organized medicine, and Rep. Travis Hutson (R-Elkton). Paul Renner has also qualified to run for this seat after losing to another Republican during the August primaries for the House District 15 seat.

• Incoming House Speaker Steve Crisafulli (R-Merritt Island) has made the following appointments: Rep. Jim Boyd (R-Bradenton) as Deputy Majority Leader and Whip; Rep. Richard Corcoran (R-Trinity) as House Appropriations Chair; Rep. Dana Young (R-Tampa) as House Majority Leader; Rep. Ritch Workman (R-Melbourne) as House Rules Chair; and Rep. Matt Hudson (R-Naples) as House Speaker Pro Tempore.

• Senate President-elect Andy Gardiner has appointed Sen. Bill Galvano (R-Tampa) to the Senate Majority Leader; Sen. David Simmons (R-Altamonte Springs) as Senate Committee on Rules chair; and Sen. Garrett Richter (R-Naples) as President Pro Tempore.

In the last 5 years, 8 million women were not screened for cervical cancer. (2012 data)

7 out of 10 women who were not screened had a regular doctor and health insurance.
There is ample evidence in the literature that spiritual care provides increased resilience and promotes healing. Yet, in a study by Balboni et al., (2009) of the actual clinical spiritual care received by terminally ill cancer patients (N = 343), the findings show religiousness to be very important by 67.9% of the subjects. However, 59% of the subjects indicated the spiritual support received from the medical team (doctors, nurses, and chaplains) was “not at all” (41.6%) or “to a small extent” (18.1%).

Communication, perceptions, and limited education, have been identified as barriers for increasing spiritual care. By exploring these areas we hope to better understand if there is a need for more education related to spiritual care and what that education might entail. The results may be used to strengthen the quality of spiritual care provided where you work.

The Theory of Spiritual Care in Nursing Practice (Battey, 2009) was used to create 1) a 9 module educational program designed to increase one's own perception of providing spiritual care for patients, the Spirituality in nursing practices: A computer assisted instruction program & course manual (Battey, 2010) and 2) the Spiritual-Communication-Satisfaction-Importance (SCSI) Questionnaire (Battey, 2010) which is designed to access one's level of satisfaction or dissatisfaction with their own experiences of providing spiritual care to patients. Both the SCSI and the educational modules will be used in this descriptive study.

We are looking for nurses who meet the following criteria: at least 1 year of direct patient care; English as a first or second language; use the accompanying course guide; complete the pre-test and posttest SCSI questionnaire; and complete nine educational modules all online. Each Module takes about one (1) hour to one and half (1½) hours to complete. Each participant will need to 1) purchase the accompanying guide booklet for the educational modules for $43 using the embedded link below, 2) follow the link to Survey, 3) read and sign Informed Consent, 4) complete the SCSI pretest survey on the same page, 5) then follow the link at the end of the survey to the educational modules, 6) each participant can work at his or her own pace but must complete the 9 modules including the module #9 test, 7) then follow the link, at the end back to the SCSI post test by December 30, 2014.

This continuing nursing education activity has been approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. After completing the posttest, participants will be issued a certificate of completion and 10 CNE credits from the American Holistic Nursing Association for the 9-module educational program.

If you are interested in learning more about this exciting opportunity, please link to www.askdatascentsystems.com/ and click on “To Place An Order” to purchase your guide booklet and follow the links to start your journey exploring Spiritual care.

Respectfully,

Bonnie Weaver Battey, Ph.D., R.N.
Principle Investigator
bwbattey@comcast.net

Jeanette Plodek Ph.D., CSHN, CCAP
Co-Investigator and Nurse Research Consultant
405-496-8902
jplodek@yahoo.com

This Research Posting is a Benefit of FNA Membership:
Registered Nurses and Providing Spiritual Care
NEIRB #: 14-182

2015 FNA Advocacy Days
March 24-25 *Marriott Residence Inn * Tallahassee

March 24-25, 2015, Tallahassee
Marriott Residence Inn
3375 S Meridian Drive
Tallahassee, FL 32308

Parking is complimentary.

Sponsored by: NEIRB Inc., FNA, and NFA

* Registration and room reservations must be made by February 24, 2015.

For questions, call (904) 942-7227 or email info@florida-nurse.org
Jeanie Demshar, Esq.

In the wake of the recent Ebola scare, I believe it is timely and critical that we ask our readers to think about the following question: Are you and your organization ready for an infectious disease outbreak? I fear that, at least before October 2014, the responses would weigh heavily on the negative side of the scale.

Our health care workers face grave risk when confronted with viruses like Ebola, SARS, Influenza, MRSA, and numerous biological agents. It is estimated that between 15 and 40% of the population will develop illness from influenza every year. On average, about 36,000 people per year in the United States die from influenza, and 114,000 per year are admitted to the hospital as a result of the influenza infection (I myself fell victim to the flu this year).

Whose responsibility is it to ensure the safety of our health care workers? My belief is that the responsibility lies with us all, particularly when anyone, anywhere in the world can be impacted by these life-threatening diseases.

People are traveling more to regions where disease and illness thrive. At home, people go to work not realizing they are contagious, or they may feel sick but not sick enough to miss work. A scenario with tuberculosis (TB) illustrates how easy it is for diseases to spread, and spread quickly. While traveling for work, an employee begins to feel ill and develops chest pain and a cough. Over the next few days, he boards a plane for home still feeling sick and coughing regularly. Upon returning home, he goes to work and continues life as usual until he begins coughing blood and goes to the ER, only to find out he has TB. Think about the implications of this scenario. Everyone who has come into contact with this person is now at risk for contracting TB.

In the health care field must continually review information on infectious diseases that may affect their patients, employees, and facilities and assure company compliance with all aspects of the directives that may affect their workforce. They must also educate their employees to be vigilant of symptoms and health-related issues.

We also need to understand how infectious diseases are transmitted. The primary routes of transmission only occur when the infectious agent is capable of surviving and retaining its infectious state for an extended period of time. What happens when an employee contracts a serious viral illness or disease? What can we do to prevent further spread?

What can be done to prepare for exposure to infectious agents? Organizations can implement preparedness protocols, including information on prevention, detection, and treatment of infectious diseases. In the event of an outbreak, employers should post general information in a common area to educate employees on the ongoing developments in and containments of the disease.

As an individual, whether you work in the health care profession or not, it is important that you apply universal precautions and practices consistently with all of your patients in all work settings and at all times, regardless of your patient’s diagnosis. These include meticulous hand washing with soap and water before and after contact with a patient and the use of personal protective equipment when providing care. When you are not able to wash your hands, use a waterless alcohol-based hand sanitizer. This article only scratches the surface of what needs to be done to prepare for exposure to infectious diseases, but at least I got you thinking about a very important subject that affects us all.

References:
www.floridahealth.gov
www.cdc.gov
www.osha.gov
North Central Region Fourth Annual Conference

The fourth (4th) annual North Central Region Conference will be held on Saturday, April 11, 2015 at the Advent Christian Village Conference Center in Bowling Park, Florida. Survival Tools for the Passionate Nurse is the theme for this year’s conference and the keynote speaker will be Cynthia Mikos. Mr. Mikos is a nurse attorney and a coveted speaker across our state. The conference will include continental breakfast, featured speakers, poster session, and lunch for $30/FNA members and $50/non-members. Students are invited for $20 as space allows. Six Continuing Education Hours will be requested from Florida Nurses Association (provider # 50-3103).

Limited lodge rooms are available for Friday night for those traveling to the conference at a rate of $82.45/night. Reservations can be made by calling ACV Conference Center 386-658-5200 or 1-800-371-8382. Visit http://www.acvillage.net/ for more information on the location.

Registration, agenda, and poster criteria can be found at www.floridanurse.org under CONFERENCES and North Central Region News. Save the date and register early to assure your place at this conference.

Northeast Region

The Northeast Region of the FNA is rapidly growing. We held our Fall Program in November and it was well attended. At that time we had two presentations on cutting edge areas. Dr. Ed Briggs, FNA President, presented the workshop on the new rules and legal changes from the State Board of Nursing. Dr. Dan Berman gave a presentation on Nurses as Thought Leaders: A Career Advancement Tool. Dr. Berman was also the Keynote Speaker at the Jacksonville Area Nurse Educator’s Annual Conference. He spoke on Healthcare Reform and how it impacts nursing education.

The Northeast Region is also planning its Spring Event with details to come. Dr. Berman is busy planning a large event with FNA and other nursing associations in this area with the Northeast Regional Health Planning Council designed to build nurses as healthcare leaders in the community.

Northwest Region

The Northwest region met November 6 to plan the February 7, 2015 Mini Conference. This will be the 2nd annual nursing forum. We still have room for members who want to be part of the planning committee. Contact Patricia at ppgoodwin@uwf.edu for more information. Northwest members: Save the date, February 7, 2015: 8:30-12:30.

Happy Holidays
The South Region held its annual Columbus Day Legislative Event on October 13th. The program was a great success and an example of extraordinary teamwork by the voluntary leadership council of the South Region. Debra Hain, serving as 2014-2015 Legislative Liaison, facilitated the event with Master of Ceremony, President Elect Leah Kinnaird. Pictures were taken by Marie Etienne, who served as photographer, certificate maker, and greeter of distinguished members of the audience. Peggy Davis coordinated the planning and the evening activities. Alina Diaz accepted the reservations, prepared an excel sheet of the registrants ahead of time, and helped to enlist legislative candidates. Ann-Lynn Denker and Bob Levy & Associates were taken by Marie Etienne, who served as photographer, certificate maker, and greeter of distinguished members of the audience. Peggy Davis coordinated the planning and the evening activities. Alina Diaz accepted the reservations, prepared an excel sheet of the registrants ahead of time, and helped to enlist legislative candidates. Ann-Lynn Denker and Bob Levy & Associates prepared an excel sheet of the registrants ahead of time, and helped to enlist legislative candidates.

In October, we sponsored a well-attended webinar on “Preparing for Ebola” with our speaker, Barbara Russell. In January 2015, we plan to offer a legislative forum to discuss health issues with our Legislators. We look forward to hearing from you, our regional members!

**Regional News continued on page 10**
CAMP NURSES NEEDED

We are a traditional co-ed, residential, summer camp in the foothills of the Berkshire Mts. in upstate NY near Saratoga, Albany, Lake George and Tanglewood. Join us this summer! We are looking for RNs to work in the sisters of mercy nurse station. 100% private rooms, 781-444-5520 www.schodack.com

RN’s needed for a NY Performing Arts Camp located in Hancock, 2½ hours from NYC. Available for 3, 6, or 9 weeks and include room, board and laundry included. For info call (900) 634-1703 or go to: www.frenchwoods.com

REGIONAL NEWS

Southwest Region

On November 13, 2014, the FNA Collier County Chapter and Southwest Region hosted a Dinner Meeting for members and guests at the beautiful Carlisle in Naples. Over 80 nurses attended the dinner. The evening began with networking followed by introductions and a brief meeting. Southwest Region congratulated and honored Stephanie Vick, RN, the new Administrator for the Collier County Department of Health. Lavigne Kirkpatrick, RN, former Chair for the Florida Board of Nursing, presented an update from the Florida Board of Nursing followed by an enlightening presentation given by Karen Rollins, RN, CEO, Avow Hospice, entitled “Southwest Florida Nurses: Inspiring You to Be the Best You Can Be...It’s All About You!” That evening, Southwest Region also honored Lavigne Kirkpatrick, Karen Rollins, and Dr. Denise Heinemann for their years of service to the nursing community.

There will be a Dinner Meeting planned for Spring 2015 in the Port Myers area. Date and location are still to be determined.

Thank you to all of our loyal Members of the FNA Southwest Region! If you live or work in Lee, Collier, Charlotte, Hendry, or Glades Counties, please consider joining FNA Southwest Region! We have a great group of nurses who welcome you with open arms!

West Central Region Report

The months of September and October were action packed for the West Central Region. For September, ten members attended the regional meeting held during the annual FNA Membership Assembly; seven members actively participated in the Membership Assembly Business Meeting. In October, the West Central Region cosponsored a candidate forum with the League of Women Voters and the Florida Nurses Network.

Topics discussed at the Region Meeting at Membership Assembly included an historic overview of the transition from districts to regions as well as the district activities which have carried over and become region events. One region event, the legislative forum, has been a 34 year tradition in Pinellas County. We spent some time discussing how to develop a forum in the other areas of the region. A large part of the meeting was spent on the topic of membership and the types of activities and/or initiatives that would attract younger nurses to attend and to join FNA. Social media was recommended as a way to get the message out as younger nurses are not likely to attend meetings. Additionally, young nurses say, “I joined, attended a meeting, and nothing on my unit changed.” We need to find a way to make the events relevant. So, young nurses who may be reading this, what would you like to see from your professional association? What would motivate you to join and participate in FNA activities?

I would like to thank the members of West Central Region who attended and participated in the Membership Assembly Business Meeting; Sue Konisberg, Pat Quigley, Kuma Jairmdas, Mavra Konisberg and Lisa Fusel, Kumar. The forum was moderated by Trevor Peterson, reporter for BayNews9 and attended by approximately 50 interested citizens. The candidates answered a series of questions designed to elicit their positions on health care issues in FL. All agreed the evening was a success.

If you have ever wanted to get involved at the local and state level of FNA, now is your opportunity! FNA will hold elections in August. I am term limited by bylaws and cannot run again. The Candidate forum held October 1, in St. Petersburg, FL was attended by eight candidates vying for state and local office. The forum was moderated by Trevor Peterson, reporter for BayNews9, and attended by approximately 50 interested citizens. The candidates answered a series of questions designed to elicit their positions on health care issues in FL. All agreed the evening was a success.

So, if you have ever wanted to get involved at the local and state level of FNA, now is your opportunity! FNA will hold elections in August. I am term limited by bylaws and cannot run again as the West Central Region representative to the FNA Board of Directors, WE NEED YOU!
December 2014  The Florida Nurse  Page 11

2014 Membership Assembly

Barbara Blakeney, Centers of Medicare & Medicaid Innovation, speaking at the luncheon

Mark Welz accepting the FNA Staff Nurse Award

Representative Cary Pigman (right) receiving the 2014 Legislator of the Year award from FNA President Edward Briggs (left)

George Byron Peraza-Smith giving a point of order during the business meeting

Darlene Fritsma & Sharon Parrish (East Central Region members) reviewing the bylaws

South Region members enjoying the reception.

Nursing Students observing the business meeting

FNSA Board enjoying the Awards Ceremony

Leah Kinnaird, FNA President Elect, and Dr. Daniel Pesut, keynote speaker

From left to right: Jean Kijek, Mary Lou Brunell, & Barbara Russell inducted into the 2014 FNA Hall of Fame

Dr. Teddie Potter giving the Interactive Endnote session

2014 Membership Assembly opening session

Barbara Blakeney, Centers of Medicare & Medicaid Innovation, speaking at the luncheon

Nursing Students observing the business meeting

FNSA Board enjoying the Awards Ceremony

2014 Membership Assembly opening session

Barbara Blakeney, Centers of Medicare & Medicaid Innovation, speaking at the luncheon

Mark Welz accepting the FNA Staff Nurse Award

Leah Kinnaird, FNA President Elect, and Dr. Daniel Pesut, keynote speaker

From left to right: Jean Kijek, Mary Lou Brunell, & Barbara Russell inducted into the 2014 FNA Hall of Fame

Dr. Teddie Potter giving the Interactive Endnote session

South Region members enjoying the reception.
**2015 Calendar of Events**

**MARCH 22**
Orlando Magic vs. Denver Nuggets - Nurse Appreciation Day
Pre event: One (1) hour FL
Continuing Education (provider #50-3103) & Nurses Networking Event
Orlando, FL
Details to Follow

**MARCH 24-25**
Setting the Record Straight with: Passion, Persistence, and Purpose
2015 FNA Nurse Advocacy Day
(formerly known as FNA Lobby Days)
Residence Inn Universities
at the Capitol
Tallahassee, FL

**APRIL 11**
Survival Tools for the Passionate Nurse
Fourth Annual North Central Region Conference Madeline Christian Village Conference Center
Dowling Park, FL
FL Continuing Education Hours: (provider #50-3103) Six (6)

**APRIL 25 (tentative)**
South Region Annual Symposium & Award Ceremony
Location: TBD

**JUNE 4-7**
FNA Clinical Excellence & Nurse Retreat
Saddlebrook Resort, Tampa
5700 Saddlebrook Way
Wesley Chapel, L 33543

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**New Members Appointed to Board of Directors**
Please join us in welcoming two new members to the Center’s Board of Directors – Tina Dorecy and Kennetha Julien. Ms. Dorecy is a nursing instructor at Chipola College in Marianna, Florida. In addition to her experience in nursing education, she will contribute her knowledge and experiences from school health, long-term care, and working with the FL Agency for Persons with Disabilities. Ms. Julien received her Juris Doctorate from Capital University Law School in Ohio and currently practices in Putnam County. She will be contributing an interesting perspective to the work as she served as the Program Director, State Board of Nursing in Colorado. Our colleague at the Florida Board of Nursing, Joe Baker, speaks very highly of Ms. Julien. Welcome, Tina and Kennetha!

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**Inaugural Director Announces Retirement**
Dr. Keith Samuels, FSHA Project Director since its inception in 2012, has announced his retirement at the end of October 2014. With the vision to be the central collaborative force to foster the expansion of simulation to transform the education of healthcare providers to achieve high quality, safe healthcare delivery for all Floridians, Keith has brought the Alliance from a concept to a reality. Since February of 2014, the Alliance has demonstrated its ability to be self-sustaining through a growing membership and the offering of education and training events throughout the state. Keith’s passion for this work is evident in everything he does. We want him to enjoy his retirement but hope that he will stay connected with the Alliance and will continue to ignite others’ passion so that the FSHA achieves its vision.

**Interim Director Appointed**
Please join me in welcoming Dr. Laura Gonzalez as the Interim Director for the Alliance. Laura is an Assistant Professor at the University Of Central Florida College of Nursing with a passion for simulation. She is a member of the International Association for Clinical Simulation and Learning and an active leader in the FSHA East Central Region. Laura’s interim role will begin November 1. WELCOME, LAURA!

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**Leadership Action Team and State Implementation Grant**
The Leadership Action Team of the Florida Action Coalition lead by Rose Sherman, PhD (FAU Leadership Institute) continues in pursuit of the Future of Nursing recommendation: To prepare and enable nurses to lead change to advance health. With the first phase of our RWJF/Florida Blue State Implementation Plan coming to a close, the team has been busy preparing manuscripts and presentations in order to disseminate the findings. Participating in the writing for publication groups are: Mary Lou Brunnell, MSN, RN, Executive Director, FL Center for Nursing; Ann-Lynn Denker, PhD, ARNP (SP Director); Elizabeth Kostas-Polston, PhD, WHNP-BC, ARNP (WNP Nurse Faculty Scholar (USF); Pamela Medina, MA Graduate Research Assistant; and Rose Sherman, PhD Professor, Director Nursing Leadership Institute Florida Atlantic University.

A deliverable version of the Florida SIP grant, Addressing Barriers in Leadership for Nurses in The Leadership Toolkit is now available as a resource on our website. Please visit www.fc fiercelyfornursing.org/FLActionCoalition/SIPGrant.aspx.

**Regional FNA Leadership survey** are being disseminated throughout Florida including the FNA Membership Assembly, the upcoming meetings of the South Florida Nursing Consortium, and the FONE. Find additional information at the Florida Action Coalition website:

With a keen focus on improving the diversity among Florida Nurse Leaders, a Diversity Think Tank grew out of the Florida SIP grant’s Diversity Council. The Think Tank was held on October 2nd where Barbara Nichols, DNS (hon) MS, RN, FAAN (Past ANA president) facilitated a Think Tank with diverse nurse leader representatives from across Florida to develop strategies to increase the number of diverse and inclusive nurse leaders in Florida. Watch for more information from the Think Tank as we develop a Diversity Action Plan.

**Education Action Team**
Using a regional model developed in 2013, the Education Action Team has established the Suncoast Nursing Action Coalition (SNAC), including 18 academics, employers, and community member representatives in their effort to increase the number of BSN prepared nurses in the region. Their effort is being supported through expansion of APRN utilization. The team is looking forward to continuing collaboration with other nursing groups during this legislative session.

**Practice Action Team**
Tasked with addressing scope of practice barriers for nurses, the Practice Action Team has added several new members in a variety of nursing fields. The institutional/cultural workgroup is currently developing a pilot survey to gauge barriers in nursing practice across the state. The legislative/regulatory workgroup is working on a project to craft a business case in Florida for expansion of APRN utilization. The team is looking forward to continuing collaboration with other nursing groups during this legislative session.

**Communication**
The FL-AC is pleased to report the launch of a Facebook page! With over 1,000 ‘likes’ the action coalition encourages nurses to follow the page to get up to date information on each of the action teams, as well as progress toward reaching the Future of Nursing goals throughout the nation.

www.facebook.com/FLActionCoalition

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**Florida Blue Foundation**

**Florida Blue Foundation Awards 2014 Nursing Mini-Grants**

Paul Kluding
October 16, 2014
Email: Paul.Kluding@florida-blue.com

JACKSONVILLE, Fla. – Four Florida nursing colleges and one community foundation are sharing $213,617 in funding from the Florida Blue Foundation through a competitive Nursing Mini-Grant program. One of the grant projects supports the goals of the Florida Healthcare Simulation Alliance to accelerate and optimize the use of patient simulation labs in nurse education and training. The other four grant projects are aligned with the goals of the Florida Action Coalition to improve patient access to quality, cost-effective health care through changes in nursing and health care delivery.

The one mini-grant for simulation is:
- University of North Florida – Duval Co.
- Community Foundation of Sarasota County, Inc. – Sarasota Co.
- University of Central Florida Research Foundation, Inc. – Orange Co.
- University of Florida Foundation, Inc. – Alachua Co.
- University of Miami – Miami Co.

One of the Florida Blue Foundation’s areas of focus is improving the quality and safety of patient care. Nurses comprise the largest segment of the health care workforce and have a significant role in patient outcomes. Many of the Foundation’s efforts in this area are aimed at developing a well-prepared nurse workforce to meet the growing and complex health care needs of the people of Florida.

Florida Blue Foundation enables healthy communities by making grants, building coalitions and rewarding best practices. More than three million people in Florida have received direct health services as a result of grants made to nonprofit organizations since our founding in 2001. Florida Blue Foundation is a trade name of the Blue Cross and Blue Shield of Florida Foundation, Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

For more information about the Foundation, please visit www.florida-bluefoundation.com.

Florida Blue and the Florida Blue Foundation are on Facebook and Twitter.

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**“FIT TO PERFORM SAFELY” Supervisor Skill Workshop**

Sponsored by IPN/FNA

_With speakers: Linda Smith, ARNP, MN, M.Div., CAP, CARN-AP, and Myrtle Greene, LMHC, CAP, ICADC_

This unique program presented by Linda Smith and Myrtle Greene of Florida’s Impaired Practitioner’s Program, will provide nursing supervisors with the tools to ensure patient safety by recognizing when a nurse’s fitness for duty may be in question. In addition, supervisors of licensees enrolled in licensee monitoring will learn how to support professionals through constructive performance improvement.

- Perform their role in performance improvement
- Supervise a licensee in a monitoring program
- Enforce their organization’s policies to protect patient safety
- Take appropriate action sooner to reduce risk

Skills and knowledge include:
- Documenting the facts
- Identifying risky behaviors that can lead to unsafe practice
- Identifying the best course of action based on the level of risk
- Correcting substandard performance issues early
- Redirecting sidetracking behaviors

The course will offer 4.0 contact hours of approved continuing education credit and meets the state training requirements for supervision of licensees enrolled in monitoring. Nurses, supervisors, Employee Assistance Program Managers, and Risk Management Department Heads will benefit from this training.

This program has been evaluated with positive results published in the Advances in Nursing Science, Vol. 35, No. 2, pp. 135-144.

About the Speakers:
- Linda Smith, ARNP, MN, M.Div., CAP, CARN-AP, has held the position of Chief Executive Officer of the Intervention Project for Nurses since 1988.
- Myrtle Greene, LMHC, CAP, ICADC, is Director of Operations at IPN. She has more than 15 years of counseling, case management, and private practice experience. Myrtle has an MA in Counseling Psychology and an MS in Rehabilitation Counseling. She is currently pursuing a PhD in Psychology.

To learn more about bringing this valuable workshop to your facility, contact: Pamela Livingston at 800-840-2720, ext. 123 or plivingston@ipnfl.org.

Previous attendees have said about this training:
- “Very well done and practical information.”
- “The role play portion of the training was very helpful to decrease anxiety and help to improve how to engage in the different scenarios. Extremely valuable training. Thank you!”
- “Very informative. Thank you for the opportunity!”
- “Very helpful and informative. Looking forward to having you come and visit our facility!”

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**29th Annual Conference**

**Conducting Research in Difficult Times: Come Revitalize your Research Spirit**

_With Dr. Cook & Dr. Bonsell, 2014 Fellows in Difficult Times: Come Revitalize your Research Spirit_

**Candidate Poster Session**

**Keynote Speaker:** Nancy Fugate Woods, PhD, RN, FAAN, Professor, Biobehavioral Nursing and Health Systems at the University of Washington and, to date, ONX Joint Commission Certified Healthcare Staffing Services in the State of Hawaii.

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Dr. Daniel Berman, CEO of the Center for Healthcare Thinking & Innovations, has been honored by the International Top 100 Magazine for his success in leading Healthcare Thinking.

Dr. Berman was appointed to the Jacksonville Community Foundation Committee on the Improvement of Mental Health. The Publically Funded Foundation is funded as a Public Private Partnership. They have been tasked by the Public Elected Representatives with the development of a Comprehensive Approach to Services for the Mentally Ill in the NE Region of Florida.

The American Association of Nurse Practitioners (AANP), the largest national professional membership organization for nurse practitioners (NPs) of all specialties, is pleased to announce that George Byron Peraza-Smith has been selected to participate in the prestigious AANP Future Leaders Program. The newly launched 12-month program is designed to develop the next generation of NP leaders through a variety of initiatives that will provide a broad vision of the NP role in the current and future health care environment. Dr. Peraza-Smith joined 17 other participants in early October for an initial two-day formal training focusing on leadership development and other components of the program.

Yolanda Nitti, MSN, RN, an Assistant Professor in the Benjamin Leon School of Nursing at Miami Dade College received the 2014 National Association of Hispanic Nurses (NAHN) Nurse of the Year Award. Yolanda grew up in Brooklyn, New York in a predominantly poverty-stricken Puerto Rican neighborhood where most girls either got pregnant or became drug addicts. Her nursing career has centered on Obstetrics in Hispanic and poverty-stricken communities. Because of her experience in multi-site obstetrical nursing units and her leadership in Mother Baby Birthing Simulation, “Noelle and Baby Hal”; she has encouraged more nursing students to carry on the mission of helping poor minority communities in the future. Yolanda was one of the 2013 FNA Great 100 nurses and the 2012 March of Dimes Nurse of the Year Women’s Health category.

Teri Chenot, Jacksonville University (JU) nursing professor and FNA member, ran the 26.2 mile New York City Marathon on November 2, 2014. The picture shows Teri at the starting line.

The Florida Nurses Foundation is pleased to present *The American Nurse* Documentary

**Save the Dates!**
All showings are at 7:00pm- Schedule subject to change:

- **Tuesday** - 1/6/15 - Pensacola (Bayou 15) - 5149 Bayou Boulevard, Pensacola, FL.
- **Thursday** - 1/8/15 - Pompano Beach 18 - 2215 North Federal Highway, Pompano Beach, FL.
- **Monday** - 1/12/15 - St. Petersburg - 151 2nd Ave North, St. Petersburg, FL.
- **Monday** - 1/19/15 - 1900 N. W. Courtyard - Port St. Lucie, FL.
- **Wednesday** - 1/21/15 - 2241 Town Centre Ave - Melbourne, FL.
- **Monday** - 1/26/15 - 545 Hibiscus Street- West Palm Beach, FL.

Please call FNA headquarters at 407-896-3261 or check our website for more information at http://www.floridanurse.org.
worked some more! At the Korean War memorial, Alyce identified the faces of nurses and aides today don't know what real work is. In Korea we worked for 24 hours straight, and then we slept for 12. My favorite quote from Alyce is “these nurses and aides today don't know what real work is.” In Korea we worked for 24 hours straight, and then we slept for 12.

This time I had the pleasure of being Guardian (escort) for a dear WW2 Army Nurse whom I had met earlier in the year, Alyce. Alyce served in the Philippines and continued as an Army nurse through the Korean War. My favorite quote from Alyce is “these nurses and aides today don’t know what real work is, in Korea we worked for 24 hours straight, and then we worked even more!” At the Korean War memorial, Alyce identified the faces of nurses and aides who had not yet gotten to see their memorials. She cried when she looked at the itinerary and realized that her dad’s WW2 itinerary paralleled his, just a few days or weeks later in most of the same locations. I told Richard that he dropped the bombs which saved my dad and our country. Richard died three months after his 90th birthday from old age and his chronic kidney disease, but before he died, he entertained the dialysis staff and everyone knew he had the happy tale of his Honor Flight.

I enjoyed this first Honor Flight so much, seeing the faces of the 90 year old light up, and sometimes tear up, at the Washington memorials. In addition, I really enjoyed watching the veterans meet new friends who had the same, or similar, wartime experiences. I had such a great day that I had to do it again! The next SWFL Honor Flight was in September of last year. This time I had the pleasure of being Guardian (escort) for a dear WW2 Army Nurse whom I had met earlier in the year, Alyce. Alyce served in the Philippines and continued as an Army nurse through the Korean War. My favorite quote from Alyce is “these nurses and aides today don’t know what real work is, in Korea we worked for 24 hours straight, and then we worked even more!” At the Korean War memorial, Alyce identified the faces of nurses and aides who had not yet gotten to see their memorials. She cried when she looked at the itinerary and realized that her dad’s WW2 itinerary paralleled his, just a few days or weeks later in most of the same locations. I told Richard that he dropped the bombs which saved my dad and our country. Richard died three months after his 90th birthday from old age and his chronic kidney disease, but before he died, he entertained the dialysis staff and everyone knew he had the happy tale of his Honor Flight.

It was during this flight that four of our Guardians realized that the next SWFL Honor Flights would not be until May or June of this year, nine months later due to the weather. We realized that there were at least 250,000 World War Two veterans living in the area from Bradenton south to Naples who had not yet gotten to see their memorials in Washington. And only about 2/3 of them would be able to make the flight and die before they go. We decided we had to start Collier County Honor Flight (CCHF) and take 50 veterans immediately, and more in 2014! So we came home, raised enough money quickly and flew 6 weeks later our first Collier County Honor Flight, a plane load of 50 veterans and 50 guardians, including my other dear WW2 Army nurse friend, Kate. Kate served in Europe and had to move her MASH hospital every five days! She also spoke about working around the clock many days under very primitive field conditions. Kate was at the Battle of the Bulge, which was one of the biggest and longest battles in history. Long after I was tired on the flight on the way home, Kate continued to be excited about the day and told me more of her stories which certainly kept me awake!

On flight 1, I was hooked on Honor Flight, meeting amazing World War Two veterans and hearing their incredible stories. So when CCHF flight 2 rolled around on April 26, 2014, I was again on the flight as Medical Director. This time Laura Rutitzer, RN, FNP, and local Nurse Practitioner, also served as a Guardian and really enjoyed her experience. Besides being an escort to her veteran, Laura helped me by taking care of an abrasion on another veteran’s leg while I was checking on a diabetic veteran. Her presence on the flight made me feel that we could handle any problems that came up. Fortunately, these were the only problems in the wonderful day. I have also been very fortunate to have a few other fantastic nurses on my flights who listen carefully to veteran stories while encouraging them to remember to eat and drink throughout the exciting day.

On flight 2, I was extremely lucky to sit on the plane by chance next to a veteran who, when he found out that I was a nurse, told me he was a nurse. I asked him why, and he proceeded to tell me that he had been a liberator of the Army and Navy nurses who were Prisoners of War on a Philippine Island! I sat with my mouth open hearing his amazing tale. On September 13 we took a very full plane load of 75 WW2 vets and 75 Guardians to Washington to see their memorials. In spite of my prayers for no rain, we did have a long downpour while at the WW2 Memorial. Fortunately, we had raincoats and raingear for the veterans, but it was still a wet few hours. While I complained about the rain to a Marine veteran, he smiled and said that he had done seven Pacific island invasions and a little rain was nothing!

I have learned so much from veterans with WW2 experience that there were, and are, truly the Greatest Generation. They saved our country and the world and it is such an honor and privilege to take them to see their memorials. Our next Collier County Honor Flight was Sat October 25, and again we took 50 veterans, and again I was very fortunate to have Laura on our flight. We plan more flights for next year, and will take Korean War veterans when all the WW2 vets have all gone. We do fund-raising for the flights as each flight is expensive. Veterans go free of charge and the guardians do pay, but they still need donations to cover over 50 per cent of the expenses of the flight. Honor Flights including CCHF are a 100 per cent volunteer organization, and we have a 501 C 3 so donations are tax-deductible. Please help us, or your local Honor Flight organization to take these very deserving veterans on their Honor Flight. Our local Nurse Practitioners of Collier County coalition gave donations last year and this year. It will be your honor, and it is certainly my honor to participate in this organization.
Rising Above the Culture of Incivility in Nursing

Roselle Samson-Mojares, MSN, RN

There are evidences which substantiate the reasons why the culture of the nursing profession is vulnerable to incivility. Awareness may help us understand incivility and compel us to act wisely and in haste. As a practice discipline, nursing is a profession with an intricate social atmosphere (1). Interaction with people is an essential undertaking where most challenges and struggles emerge from. Healthcare is a business with different personalities. Conflict is an inevitable phenomenon.

A postcolonial feminist discourse classifies people based on their race and hierarchy in society or institution (2). Race can be a malicious approach in identifying people as there are certain racial or cultural attributes that command social behavior. Race is not limited to the genetic make-up of a person, but more compellingly how politics and society define and identify a person in reference to actual or mythical characteristics.

Oppressed group behavior was first portrayed when literature began focusing on colonized groups (3). Besides invading physical space, colonizers shoved their authority upon the natives. The conquered felt insignificant, doubted their capabilities, and developed contempt toward self (4). Nurses lost their autonomy and conviction when healthcare moved from visiting home care into the hospital setting (3). The male dominance philosophy persuades women to believe they are worthless but acquire worth only through male associations (5). Women are socialized to address each other as “social enemies,” bonding with one another serves no enrichment of their essence, and women are incapable of coming together (5). Gender bigotry creates a threatening atmosphere between women for no cause (5). Needless to say, majority of nurses are women.

Marginal people will support oppressive doctrines and practices in exchange for positions slightly above the oppressed (4). Applying the concept to the culture of nursing, nurses are considered marginal beings when they advocate for the oppressors at the expense of the oppressed. The medical model is constantly defying the notion that caring is greater or equal to curing. The inclusion of the physician’s name under the patient’s admission data validates the role of the physician, while nurses remain the unnamed souls who implement the care that cures the patient. A dilemma emerges for nurses as they are pulled between carrying out orders, their ethical responsibility to be altruistic (6), and their standard of practice to be autonomous (7).

Kanter’s theory of social power asserts that context and perspectives are largely molded by a person’s status and circumstances (8). Human dynamics are underlined by vulnerability triggering anxiety and manifested through incivility. Social power can also be linked to “access to resources and information” (9); perceived or actual lack of such produce tension which becomes important factors in the culture of nursing.

If culture is a collection of the founding views, goals, and structure which sets nursing apart from the rest; then nurses must look within and reflect on what truly matters to us and decide to make changes now, to have a voice, to stand up against the status quo, to prove everyone wrong, to bond, and once and for all banish incivility from the profession.

Roselle Samson-Mojares, MSN, RN is on the faculty at Barry University, College of Nursing and Health Sciences in Miami Shores, FL. She teaches for the Undergraduate program in Mental Health and Psychiatry as well as Women’s Health and Maternal-Child. She received her Associate in Science Nursing degree from Indian River Community College. She earned her Bachelor’s in Nursing and Master’s in Nursing Education from Barry University. She is currently pursuing her PhD in Nursing from Barry University with her dissertation focus on “Incivility in Nursing.”

Being a nursing student is just hard! The challenges of defining the nurse’s role and learning hundreds of facts, skills, and science that comprise our profession can seem more than overwhelming for anyone. And these demands of nurse students begin during nursing education in the classroom. Perhaps they are married, have children, or are full-time employees. They aren’t abandoning any of their current roles; they are adding the student nurse’s role to an already full plate. It can be easy for these hopeful people to become disillusioned or cynical.

How can we as a body of nurses prevent that disillusionment? You can provide a much needed bright light of encouragement by:

• Inviting a student nurse to attend a conference.
• Taking time to stop for a minute during the work day in the hospital or clinic when you see a student during the clinical rotations to offer a compliment or a word of encouragement, and/or
• Introducing the student to other nurses on your floor.

Mentors contribute to the overall improvement of the nursing profession and can have a remarkable influence on a nursing student’s career. As a mentor, you can provide diverse perspectives and practical insights to the practice of nursing. Mentors also serve as role models and informal networking and career guidance. They can provide a much needed bright light of encouragement by:

• Introducing the student to other nurses on your floor.
• Taking time to stop for a minute during the work day in the hospital or clinic when you see a student during the clinical rotations to offer a compliment or a word of encouragement, and/or
• Inviting a student nurse to attend a conference.

Please send in your Mentoring Vignettes to Vicki Sumappang at vsumappang@florianurse.org. We look forward to hearing your stories. Thank you.
**Florida Nurses Association Night!**

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Invite your friends and family to join you for a night of basketball following the CE Hour.

- Additional Upper Level tickets for family and friends are ONLY $20
- Additional Lower Level tickets for family and friends are ONLY $30

*These additional $20 or $30 tickets do not include access to the 1 Hour CE course at 3:30 p.m., but do provide access to the private FNA Networking Gathering before at 4:30 p.m.

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Questions? Please Contact Vicki Sumagpang at vsumagpang@floridanurse.org

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**Nurses: You Need To Take a Break!**

Denise McNulty, DNP, MSN, RN-BC, ARNP

Nurses around the State have shared that they are, at times, unable to take a lunch or dinner break. This often comes up during discussions with nurses about coping with stress in the workplace and burnout. One nurse shared: “I don’t want to burden my coworkers by asking them to cover my patients while I take a break.” Another nurse stated: “I feel like I’m neglecting my patients if I take a break. I don’t want to be viewed by my peers as being selfish.” Another nurse revealed that she “rarely eats” when at work. She stated: “I just don’t have time to eat.”

In nursing school, we all learned about Maslow’s Hierarchy of Needs. According to Maslow, the very basic needs, which are the foundation for life, are food, air, water. As nurses, we always make sure our patients’ basic needs are being met, but do we take the time to meet our own basic needs? Nurses are caregivers. We care for everyone around us, but the caring needs to begin with ourselves. How can we take care of our patients’ basic needs if we are not meeting our own basic needs? Some nurses feel it is their duty to give of themselves unselfishly often setting the stage for martyrdom which can lead to anger, frustration, compassion fatigue, and eventually burnout. This is not healthy for our minds, bodies, or spirits! Nurses have shared that they can work an entire 12 hour shift and forget to drink a cup of water!

My Grandmother always said: “You need to eat to live!” This is so true. Nurses need to refresh and engage in self-care, which needs to begin with meeting our basic needs. Nurses, let’s work together to cover for one another so that everyone can take a break. You’ll be happier, and your patients will benefit from you being happier. Nurses supporting nurses!

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**Self-care for Nurse Spotlight**

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2014 Clinical Excellence Exemplar

Frank Wood, BSN, RN-BC
Psychiatric Nurse Consultant
Tampa General Hospital, Tampa, FL

As expressed with my Exemplar “Loneliness & Isolation I Could Not Imagine.” caring for a patient with Trigeminal Trophic Syndrome tests all boundaries of being a nurse. According to a 2013 report from CNN, there are less than 100 confirmed cases worldwide of Trigeminal Trophic Syndrome. I can’t pinpoint precisely what peaked my interest in caring for this patient, as I felt that I provided all patients with the same level of care and respect, regardless of their diagnosis or reason for admission. I felt a level of sadness for her that I had not previously felt for any other patient. Oftentimes, when I received new patients for admission. I felt a level of sadness for her that I had not previously felt for any other patient. Oftentimes, when I received new patients for admission, I would playfully promise her by saying “If you drink half of this (boost) shake, I will drink the other half.” Although annoyed with my persistence, she began to consume her boost shakes and slowly became medication compliant. I would effort, she began to consume her boost shakes and slowly became medication compliant. I would sometimes lead to verbal interaction and later pessimism. Making this entertaining for me was her British accent. When she would tearfully say “Don’t look at me, I have these sores on my face that no go away.” Always an admirer of self-deprecating humor, I would try to redirect her attention to my own physical shortcomings. I recall responding one day “Although you have an illness now, you are getting better. I, on the other hand, have an ever growing forehead, the world’s smallest ears for the size of my head and eyebrows that appear like they are racing to the center of my face.” She would look at me, pause, and then say matter-of-factly “Yea, I guess so.” Obviously, not who I would turn to in order to boost my self-esteem, she seemed to enjoy that moment of not focusing on her own appearance. In treating her facial wounds, while wiping away dried blood, I would comment on new tissue growth, especially around the nares.

My initial uncomfortableness was replaced with acknowledgment and praise for A.K.’s self-restraint in scratching at her face. My most memorable moment occurred when she (while holding my hand) agreed to walk to the dining area and have dinner with the fellow patients. Unprompted, they acknowledged her presence by multiple sincere greetings and making room for her at the table. That moment was very moving to observe and reminded me why I enjoy taking care of these special patients. From there, A.K. was on her way to returning to her family. I’m confident that without the dedicated team of nurses, doctors and therapists, she would not have improved to the point of discharge and likely passed away while in the hospital. In reflecting on the several weeks I cared for A.K. is an experience few nurses will ever encounter and one that I will never forget.

Patient Update: On October 14th, I spoke to A.K. and husband. Unfortunately, her condition has regressed to where the ulcerations are again prominent on her face. She had recently returned from the renowned Mayo Clinic in Rochester, Minnesota, yet her husband felt this condition is the same.” Unsolicited, he shared that her inpatient experience at Tampa General Hospital was “top notch” and “the best treatment she received since her diagnosis.” Feeling conflicted over his response, I offered encouragement that I’m hopeful she will get better again and how it was my privilege to take care of her.

Frank Wood has practiced as a nurse in the behavioral health field for the past 10 years, 3 years at Tampa General Hospital and 7 years at Tampa’s St. Joseph’s Hospital Psychiatric Emergency Room. Prior to moving to Tampa, Frank worked 5 years for Health Associates of Kentucky, Inc., as a Practice Operations Director. Frank served 4 years in the military with the United States Air Force, receiving Achievement & Commendation medals. Frank Wood has practiced as a nurse in the behavioral health field for the past 10 years, 3 years at Tampa General Hospital and 3 years at Tampa’s St. Joseph’s Hospital Psychiatric Emergency Room.

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Lake Port Square, Leesburg
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December 2014
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