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Volume 45 • Number 4

Quarterly publication direct mailed to approximately 138,000 RNs and LPNs in New Jersey

October 2015

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Suicide Among Nurses

by: Karla Tramutola, MSN, RN, CAPA, COPP
Member at Large

In preparing to write this article, I asked my relatives, friends, and colleagues if they knew of a nurse who had taken his/her own life. My mother recalled a woman from her nursing class of 1960 and a dear friend mentioned taking care of a psychiatric nurse who attempted twice but was "unsuccessful."

"Suicide is a major public health issue with over 800,000 people dying by suicide globally every year" (Cheung, Merry, & Sundram, 2015, p. 17).

What leads anyone to take his own life? What leads nurses to commit this act?

"Knowledge and access to means, depression and nontreatment of depression, smoking and substance abuse, and stress (personal and occupational)" (Alderson, Parent-Rochelleau, & Mishara, 2015, p. 95) contribute to the higher incidence of suicide among nurses.

As a community, it is important to look at our past and to our future: those studying to become nurses.

In relation to nursing students, Goetz suggests that they may be at higher risk for suicide than other college students because they are subjected to a stressful academic curriculum. Specifically, nurse training includes both clinical placements and theory-based classes, and among other stressful situations, nurses must also learn to cope with suffering and death. In a recent study of 142 Greek nursing students, 10% reported suicidal thoughts and 1.4% stated that they might attempt suicide if they had the chance (Aradilla-Herrero, et al., 2014, p. 520).

Bullying is insidious and toxic to our society. Too often we read the sad news of a victim who uses suicide to escape pain and suffering. "Any nurse can be a victim of horizontal violence and bullying, but the new graduate nurse is at higher risk. New nurses often lack the confidence and social connectivity that may ward off interpersonal conflict. This makes them more vulnerable to bullying behavior and lateral violence" (Weaver, 2013, p. 139).

Several research articles highlighted emergency and psychiatric nursing as being high risk specialties.

What can we do as a nursing community to prevent such tragedies from occurring?

We must be comfortable reaching out to those who express sadness and potential thoughts. Knowing the signs and intervening can be life sustaining. Also learning to handle those who have attempted suicide is an important part of caring

On a personal note, it is imperative to look inward and realize that we are not immune to stress, understand our own limitations, hold ourselves accountable, and seek help when necessary.

For immediate help, the "National Suicide Prevention Hotline at 1-(800)-273-TALK (8255) is a 24-hour, toll-free, confidential, suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-(800)-273-TALK, the call is routed to the nearest crisis center in a national network of more than 140 crisis centers. Local crisis centers provide crisis counseling and mental health referrals day and night." (www.cdc.gov/

violenceprevention/suicide/resources.html)

One of the purposes of NJSNA's Congress on Policy and Practice (COPP) is to promote various issues affecting professional nursing practice. COPP wants to hear from NJSNA members! Please contact COPP via e-mail at www.policy@njsna.org.

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- Alderson, M., Parent-Rochelleau, X., and Mishara, B. (2015). Critical Review on Suicide Among Nurses: What about Work-Related Factors? *Crisis*, 36(2), 91 - 101.
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- Weaver, K. (2013). The Effects of Horizontal Violence and Bullying on New Nurse Retention. *Journal for Nurses in Professional Development*, 29 (3) 138 - 142.
- www.cdc.gov/violenceprevention/suicide/resources.html retrieved on July 19, 2015.

Call for Nominations for State Elective Offices...

The New Jersey State Nurses Association (NJSNA) Nominations Committee is seeking interested NJSNA members who wish to serve in leadership roles. DEADLINE OCT 14, 2015.

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To obtain "Consent to Serve" for or to learn more about each of the leadership positions please visit the NJSNA website at www.njsna.org. You can also request a form by contacting Sandy Kerr at 609-883-5335 extension 11 or by email at sandy@njsna.org.



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For More Information on This Membership Type Visit: www.nursingworld.org or contact Sandy Kerr at 609.883.5335 ext. 111 for an application.

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Sandy Kerr, Executive Assistant, is also now NJSNA's Membership Services Administrator. She will be your contact for all membership questions. She can be reached at 609-883-5335 extension 111 or by email at sandy@njsna.org.



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 All NJSNA members are encouraged to submit material for publication that is of interest to nurses. The *New Jersey Nurse* also welcomes unsolicited manuscripts. Article submission is preferred in MS Word format, Times New Roman font and can be up to 750 words. When sending pictures, please remember to label pictures clearly since the editors have no way of knowing who persons in the photos might be.
Copy Submissions: Preferred submission is by email to the Managing Editor. Only use MS Word for test submission. Please do not embed photos in Word files, send photos as jpg files.
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INPAC

CEO REPORT



Interested Nurses Political Action Committee Endorses "Friends of Nursing"

Linda Gable-Gaston, DNP, RN, APN-C – Chair INPAC

The Interested Nurses Political Action Committee (INPAC) is a nonpartisan political action committee of the New Jersey State Nurses Association (NJSNA). NJSNA is committed to the promotion of nursing and the improvement of healthcare. Each election cycle, INPAC may choose to endorse candidates for who it considers to be trusted friends of nursing and who have been advocates for healthcare and nursing. The candidates that received endorsement are those Assemblypersons who supported the Death Certification Bill (A1319) which permits attending advanced practice nurses to determine cause of death and execute a death certification of patient if nurse is patient's primary caregiver.

- Bob Andrzejczak (D-1)
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- Robert Auth (R-39)
- Daniel R. Benson (D-14)
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- Anthony M. Bucco (R-25)
- John J. Burzichelli (D-3)
- Ralph R. Caputo (D-28)
- Marlene Caride (D-36)
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- Caroline Casagrande (R-11)
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- Gabriela M. Mosquera (D-4)
- Raj Mukherji (D-33)
- Nancy F. Muñoz (R-21)
- Declan J. O'Scanlon, Jr. (R-13)
- Eliana Pintor Marin (D-29)
- Vincent Prieto (D-32)
- Annette Quijano (D-20)
- Maria Rodriguez-Gregg (R-8)
- David C. Russo (R-40)
- Gary S. Schaer (D-36)
- Holly Schepisi (R-39)
- Donna M. Simon (R-16)
- Troy Singleton (D-7)
- Parker Space (R-24)
- L. Grace Spencer (D-29)
- Linda Stender (D-22)
- Shavonda E. Sumter (D-35)
- Adam J. Taliaferro (D-3)
- Cleopatra G. Tucker (D-28)
- Valerie Vainieri Huttle (D-27)
- Jay Webber (R-26)
- Gilbert L. "Whip" Wilson (D-5)
- Benjie E. Wimberly (D-35)
- John S. Wisniewski (D-19)
- David W. Wolfe (R-10)

**Judith E. Schmidt, RN, MSN, ONNC, CCRN
Chief Executive Officer
NJSNA and Institute for Nursing**

Do your patients know who you are? Do you identify yourself as a Registered Professional Nurse? We are seeing a trend emerging in NJ of non-licensed health care workers misrepresenting themselves as the "nurse." In addition, some physicians are calling their office medical assistants, "their nurse." New Jersey is only one of about 10 states in the United States that do not have legal protection of the title "nurse." Some non-nursing health related schools are telling their students not to correct patients or their families if they are addressed as the "nurse." It is assumed by the general public that anyone called a "nurse" has gone to nursing school and is competent and capable of caring for them. Our vulnerable populations assume that anyone in a uniform, especially if it is white, is the "nurse."



Judith Schmidt

Our fellow colleagues, the physicians, would also like to have a protected title the "doctor." The difference is that the title "doctor" is an education designation not a professional designation as the title "nurse" is. There are many "doctoral" degrees

available, PhD, EdD, DHA, DNP, MD, and so on. But there is only one "nurse."

We, and that means all of us including you, have to start to be proactive about our professional status. We need to identify ourselves as the Registered Professional Nurse or the Licensed Practical Nurse. We are not just "the nurse" anymore. We need to be proud of the title that we all worked so very hard to attain. We need to be diligent in ensuring that others do not misrepresent themselves as "the nurse." If necessary, we need to have legislation, as other states have done to protect the title "nurse." We need to encourage patients and their families to report to the board of nursing those who misrepresent themselves as "nurses."

Remember we are not just protecting the title "nurse," we are protecting our patients from possible harm inflicted by health care workers who do have the education and/or training to render safe care to our patients.

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Thank You!

New Jersey States Nurses Association
colleagues and friends,

Thank you for your continued cards, calls, well wishes, and support as I have learned to deal with a chronic illness. Knowing you are there to talk with, or seek information from, has sustained me during the last six months and will continue to do so into the future. I'm doing well but you may not recognize me the next time you see me!

Best,
*Barbara Chamberlain, PhD, RN
Education Specialist, NJSNA*

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MEMBERS IN THE NEWS



Are You “Ready to Run?”

by Regina Adams, RN, BSN

“Ready to Run” is a unique conference for women interested in politics, holding political office, or behind the scene campaign work. The Rutgers University, Eagleton Institute, Center for American Women and Politics held its annual training session at Rutgers, Douglas campus on March 13 and 14, 2015. This program highlights the need for women to enter and serve in public life.

Women in politics bring a unique perspective to the lawmaking process. Women tend to focus on issues, such as women’s health or education, while their male counterparts may focus on the economy and budget issues. Although both women and men have particular preferences on issues, having more women participating in political offices, both local and state offices, allows for a more balanced approach.

During the weekend event the schedule was action packed with relevant topics and speakers who shared a wealth of knowledge designed to prepare women to assume a more active role in politics and prepare the ground work for campaigns and public life. A key to running a successful campaign is candidate marketing and social media etiquette. Targeting specific demographics on social media platforms should be well thought out and a calculated maneuver. To have success with social media one must keep in mind that postings must occur at optimal times; messages must be relevant to constituents and offer something of substance.

“Ready to Run” was comprehensive and offered a glimpse into public speaking ‘do’s and don’ts.’ An added bonus was the on camera activity. It provided on camera insight for potential candidates regarding optimal dress, speaking and position to maximize appeal to potential voters.

Not ready for public office just yet? This program also gives pointers on how to start at the grass roots level. Volunteer on a campaign or contact the local mayor and inquire about open appointed position(s).

This was a wonderful engaging opportunity to learn and network with likeminded individuals. I highly recommend that nurses attend this program and become more active in the political process. For additional information about this conference, you may contact me at: reginaadams73@aol.com.

Regina Adams, RN, BSN, is a NJSNA Interested Nurses Political Action Committee (INPAC) scholarship recipient who attended the CAWP “Ready to Run” conference.

by Alice Huang, RN, BSN

Observing the world of nursing is as picturesque as James Stewart’s character observing his neighbors in Rear Window. You never know what you are going to see. My first year as a nurse was limited to the hospital setting, while I acquired technical nursing skills on a medical-surgical unit. As much as I appreciated my experience, I often felt conflicted with nursing and really questioned why I became a nurse in the first place. Long 12 hour shifts, night shifts with little time for breaks, experiencing disrespect as a nurse, and constant battles with staffing really was not my cup of Earl Grey tea. When I met with my psychiatric clinical instructor from college, who I consider a respected mentor of mine, she encouraged me to explore my options and that life as a nurse can be a life of passion. She immediately emailed Barbara Wright regarding “a novice in need.” When she replied back, my instructor and I were excited to have dinner with a woman who explored other options of nursing than what one would typically think. Things were getting “curiouser and curiouser,” as Alice in Wonderland would say.

After we met, I learned about the “Ready to Run” training program hosted by the Center for American Women and Politics at Rutgers University. I was excited merely by the idea that I had no idea what I would be attending. At first, all the political women in the vicinity intimidated me. These women walked up to microphones fearlessly, while the idea of getting up from my chair frightened me. I was the coy girl in the

crowd, chewing on my bagel, who never was exposed to any political undertones beside my TIME magazine, while many of these women were already politically active in their communities. Naturally, I was in the “I’m not ready to run yet group.” However, I truly valued feeling uncomfortable because it forced me to see a different and very political world.

When I realized that one of the public officials who was a panelist was a registered nurse, my attention span became electrified. She was utilizing her background as a RN to serve her community, which really spoke to the *aha* voice in my head. I knew that nursing was a broad profession, but I did not know it was THAT broad. I was so wrapped up with the picture of a nurse running around in a hospital that in all honesty; I questioned my actual knowledge of nursing history in the political world. I continued to trek along throughout the program alongside women of all backgrounds, while even befriend another young lady.

It was interesting to hear the viewpoints of all political backgrounds in one room. A roomful of women interested in politics is itself a powerhouse of estrogen. The polarizing personalities of women who listed their credentials or women who spoke from experience really exposed me to a world of debate where healthcare professionals are not always familiar. With politics running our communities, it would make sense for all types of careers to be involved. So why are so few nurses involved?

One of the most important lessons I learned from this program was to take chances. There are fewer women in politics and fewer nurses in politics to begin with, and I do believe the future holds an important place for political nurses. Another lesson I learned was that conflicting opinions are fine, as long as there is a place for people to healthily debate and make good choices. Checking my own biases is definitely something I need to continue to work on, as I found myself conflicted by many of the ideas I was hearing. For me, politics is tricky, but it can be a fun area to learn the different options for nurses. For my personal career, I do not wish to be showered with accolades, but I would like to be a nurse who stands for other nurses, stands for the issues nurses care about, and stand for the communities that nurses serve. One option to battle the fights that nurses have is to become slowly acclimated to the world of politics. I do not know where my future lies as a nurse, but I know that nurses can make a difference if we just try, taking chances, and for me it all started with one political training program.

Alice Huang, RN, BSN, was a Center for American Women and Politics scholarship recipient who attended the “Ready to Run” conference.

by Donna Walker-Stewart RN, MSN, CRRN

I gained an abundance of political party information while attending the two-day event. Specifically, I discovered how to launch a successful campaign and techniques that help to display a professional demeanor during public speaking engagements. I learned excellent background information to develop into a qualified political candidate. I was thrilled to receive a Ready to Run Scholarship this year.

Donna Walker-Stewart, RN, MSN, CRRN, is a Center for American Women and Politics scholarship recipient who attended the CAWP “Ready to Run” conference.

Dr. Yvonne Wesley and Dr. Christine Filippone Appointed to DOH Workgroup

by Suzanne Drake, PhD, APN

Important decisions that shape health care are often made by hospital and health systems’ boards and government policymakers, yet nurses have been chronically underrepresented in this capacity. Fortunately, this is beginning to change. One of the key messages of the Institute of Medicine’s Report on the Future of Nursing is for nurses to be full partners with physicians and other health care professionals in redesigning health care. In keeping with this narrative, two NJSNA nurses, Christine Filippone, DNP, MSN, ANP, CIC and Yvonne Wesley, PhD, FAAN have been

chosen to join members of the Quality Improvement Advisory Committee, a committee of the Department of Health.

Appointed by the Commissioner of Health, QIAC members are leaders from New Jersey’s hospital industry and healthcare providers who volunteer their time and expertise to advise the department on health care quality initiatives. The mission of the QIAC workgroup will be to monitor Accountable Care Organization (ACO) health care delivery in New Jersey, to help identify key metrics for improving the quality of ACO care delivery and to assist in developing strategies to improve the performance in ACO metrics.

Dr. Filippone brings to the table extensive experience in education, epidemiology and infection control. In 2014, she was appointed to the Centers for Medicare & Medicaid Services (CMS) Project: Development, Implementation, and Maintenance of Quality Measures for the Program of All-Inclusive Care for the Elderly (PACE). Dr. Wesley offers three decades of health care expertise in health policy, education and research. Having also served on numerous government-appointed positions, she has dedicated much of her life to public service. NJSNA is proud to have Christine and Yvonne represent nursing and grateful for their willingness to serve.

1. An Accountable Care Organization (ACO) is an organization of health care providers that work as a team to coordinate care for a group of Medicare beneficiaries to provide high-quality, patient-centered care at reduced cost. Nurses have an integral role to play in helping ACOs deliver high-quality care at a lower cost.

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N.J. Nursing Initiative Expands Pipeline of Nurse Faculty and Leaders

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They are:

- **Jeannie Couper**, PhD, RN-BC, of West Orange;
- **Lisa Heelan-Fancher**, PhD, FNP-BC, ANP-BC, of Paradise Valley, Pa.;
- **Katherine Hinic**, PhD, RN, APRN-BC, of Berkeley Heights;
- **Patricia Ricci-Allegra**, PhD, RN, APN, CPNP, of Green Brook; and
- **Lori Wilt**, PhD, RN, NJ-CSN, NCSN, of Vernon.

The Robert Wood Johnson Foundation launched NJNI in 2009 and has supported 56 New Jersey Nursing Scholars who have earned graduate degrees qualifying them for nurse faculty positions.

"The latest New Jersey Nursing Scholars to earn their PhDs enhance NJNI's proud legacy of fueling the pipeline of nurse faculty in the state," said Aline M. Holmes, DNP, RN, program co-director of NJNI.

Susan W. Salmund, EdD, RN, ANEF, FAAN, program co-director of NJNI, "As NJNI focuses on helping ensure that nursing programs teach relevant skills like providing community-based care, it's great to have so many former NJNI scholars in teaching roles and available for future opportunities."

"My passions are teaching and research," said Jeannie Couper, an adjunct faculty member at Seton Hall, and a neonatal intensive care unit nurse researching parental perceptions of nursing care for very premature infants. "I'm grateful for the opportunity to have merged those two worlds in a PhD program. Evidence-based practice is so important for both clinical and educational settings."

"I wanted to develop the research skills needed to improve outcomes for new mothers and their babies," said Lisa Heelan-Fancher. "My ultimate goal is to educate tomorrow's nurses, become an expert in my research area, and actively participate in health policy decisions that have a direct impact on mother-and-child outcomes."

Katherine Hinic plans to pursue postdoctoral research to benefit new mothers and families from vulnerable populations with limited access to perinatal support services. "Advancing my education by earning my PhD has equipped me with new skill sets in health care research and education," she said. "I am excited for the chance to inspire a new generation of nurses to love nursing as much as I do and to provide quality care."

"I'm thankful to the Robert Wood Johnson Foundation for the opportunity to earn a PhD in nursing," said Patricia Ricci-Allegra, who plans to continue researching mindfulness and spiritual care in nursing. "I look forward to beginning my career as a nurse educator and instilling in the next generation of nurses the value of caring in the evolving health care environment."

Lorrie Wilt studied the relationship between school nursing and adolescent type 1 diabetes management. She hopes to continue that research and practice as a school nurse. "Pursuing my PhD as a NJNI Nursing Scholar gave me the opportunity to meet so many nurse leaders who inspire me to want to make a difference in nursing and health care overall," Wilt said.

Follow the *New Jersey Nursing Initiative* on Twitter at @NJNIprogram and visit our Facebook page, www.facebook.com/NewJerseyNursingInitiative.



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Board of Directors Updates:

The NJSNA Board of Directors met on Tuesday, May 26, 2015 in Trenton. In attendance were: Norma Rodgers, President; Ben Evans, President-Elect; Eleanor Dietrich-Withington, Treasurer; Sandy Quinn, Secretary; Directors Sandra Austin-Benn; Mary Carroll, Mary Krug; Patricia Fonder; Rosemarie Rosales; Susan Weaver, Chair COPP; Daniel Misa, Region 1 President; Patricia August, Region 2 President; Varsha Singh, Region 3 President; Regina Adams, Region 4 President; Peggy Lasoff, Region 6 President; Judy Schmidt, CEO & Immediate Past President; Debra Harwell, Associate Director; Sandy Kerr, Executive Assistant, Barbara Chamberlain, Education Specialist

Excused: Kathryn Fleming, Vice President; Kate Gillespie, Director; Margaret Huryk, Director; Kathleen Burkhart, Director Staff Nurse; Anita Murphy, Region 5 President

Guests: JoAnne Penn; Helen Donovan; Linda Gural; June Brandes Chu; Nedrah Banks

Following are highlights of the action items:

Motion 1—to approve the March 24, 2015 minutes. Passed Vote with corrections to the minutes. Yes 17

Motion 2—Approve the Consent Agenda as presented. Passed Vote Yes 17

Motion 3—Approve the Treasurer's Financial Report. Passed Vote Yes 17

Motion 4—Approve to accept the 2016 Amended Budget. Passed Vote Yes 17 Yes

Motion 5—Approve Barbara Chamberlain as the NJSNA Consultant to the NJNS, Inc. Passed Vote Yes 16. Abstain - 1

Motion 6—Approve to recommend Judith Caruso to the Governor for appointment to the NJ Collaborating Center for Nursing. Passed Vote Yes 14.

Motion 7—Approve to appoint Suzanne Drake to the Interested Nurses Political Action Committee. Passed Vote 16 Yes

Motion 8—Approve to appoint Regina Adams Region 4 MAL to the Interested Nurses Political Action Committee. Passed Vote 16 Yes

Motion 9—Approve to appoint Kate Gillespie Region 5 MAL to the Interested Nurses Political Action Committee. Passed Vote 16 Yes

Motion 10—Approve to appoint Varsha Singh Region 3 MAL to the Interested Nurses Political Action Committee. Passed Vote 15 Yes. Abstain - 1

Motion 11—Approve to appoint Judy Schmidt ANA/PAC as the Congressional Coordinator to the Interested Nurses Political Action Committee effective July 1, 2015. Passed Vote 16 Yes

NJCCN SUMMIT
NEW JERSEY GRASSROOTS NURSES:
 BUILDING A CULTURE OF HEALTH THROUGH INNOVATION



In Partnership with:    

OCTOBER 29, 2015
 8:00 am to 4:00 pm
 Registration Fee: \$100.00. You must pre-register at:
 Link: <http://nursing.rutgers.edu/njccn/>
 5.25 Contact Hours

The purpose of the summit is to engage front-line nurses across settings to build a culture of health through innovation. This summit will emphasize the important role nurses can and do play in transforming health in their communities. Learn how to create innovative projects and obtain funding to support your initiatives.

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NJ Collaborating Center for Nursing Announces Board Appointments

The New Jersey Collaborating Center for Nursing (NJCCN) is pleased to announce appointments to its board. NJCCCN works on behalf of nurses to provide evidence-based recommendations regarding the nursing workforce and its impact on patient care. The Center is guided by a 17 member board representing New Jersey healthcare stakeholders, who are appointed by the Governor, Senate President and Assembly Speaker. Below is a list of the most recent Board of Trustee appointments. Edna Cadmus, RN, EdD, FAAN, executive director of the NJCCN stated "we are pleased to have such a diverse group of board members who can help to generate nursing workforce solutions for New Jersey citizens."

NJ GOVERNOR APPOINTEES by Governor Chris Christie

New Jersey State Nurses Association Representative
Susan H. Weaver, MSN, RN

New Jersey League for Nursing Representative
Carol Patterson, MSN, BSN, RN, CNE

Association of Diploma Schools of Professional Nursing Representative
Susanne Sorace, MSN, RN, CNE

Health Care Facility Staff Nurse
Michele A. McLaughlin, RN, MSN, CPAN

New Jersey Association of Baccalaureate and Higher Degree Programs in Nursing Representative
Neddie Serra, MSN, Ed.D.

New Jersey Council of Associate Degree Nursing Programs Representative
Donna J. Stankiewicz, MSN, RN

Practical Nurse Educators Council of New Jersey Representative
Evadne Adina Harrison-Madu, Ph.D., MSN, RN

Consumer of Health Care
Victoria Hasser, MSW, LCSW

Consumer of Health Care
Barbara George Johnson, Esq.

NJ SENATE APPOINTEE by President Stephen Sweeney

Home Care Association of New Jersey
Ann M. Painter, RN, MSN

For information about the NJCCN go to our website: <http://www.njccn.org>.



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SAFE New Jersey: An Initiative to Address Domestic and Sexual Violence

by Linda Sloan Locke, RN, CNM, MPH, LSW;
NJ Heath Cares Collaborative Chair

SAFE New Jersey is a statewide initiative which seeks to increase the awareness of healthcare providers about the prevalence of domestic and sexual violence, and improve their knowledge about the impact of these experiences on health, both in the short and long term. The NJ Health Cares Collaborative consists of nine organizations, including NJSNA, which are committed to this shared vision.

In the US, almost 1 in 3 women and 1 in 7 men will experience domestic or sexual violence in their lifetime, with 2 million injuries and 1,300 deaths each year attributed to intimate partner violence. In New Jersey, 65,060 domestic violence (DV) incidents and 1,030 rapes were reported in 2012, which translates into a DV incident every 8 minutes and a rape every 8 hours; although experts agree that these incidents are vastly underreported. Domestic and sexual violence occur in every segment of our society, with no race, ethnicity, culture, age group, gender, religion or socioeconomic group being immune.

In addition to the immediate trauma caused by domestic or sexual violence, which can include physical injuries, traumatic brain injury, sexually transmitted infections, pregnancy, and psychological distress, there is often a significant long-term negative effect on the physical, emotional and mental health of survivors. Multiple studies show that survivors have an increased incidence of a wide range of adverse health outcomes which affect every body system, including:

- Depression
- PTSD
- Alcohol and Substance Abuse
- Chronic pain syndromes
- Disability preventing work or school attendance
- Migraines and other headache syndromes
- Adverse pregnancy outcomes and other reproductive problems

Having this knowledge, combined with increased awareness of the impact of social determinants of health, not only on health outcomes, but also on utilization of the healthcare system, makes a strong case for nurses to utilize the unique opportunity as providers in almost every healthcare setting, to identify and address these issues with patients.

The **SAFE** initiative goals are as follows: increased NJ provider awareness and knowledge about domestic and sexual violence; improved ability to screen patients for domestic and sexual violence; improved ability to deliver culturally competent trauma-informed care; increased collaboration between providers and domestic and sexual violence prevention and treatment agencies; and framing the healthcare setting as a "SAFE" place to share this information. These goals are highly compatible with and relevant to nursing practice.

The SAFE Acronym provides a framework for nurses and other providers:

- S** = Screen all patients (for current/past domestic and/or sexual violence)
- A** = Assess (for current safety, needs impact of violence)
- F** = Facilitate (referrals to appropriate resources/support)
- E** = Educate/Empower (validate experience/give information)

Screening can be incorporated into routine healthcare in all healthcare settings. For referrals, every New Jersey county has a free, confidential DV and SV organization, with information accessible on the websites of the state organizations: NJ Coalition to End Domestic Violence: www.njcedv.org (hotline 1-800-572-SAFE) and NJ coalition Against Sexual Assault: www.njcasa.org (hotline 1-800-601-7200). The Collaborative can be contacted at: njhealthcares@gmail.com.

NJ Health Cares Collaborative members include: NJSNA; NJ Affiliate of American College of Nurse-Midwives (ACNM); NJ Coalition Against Sexual Assault (NJCASA); NJ Coalition to End Domestic Violence (NJCEDV-formerly NJCBW); NJ Section of Women's Health, Obstetric, and Neonatal Nurses (AWHONN); NJ Chapter of International Association of Forensic Nurses (IAFN); Partnership for Maternal and Child Health of Northern NJ; Central NJ Family Health Consortium; and the Southern NJ Perinatal Cooperative

SAVE-THE-DATE DECEMBER 2, 2015 "EPIC AWARDS"

Award recipients will be honored at EPIC Awards Gala to be held on Wednesday, December 2, 2015 at Forsgate Country Club, Monroe Township, New Jersey. Contact Debra Harwell (deb@njsna.org) or Tyea Santiago (education@njsna.org) for information to purchase tickets.

Call for Resolution Proposals

NJSNA's Resolutions Committee is now accepting Resolution Proposals. Any suggestions for proposed resolutions will be referred to the Resolutions Committee for study. Amendments proposed by the Resolutions Committee for the 2015 NJSNA Annual Meeting must be in the possession of the NJSNA Resolutions Committee by **October 14, 2015**. Please submit all resolution proposals to Sandy Kerr, Executive Assistant, at sandy@njsna.org.

SAVE THE DATES

Society of Psychiatric Advanced Practice Nurses
of the New Jersey State Nurses Association



Oct 23-24
Ocean Place and Spa
Long Branch NJ

Fourth Annual
PMH-APN
2015 Conference

Psychiatric Advanced Practice Nurses:
Identifying Unique Strategies for Care



SAVE-THE-DATE

OCTOBER 13-16, 2015

NJSNA/IFN NURSING CONVENTION
BALLY'S RESORT & CASINO
in ATLANTIC CITY

Health Care Plenary Session
October 15th - 4:00-5:15 pm
Lt. Governor Kim Guadagno (invited)

Call for Bylaws Proposals

NJSNA's Bylaws Committee is now accepting Bylaws Amendment Proposals. Any suggestions for proposed amendments will be referred to the Bylaws Committee for study. Amendments proposed by the Bylaws Committee for the 2015 NJSNA Annual Meeting must be in the possession of the NJSNA Bylaws Committee by **October 14, 2015**. Current NJSNA Bylaws may be found online at <http://www.njsna.org>, click on ABOUT NJSNA, then select 2015 NJSNA Bylaws. Please submit all Bylaws Amendment Proposals to Sandy Kerr, Executive Assistant, at sandy@njsna.org.



Asthma Today: Implementing the NAEPP Expert Panel Report-3 2007 Guidelines for the Diagnosis and Management of Asthma in the Primary Care Practice

The Pediatric/Adult Asthma Coalition of New Jersey (PACNJ), a project of the American Lung Association in New Jersey (ALANJ), has launched a new asthma education program for primary care providers, **Asthma Today**, based on National Asthma Education and Prevention Program (NAEPP) EPR-3 Guidelines. This **free one-hour online CME program** includes free tools to support the provider in the classification of asthma severity, assessment of asthma control and the stepwise approach in the treatment of asthma. Dr. Arthur Torre, a member of the PACNJ Advisory Council, "This program offers practical advice to become proficient in following the NAEPP evidence based guidelines for treating asthma."

The focus of the program is to provide instruction on the application of the NAEPP Guidelines and to demonstrate methods for patient education in asthma self-management, a critical key to asthma control. How can a provider successfully educate patients in a 10 minute visit? Three case presentations are introduced as vignettes by our talented volunteers, Kemi Alli, MD, FAAP, Chief Medical Officer at the Henry J. Austin Health Center, Puthenmadam Radhakrishnan, MD, Bellevue Pediatrics in Trenton, and John Winant, MD, FAAAI, Allergy and Immunology in Mercerville who also provides an overview as an asthma specialist. In the first two case studies the physicians are classifying the patient's asthma, prescribing treatment, and providing education. In the third case the physician is conducting a follow-up visit.

In each of the cases the provider demonstrates the use of the tools recommended in the NAEPP Guidelines for the diagnosis and management of asthma such as: the Classification of Asthma Severity chart, the Stepwise Approach for Managing Asthma chart, and the Asthma Control Test™.

This one-hour program is organized around three segments. The first is introducing the guidelines and the burden of asthma in New Jersey. The second segment is the presentation of the three case studies, and the third segment is focused on establishing office policies for implementing the asthma guidelines in the



primary care practice. Charles Dadzie, MD, FAAP, FCCP, Director of Pediatric Pulmonology and Critical Care Medicine at the Jersey Shore University Medical Center and Patti Lucarelli, MSN, CPNP, APN, at the Jane H. Booker Family Health Center discuss their success in implementing six policies that dramatically improved asthma control for their patients.

PACNJ has also developed an **Asthma Tool Kit for Primary Care Providers** to support physicians in implementing the guidelines. These tools are available in English and Spanish, color or black and white, and may be downloaded free from the website following the completion of the **Asthma Today** program.

This program was developed by the Curriculum Committee organized through the American Academy of Pediatrics, New Jersey Chapter. The project built on the success of the NJPCORE Asthma program piloted in Trenton in 2007.

The New Jersey Academy of Family Physicians is sponsoring the CME activity. It has been reviewed and is acceptable for 1.00 prescribed credit by the American Academy of Family Physicians. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit toward the AMA Physician's Recognition Award.

Educational Objectives:

After completing the program providers should be able to:

- Apply the clinical guidelines to assess a patient's asthma severity and prescribe treatment
- Assess and monitor a patient's level of asthma control and adjust treatment as needed
- Identify methods to educate patients in asthma self-management
- Implement policies for a team approach in managing asthma in the primary care practice

To learn more about the free CME program, visit www.pacnj.org.

This project was supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under Cooperative Agreement 5U59EH000491-5. Its content are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention. Although this project has been funded wholly or in part by the United States Environmental Protection Agency under Agreement XA96296601-1 to the American Lung Association in New Jersey, it has not gone through the Agency's review process and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred.

Scott Named Director of RAMP

NJSNA/IFN is pleased to announce the promotion of Jillian Scott, MSN, RN Case Manager to Director for the Recovery and Monitoring Program (RAMP). Jillian assumed the position formerly held by Suzanne Alunni-Kinkle. Suzanne will remain a part of RAMP on a consultative basis. Jillian has worked as a case manager and as an intake specialist for RAMP for the past year. In addition, Jillian has worked for the Southern New Jersey Perinatal Cooperative and Always There Home Care.

Jillian states she "...is pleased to accept the position as program Director. I have seen firsthand how the program not only supports nurses but facilitates the protection and safety of the public as well. Under the direction of Suzanne Alunni-Kinkle, RN, BS, CARN, the RAMP team has made many significant improvements over the past two years; and I welcome the opportunity, as the current Director, to continue and build on those improvements. The team has been able to identify the growing need for an alternative approach for certain nurses being referred to the program, such as those with mental health concern. As a result, necessary modifications have been made in regards to how they are monitored and specific support groups have been instituted to best assist those nurses.

Other improvements include an increase in direct referrals as well as a completion success rate higher than that of the national average. As Director, I intend to build on these successes by further improving overall program function, and educating employers on the advantages of supporting nurses by referring to RAMP, and allowing them to return and work while being monitored. Our goal is to continue identifying current trends in order to best support nurses who are faced with addiction, mental illness, or have practice concerns; ensuring they are stable and able to practice safely."

Please join me in congratulating Jillian on her new position here at NJSNA/IFN.



Jillian Scott



The graduate nursing programs at West Chester University offer hybrid, online, and evening courses to meet the needs of today's nursing professionals.

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Essex County College Unveils Health Sciences Nursing Simulation Lab



Essex County College Nursing students can now take advantage of the latest technology in patient care right on the school's Newark campus. The Center for Health Sciences Nursing Simulation Laboratory, featuring nearly lifelike mannequins as patients, was officially opened April 16 with a formally ribbon-cutting ceremony.

"This amazing simulation lab will prepare our students even more than ever to function more effectively as Registered Nurses," said Essex President Dr. Gale E. Gibson. "While our students, trained by our outstanding faculty, have always excelled, this new lab will further enhance their skills. As we continue to improve the College and its facilities and offerings to students we know that the new age of health innovation requires providing the latest technology for students to be effective health service providers."

"The new lab will provide outstanding training for our students before they begin their clinical assignments," said Dr. Evadne Harrison-Madu, Chairperson of the Division of Nursing & Allied Health. An important component of the students' training is the clinical work at hospitals, and she said the new lab will provide excellent preparation. The lab will also allow for mistakes, or as Dr. Madu put it, "They may kill the mannequin, but they won't kill the patient."

Norma Rodgers, President of the New Jersey State Nurses Association, was impressed by the lab. "As we see more hospitals closing, there are a limited number of clinical sites for nursing students. "The Essex County College lab gives students the hands-on experiences they need. The scenarios the 'patients' provide is very close to what the students will experience in a hospital." Funding for the project totaled \$696,217 and includes \$640,967 from the state Higher Education Equipment Leasing Fund and the rest from the state Facilities Trust Fund.

The College renovated its existing Nursing Simulation Lab into the spacious high-tech training area. Four new mannequins – three adults and one baby – can simulate a variety of chronic illnesses. The mannequins can perform such functions as breathe, sweat, and blink, simulating what students in the College's Associate degree Nursing Program will encounter in a hospital or similar setting.

Dr. S. Aisha Steplight Johnson, Acting Vice President for Academic Affairs/



Norma Rodgers, fourth from left, joins Essex County College Nursing faculty and students during the April 16 dedication of the Nursing Simulation Lab on the College's Newark campus.

Chief Academic Officer, noted the popularity of the College's Nursing Department which sees more than 800 applicants a year. "They see Essex as a beacon of light" and this new simulation lab is another way the College is providing residents with the tools necessary to succeed in life. The training area includes a Debriefing Room where the instructor can go over the student's work after leaving the mannequins. A separate Observation Room for up to 30 is also part of the lab.

Tracy Mulcahey, from Laerdal Medical, the company that provided the equipment, gave an overview of the new lab's capabilities. "The lab has been designed to provide the opportunity for things to literally go wrong, allowing for the students to learn how to handle emergencies," she said. Students the provided a demonstrations on how the mannequins react to a variety of medical emergencies.

The new lab will also impact and enhance the many students in the Allied Health Division: Radiography program, Physical Therapist Assistant Program and the Health Information Technology Programs. In the Health Technology Program, for example, students will use the lab for data entry training and storing electronic record keeping.

Dr. Gibson said the project fits into a number of the College's Strategic Plan goals. These include: Student Success & Completion – Job #1; State of the Art Technology & Support Services, and Modernized Facilities.

Essex County College is a fully accredited public community college with a total enrollment of more than 16,000 students pursuing Associate degrees and Certificates in more than 40 areas of study on campuses in Newark, West Caldwell (West Essex) and Cedar Grove (Police Academy). Essex sends more transfer students to Rutgers, New Jersey Institute of Technology and Montclair State University than any other college. Since 2012, Essex has been the leading two-year institution in the nation in producing Jack Kent Cooke Foundation Transfer Scholars who receive up to a \$90,000 award from this prestigious organization. Essex is New Jersey's only two-year College designated a Predominantly Black and a Hispanic Serving Institution. Recently, Essex County College was selected as a 2014 Military Friendly School by Victory Media. For more information, go to www.essex.edu.

TOP 25 WOMEN IN HEALTHCARE 2015

ANA President Cipriano named among Top 25 Women in Health Care and Champions of Nursing: Three Nurse Leaders, RWJF and Leapfrog Presidents

American Nurses Association President Pamela Cipriano, PhD, RN, NEA-BC, FAAN, has been named by *Modern HealthCare* as one of 2015's *Top 25 Women in Health Care*. Cipriano advocates on behalf of the country's more than 3 million registered nurses. She believes that "nurses are well positioned to impact health care quality and care coordination, as well as take on new roles as more care is moved out of hospitals."

Modern Health Care's prestigious biennial program honors highly accomplished female health executives who are making a positive difference in the industry. ANA past president, Karen Daley, PhD, RN, FAAN, was honored in 2013.

Cipriano said she is "grateful to be among nurse leaders who are driving changes to improve health care for patients, families and communities. I'm proud to be among such a distinguished visionary and transformative group."

Also, the *Top 25 Women in Health Care* includes champions of nursing, Robert Wood Johnson Foundation, President/CEO, Risa Lavizzo-Mourey, MD, and Leapfrog President, Leah Binder; and three national nurse leaders: Maureen Bisognano, RN, MS, Institute for Healthcare Improvement, President/CEO, Boston, MA; Ruth Brinkley, RN, MSN, Kentucky One, President/CEO, Louisville, KY; and Sr. Carol Keehan, DC, RN, MS, Catholic Health Association, President/CEO, Washington, DC.

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MONEY® Magazine has ranked Saint Peter's University **Fifth in the Nation** for "Colleges That Add the Most Value."

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#5
in the
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Caregiver, Advise, Record, Enable (CARE) Act Launched

Susan Reinhard, PhD, RN, FAAN, AARP Senior Vice President and Director, Public Policy Institute, and Evelyn Liebman, AARP New Jersey, Associate State Director, launched the Caregiver, Advise, Record, and Enable (CARE) Act at an invitational meeting held at AARP New Jersey headquarters on May 12.

“Over one million NJ residents are caring for an aging parent or loved one, helping them to live independently in their home. These family caregivers have a huge responsibility and common sense steps can make a difference to them,” Reinhard stated. Therefore, “AARP worked with stakeholders (including NJSNA), and legislators to create The Caregiver, Advise, Record, Enable (CARE) Act to support caregivers to safely help people stay at home,” Liebman shared.

Reinhard explained that the CARE Act of 2014 “recognizes the changing nature of health care and the critical role of family caregivers in home care; requires a hospital patient be provided the opportunity to designate a caregiver in the medical record, who will be notified when the patient is being discharged.” It also requires, if needed, contact information for community resources, and long-term services necessary to implement the discharge plan. Since education related to after-care assistance described in the discharge plan is required under the CARE Act, contact information for a hospital employee who can respond to questions about the plan must be included. Instructions must include a live or video demonstration.

Several limits under the CARE Act are specified. Advanced Directives supersede the CARE Act. It does not establish or create a right to sue a hospital; a hospital is not liable for the services rendered by a caregiver; and a caregiver cannot be reimbursed for after-care provided under the CARE Act.

Liebman encouraged caregivers and families who are beneficiaries of the CARE Act to share their story with AARP NJ and other caregivers (<https://act.aarp.org/iheartcaregivers/stories/submit>). AARP NJ wants to know how the CARE Act is working.

Nurse Leader in the Boardroom

Barbara Chamberlain Appointed to the Rowan University Board of Trustees

With unanimous Senate consent, Governor Chris Christie has appointed Barbara Chamberlain, PhD, APN, MBA, RN, Education Specialist for NJSNA to the Rowan University Board of Trustees effective immediately through June, 2020. Chamberlain was nominated by Senator Fred Madden and Senate President Stephen Sweeney. In this role she will be involved with approving the educational curriculum and student services programs, and determining policies for the organization, administration, and development of the University.

Chamberlain was recently awarded the Lifetime Achievement Award by the Organization of Nurse Executives of New Jersey (ONE NJ). The Lifetime Achievement Award recognizes special nurse leaders for their lifetime dedication to nursing leadership and their limitless passion to advancing the profession. This prestigious award is unique in that there is no public call for nominations; the board members of ONE NJ choose the recipient.

In addition Chamberlain received the first Lifetime Legacy Award from the New Jersey Nursing Students, Inc. for her work as an educator, mentor, and friend and for her strength, wisdom, and compassion to the students of the state. This award was presented at the Deans and Directors annual luncheon during the student convention in Atlantic City.

Most recently, Chamberlain served as NJSNA President and Institute for Nursing, Chairperson, during her life time tenure as an ANA/NJSNA/Region 5 member.

New Jersey Nurses Who Are Licensed in Pennsylvania Child Abuse Mandatory Reporter Training

Beginning January, 2015, everyone who holds, or is applying for a health-related license in Pennsylvania is considered a “mandatory reporter” of suspected child abuse. In consideration of this status, everyone with, or applying for, a health-related license must receive education in reporting child abuse during the two year period of license renewal. Individuals who are renewing their licenses are required to take two hours while new licensees will be required to take three hours of education.

There are several ways to obtain this education. A free three-hour course providing three contact hours is available at www.reportabusepa.pitt.edu. This course is provided by the Pennsylvania Department of Health and Human Services and the Pennsylvania Department of State to meet the mandated reporting of Act 31. Other courses are available at <http://www.netce.com/PACChildAbuseTraining> (3 hours long) and <http://info.elitecme.com/pa-child-abuse-training> (2 hours long) but there are costs associated with these on line courses.

This is a requirement for all Pennsylvania licensed registered nurses. This information is provided as a service to nurses in New Jersey.

Join New Jersey Grassroots Nurses at Summit on October 29: Building a Culture of Health

Please join the New Jersey Collaborating Center for Nursing (NJCCN), the New Jersey Action Coalition, the New Jersey Health Initiative and the New Jersey Nursing Initiative on Thursday, October 29, for a day-long summit on how nurses in New Jersey can help build a Culture of Health through innovation.

This one-day event will be held at the Forsgate Country Club and will feature Susan B. Hassmiller, PhD, RN, FAAN, senior adviser for nursing at the Robert Wood Johnson Foundation; Lynn Fick-Cooper, MBA, and Ancella Livers, PhD, of the Center for Creative Leadership; and Toni Lewis, MPH, County Health Rankings and Roadmaps coach for the state of New Jersey.

A panel of experts will discuss how nurses are creating a Culture of Health in New Jersey, and provide specific examples of successful programs. Attendees will also hear about funding opportunities.

Nurses from all health care settings are strongly encouraged to attend and participate in this important event. Attendees will have the unique opportunity to participate in informational and interactive sessions conducted by health care leaders and focused on how nurses can act on the local level to meet health care challenges in their communities and across the state.

NJCCN is the lead organization in this partnership of health care groups.

For information on how to register and additional details, please contact Allison Creary at 973-353-2715 or acreary@sn.rutgers.edu, at the NJ Collaborating Center for Nursing.

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REGION NEWS



Region 1

Morris, Passaic, Sussex, Warren

Isolte Valentine, BSN, RN, VP Communications

APPOINTMENTS AND CONGRATULATIONS:

Region 1 congratulates Mary Ellen Levine who transitioned into the role of Region 1 President on August 1st, 2015. We are very excited to have Mary Ellen as the new president as she continues the advancement of the region that has been established by her predecessors. She has been a very committed member and we cannot wait to see what is yet to come.

Region 1 held their annual installation brunch on Saturday, August 1st at the Lake Mohawk Country Club. Congratulations to the following Region 1 members who took office on August 1st, 2015: President: Mary Ellen Levine, MSN, RN; President Elect: Sandra Foley, MSN, RN; Vice President for Membership: Darlene Borromeo, BSN, RN, BC; Vice President to the Institute: Vivek Agnihotri, DNP, RN, CCRN, APN-BC; Vice President to the Congress on Policy: Diane Hassa, MSN, RN; Morris County Coordinator: Josephine Sanchez, MSN, RN, CRRN; Sussex County Coordinator: Casimiera Liobe, MSN, RN; Warren County Coordinator: Lauren Krause, BSN, MBA, RN; Nominations Committee: Ellen Ehrlich, EdD, RN, NCPsyA; Nominations Committee: Susan Weaver, MSN, RN, CRNI, NEA-BC. We are honored to have you all as a part of the team, and we thank you.

MEETINGS:

Please join us at our meetings that are rotated to all the counties in our region—Morris, Passaic, Sussex, and Warren. We cover topics such as upcoming events and meetings, finances and committees, and volunteer opportunities, and it is a great way to network. Our next meeting will be on Saturday, October 17th, 2015 at Hackettstown Regional Medical Center (Warren County), Cafeteria Conference Room. Please bring a canned food item for donation as part of our community outreach. Additional information on these meetings is available on www.njsna.org and on our Facebook page at www.facebook.com/NJSNARegion1.

MENTORSHIP PROGRAM:

The Region 1 Mentorship Program is designed to assist the novice nurse or new graduate nurse in providing support through the difficult and often unsettling transition from school to bedside, by pairing the new nurse with an experienced proficient or expert nurse as their mentor. The mentee will have to be a member of Region 1 to apply for this program. Please come to our October meeting for more information including handouts of our program and applications forms. You will not want to miss this! For more information, please contact Charlene O'Sullivan, Mentorship Program Coordinator (johnos@ptd.net) or Isolte Valentine, Vice President for Communication (isoltev@gmail.com).

COMMUNITY SERVICE:

We plan on scheduling outreach activities at Trinity Lutheran Church Faith Kitchen in Dover as we have in the past, as well as some new activities with Hillsong Church. Be on the lookout for additional information.

CONNECT with REGION 1:

Communication is key. Please connect with us on the NJSNA website or on our Facebook page or e-mail our president Mary Ellen Levine (melevine2495@gmail.com). Please join us at one of our board meetings, network and participate in great discussions regarding health care policy, and indulge in the free food. If you are looking for gratifying ways to earn contact hours, please go to our website for information on upcoming opportunities. E-mail us with any concerns impacting nurses or nursing practice or if you have any ideas or opportunities for Region 1 to serve any of our communities. We are here to make a difference, whether it is big or small, and would love it if you join us and become a part

of our team. Be a part of the evolution occurring in our profession, spreading positivity and making a difference. Hope to see you at one of our events! Thank you.

Region 2

Bergen Hudson

Patricia J. August, RN, MSN, BC - President

Region 2 has been active this past quarter raising funds for the Institute for Nursing. A Paint and Drink Party was held at June 16th in Maywood, NJ. Summer themed acrylic art "masterpieces" were created by all who attended. A special shout out to Region 1's Mary Ellen Levine, RN, MSN for coming to support our cause of raising funds for the Institute. Thank you to Mary Carroll RN, MSN for making all the plans for this event and providing refreshments for all.

May 19th in Bogota, NJ at La Familia Restaurant a Nurses Day Dinner was celebrated along with the induction of New Board Members for Region 2. We were graced by the presence of Daniel Misa, RN of Region 1 for this event. Newly Elected Board members inducted are: Florence Jennes RN, MSN, BC as VP to Communications; Kathleen M. Vega RN, MSN, BC as Treasurer; Irma Moore RN, MSN as Nominations and Elections; Cynthia Sonzogni RN, MSN as COPP VP and Nanci Skowronski RN, MPA, COHN-S as Member at Large. Much thanks to Florence Jennes RN, MSN, BC for serving on the COPP over the past few years and much appreciation to Ingrid Bravo RN for serving so generously as our Treasurer for an extended period.

This nurse has participated in Board meetings in Trenton and on telephone conferences as scheduled since my last report in *New Jersey Nurse*.

Future Events for Region:

Fund raiser to raise awareness and fight disease. Who better than nurse to raise awareness and show support for those who are affected by the following illnesses? Let's get together, exercise and raise awareness and funds too to show support. Brand our NJSNA name with the public. Members at large will set up our web site for each event and it will soon be posted on our Region web site at NJSNA. Visit our site often and sign up.

October 11, 2015: JDRF Walk-a-Thon is being held at the New Overpeck Park in Ridgefield Park, NJ. Save the Date!

October 13-16, 2015 – Convention 2015 for NJSNA in Atlantic City. Yes many members of Region 2 will be in attendance at this year's convention. We look forward to seeing you there. Bring a nurse friend. It's a bargain for Contact Hour's and networking.

October 18, 2015: The ACS Breast cancer awareness Walk at the New Overpeck Park in Ridgefield Park, NJ. Save that Date!

Region 3

Essex, Union

Varsha Singh, MSN, APN, President

As Region 3 President Varsha Singh participated in Health Policy seminar in Trenton and she is also representing as member at large for INPAC.

The Region 3 general meeting was held on Thursday, July 16 at the VA East Orange. Current President Varsha Singh addressed the membership about motivating the fellow nurses to become NJSNA members as well as register for the upcoming convention in October. Around 25 members attended this meeting.

Nurses are the professional who are known to work in stressful environment and still manage to provide the best care to their patients. The theme of this meeting was "Mindful living and Stress Management for Nurses." Health Coach-Mansi Vira who is also a volunteer for SAMHIN (South Asian Mental Health Initiatives and Networking) presented a workshop which included mindful living tips, dance



Region-3 members – July 16 Meeting

movements and meditation exercises. A handout for stress management was provided to nurses.

Region 3 vacant board positions were filled at this meeting. Portia Johnson volunteered for Nomination committee and Dr. Munira Wells volunteered for the VP of communications.

Region 3 is planning a December dinner meeting after the attendance at the convention in October. The members are encouraged to visit the NJSNA websites for constant updates on the events and convention registration.

Region 3 VP of Institute Alana Cuerto is the recipient of prestigious Elizabeth Seton Young Alumni Award for 2015.

Region 4

Hunterdon, Mercer, Middlesex, Somerset

Regina Adams, BSN, RN, President

Happy Fall! Convention is nearing. What an exciting time. During convention there will be opportunities to network with nurse colleagues, network with exhibitors, and attend educational sessions. This is a wonderful chance for professional growth.

Want to become more involved? Region 4 has one open board position (Member at Large- Somerset). If anyone would like to become a part of the regional board please contact me at 609-802-3594. Have an idea for an educational program or a community service project; please send an email to gina.adams73@gmail.com.

In an effort to encourage more member participation, the Region has decided to start meeting regularly at headquarters on the second Monday of every other month. Please check www.NJSNA.org for regular updates on events and educational programs. Our next meeting will be October at convention. The post-convention regular meeting will be in December. Please check the website for program activity and location.

Make sure your profile/email information is correct as this is the main source of communication. Email communication allows for notification of upcoming programs.

REGION NEWS

Region 5

Burlington, Camden, Cumberland, Gloucester, Salem

Anita Murphy, DN, MSN, RN, President

Let me start this message by thanking the Region 5 readership for taking me up on the invitation to get to know you. Your online conversation was very much appreciated. The careers you have, or retired from, are varied and exist in diverse settings. You confirmed that being licensed as a nurse, means, opportunities abound. Our presence, in cross disciplined organizations lends us the opportunity to influence health promotion and policy across our nation.

As nurses, we spend a great deal of our time assessing and being mindful to health problems and growing trends on and off the job. Sharing our findings, working through our professional networks and providing statistics to other stakeholders makes health policy. May I remind you, that many of the NJSNA legislative successes such as POLST, Safe Patient Handling Act, Safety Needle Act, to name just a few, started simply from observations of nurses working in their day to day positions. We know change takes time, just remember you can contribute from where you sit.

I hope we get a chance to meet at the NJSNA Convention in Atlantic City, October 13-16, 2015, if not before. If you would like to introduce yourself please email me at momofsix144@yahoo.com. In closing, I would like to leave you with this quote from Mahatma Gandhi, **"Be the change you want to see in the world."**

Region 6

Atlantic, Cape May, Monmouth, Ocean

Kathleen Mullen, DNP, RN, CNE, VP of Communications

The annual meeting for Region 6 was held June 2nd at the Captain's Inn in Forked River. Jesse Dean, Director of Digital Communications & Marketing at the Visiting Nurse Association Health Group in Red Bank provided an enlightening discussion titled, "The Value of Social Media to your Practice." How health care providers and facilities are increasing patient engagement without jeopardizing patient confidentiality was featured.

Gift baskets donated by the board members in support of the Beulah Miller Scholarship for Nursing Education were auctioned. Raffle tickets are being sold by board members to also raise funds for the scholarship. The winning raffle ticket will be drawn at the Region 6 Holiday dinner.

The recipients of the 2015 scholarship were announced:

- Kayla Burciar attends Ocean County College
- Jennifer Brown is a student at Kean University
- Christine Filippone is completing a PhD

Each will assist the Scholarship Committee with evaluation of scholarship applicants for the 2016 cycle. The Beulah Miller Scholarship for Nursing Education is awarded annually by Region 6. Applicants may be an entry level student (AAS, ADN or BSN), an RN-to-BSN student, an MSN student, or a doctoral student (PhD or DNP).

Upcoming plans include a Region 6 meeting at the NJSNA Convention in October, a Holiday dinner, and educational meetings during early 2016. Call for Nominations: please contact Peggy Lasoff, plasoff@gmail.com to learn more about upcoming positions. This year the term of office is expiring for the Region 6 positions of Treasurer, Vice President of Membership, Vice President for the Institute of Nursing, and Chairperson for Atlantic and Cape May Counties.6

INSTITUTE FOR NURSING (IFN)

Are You Hard-Wired for Helping?

by Benjamin Evans, DNP, RN APN, Chair

Sean Stannard-Stockton, in his 2008 article, "Why Do People Really Give to Charity?" wrote: "Humans are hardwired to enjoy the act of helping others. Feeling happy and good about helping others is a sign of positive mental health."

Data from the National Center for Charitable Statistics reveal that 67% of US households donate to charities on an annual basis. Seventy-two percent of total donations are from individuals who serve as the largest sector, followed by 15% from foundations, 7% from bequests and 6% from corporations. Interesting to note is that the charitable donations as a portion of adjusted gross income revealed that those with incomes of \$100-\$200,000 annually gave 2.6%; those with incomes of \$75-100,000 gave 3% and those with \$50,000 or less annual income gave 4% of their adjusted gross income in charitable donations.

Given that we humans may be hardwired to help others, Rebecca Higman and Katya Andresen authored an article for the *Network for Good* entitled, "The Secret to Getting People to Give: 15 Reasons Why People Donate." A variety of the reasons cited include:

- "Someone I know asked me to give, and I wanted to help them."
- "I felt emotionally moved by someone's story."
- "I want to feel I'm changing someone's life."
- "I feel a sense of closeness to a community or group."
- "I give for religious reasons—God wants me to share my affluence."
- "I want to be seen as a leader/role model."
- "I need a tax deduction."



Benjamin Evans

E.C. LaMeaux wrote in his article, "5 Reasons to Donate to Charity How to reward yourself by giving time and money to others:"

Giving to charity may improve your sense of well-being; donations are tax deductible; supporting a cause can help keep you informed about issues of social justice; giving to charity out of spiritual conviction can strengthen your spiritual life; and volunteering with a charity may result in physical and social benefits.

Thus, we have a broad vision of why giving to charity is a positive thing, so why don't more people do it? Earlier this year, the IFN placed a call for 100 members to give \$36.50 or 10 cents a day for a year to help us reach our projected funding. On the bright side 20 members responded. However, we still are 80 pledges short. In order for the Institute to reach its annual budget in the black, we need to raise approximately \$56,000. That is a daunting task when you consider that only 20 members out of the thousands of NJSNA members responded to the call for \$36.50.

As I pondered why the small response, I did a little research and found that donations may be lacking due to "compassion fatigue." Those in the helping professions experience giving of themselves at work, then are barraged with requests for donations, and just can't seem to find the internal resources to respond. Further research found very little (none actually) on nurses and charitable giving...seems we are lumped into other categories.

The Institute for Nursing is a non-profit entity for nurses and by nurses. Perhaps you can review Higman and Andresen's reasons above that people give, or reflect on your own reason for why you might support our work in granting scholarships, providing continuing education, helping nurses in recovery and those with special circumstances. Won't you please send a donation TODAY to the Institute for Nursing 1479 Pennington Road, Trenton NJ 08618? Let your hardwiring for helping others assist us in our work for nursing.

Friends of National Institute of Nursing Research Name Hansell Ambassador

Phyllis S. Hansell, EdD, RN, FNAP, FAAN, has been selected to serve as an integral part of the newly created Ambassadors Programs of the Friends of the National Institute of Nursing Research (FNINR). Karen Drenkard, PhD, RN, NEA-BC, FAAN, FNINR Board Member and Chair, Advocacy Committee, stated that candidates were selected based on the strength of their application, impressive clinical research activities, and knowledge of policy and the role of nursing research within the greater global community. "Ambassadors will help to educate policy makers on both the state and federal levels about the importance of nursing research and appropriate funding to benefit the health of all Americans."

FNINR, an independent nonprofit group that advocates for and advances nursing science, has announced the selection of eight outstanding Ambassadors to join the twelve chosen in 2014. Ambassadors are selected from a national pool of applicants based on their abilities to advance public, professional, and policy-maker awareness of the critical research agenda linked to the National Institute of Nursing Research (NINR). The new Ambassadors will complement current efforts with their experience as scientific leaders and high impact communicators to a variety of stakeholder groups.

These scientists will further the goals of the FNINR Ambassadors Program. Among these goals are educating Congressional leaders and others within the healthcare community, to improve research funding by emphasizing the impact nurse scientists and nursing research has made to improve Americans health and wellbeing.

"Nothing is more important than ensuring that the well-trained nurse scientists who conduct individual and team-based research have sufficient resources to impact individuals, families and communities through their programs of research. The environmental, social, and political conditions that influence the health and wellbeing of all Americans are served by exquisitely prepared nurses, reflected so aptly through NINR" states Michael Bleich, PhD, RN, FAAN, and FNINR President. "FNINR and our Ambassadors do this work with the health of the public in mind."



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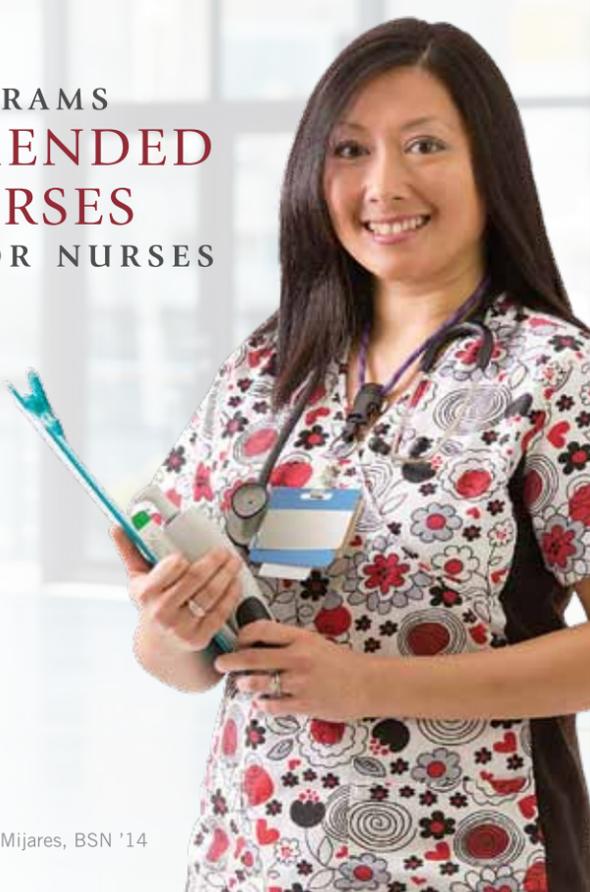
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Case summary:

- The nurse attended to the patient and determined that he needed to go to the ER within 5 minutes of the patient arriving at the clinic.
- The patient's girlfriend took him directly to the hospital, where he was triaged but showed no fever and normal blood pressure. The patient began showing signs of delirium nearly two hours later, and an hour afterward began to be treated for meningitis even though a diagnosis had not been confirmed.
- The patient was definitively diagnosed with Neisseria meningitis, Group B, the next day. He died less than 24 hours after arriving at the urgent care clinic.

The nurse was named, along with the clinic where she worked, the physician working at the clinic, the ER physician and the hospital, in a lawsuit brought by the parents of the patient. The parents alleged that if the nurse would have triaged the patient and the physician would have seen him, they would have recognized the symptoms of meningitis and administered antibiotics in time to save his life.

Defense experts supported the actions of the nurse in referring the patient to the ER immediately. Discovery also confirmed that the patient had been ill for several days before seeking help, and the defense concluded that no treatment could have reversed the course of the illness.

Despite this, her defense costs topped \$125,000.

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