Dorothy Carolina appointed NJ Board of Nursing Executive Director

NJ Board of Nursing President, Patricia Murphy, RN, PhD, FAAN, has announced the Board’s appointment of Dorothy Smith Carolina, RN, PhD, as the Board’s Nursing’s Executive Director; she assumed this leadership role on May 31. Over nearly three decades, Carolina has practiced as an educator, administrator, researcher, and clinical practitioner.

Upon accepting the appointment, Carolina stated, “I have been blessed throughout my career to have wonderful professional opportunities that have prepared me to assume this very important role. I am so very honored and humbled to serve the citizens of New Jersey.” As the Executive Director, Carolina will oversee all activities of the Board of Nursing that were established to protect the public’s health. These activities include accrediting and approving nursing education programs, developing and updating regulations for nursing practice, licensing nurses, and ensuring that those who practice are competent and qualified. “I realize that these are very big shoes to fill, but I am committed to continuing (the previous Executive Director) George Hebert’s legacy at the Board of Nursing.”

Carolina was a Seton Hall University, College of Nursing Assistant Professor for the past eight years, having previously taught at Felician College. At Union Hospital, she served as a clinical manager/nursing supervisor in Telemetry and Endoscopy for more than a decade.

An American Nurses Association and NJ State Nurses Association member, Carolina served as NJSNA Vice President, Board of Directors member, and Delegate to the American Nurses Association. A Sigma Theta Tau International, national nursing honor society member, she served as Vice President of the Gamma Nu Chapter. Also, she participated on a NJ Board of Nursing Practice Committee.

Carolina’s professional recognition and honors include being named an Institute for Nursing Diva, as a Kirby Doctoral Fellow, and the Concerned Black Nurses of Newark, Nurse Researcher of the Year. She has presented her doctoral dissertation research on Job Related Burnout in Nurse-Managers at state and national conferences.

Rutgers University awarded Carolina a PhD in Nursing Research. She received a MS in Adult Primary Care Nursing, a BSN at Seton Hall University, College of Nursing at New Jersey State Nurses Association member, Carolina served as NJ Board of Nursing Practice Committee. Crawford Community College for the past two years, Carolina received her Bachelor of Science in Nursing in 1980 from Seton Hall University, BSN at Seton Hall University, College of Nursing, and Diploma at Mountainside Hospital, School of Nursing. A native of Paterson, Carolina lives in Piscataway with her husband and son.

Networking is defined by Merriam Webster as “the exchange of information or services among individuals, groups, or institutions; specifically: the cultivation of productive relationships for employment or business.” Whether you realize it or not nurses need to network. As a profession in today’s health care environment, we need to collaborate and network not only within our profession but also outside of our profession. As a staff nurse in a health care facility or a home care agency you network every day and are not aware that you are doing it. Every time you speak to a physician or a therapist you are exchanging information to cultivate a productive relationship.

The Nursing Profession needs to take this beyond the work environment to the world at large. We need to network outside of our work role with insurance companies, pharmaceuticals, politicians, and others to exchange information that is mutually beneficial. How do we do this? We need to come out of our comfort zone and attend programs that are inclusive of other industries. Have you ever gone to a conference or meeting where the presenters were not nurses? Or attended conferences where there were panelists who crossed a broad spectrum of business entities? If not you should try. You will find the experience enlightening. Most business entities don’t really understand who nurses are. They know us as the hospital nurse who took care of them or a family member. They do not know the myriad of other roles that we hold. It is up to each one of us to network to help advance the profession of nursing in New Jersey.

—And speaking of networking, in October from the 11th to the 14th you have the chance to network with not only New Jersey Nurses but pharmaceutical reps, business entities, politicians and nationally known nurses at the New Jersey State Nurses Association and Institute for Nursing (NJSNA/IFN) Annual Convention at Bally’s in Atlantic City. Contained in this issue of the New Jersey Nurse are specifics on the convention. Please read the tentative agenda or check out the updated convention information on the NJSNA/IFN website at njsna.org. I look forward to networking with you in October!
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New Jersey Nurse & Institute for Nursing Newsletter
July 2016

New Jersey State Nurses Association
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New Jersey Nurse
Publication of the New Jersey State Nurses Association and Institute for Nursing 1479 Pennington Road Trenton, New Jersey 08618
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NJSNA Mission Statement
Advance the practice of professional nursing by fostering quality outcomes in education, practice and research at the state, regional, national, and international levels.

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Dr. Benjamin Evans, President-elect, ben@njsna.org
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NJSNA Staff

Sandy Kerr, Executive Assistant, is also 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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Increasing Awareness of the Zika Virus

Cathleen D. Bennett, Acting Commissioner
New Jersey Department of Health

The Zika virus outbreak is causing international concern with the World Health Organization declaring the outbreak a public health emergency. The severity of this outbreak highlights the importance of a strong public health system to fight emerging infectious diseases. While we don’t expect large outbreaks of Zika in the United States, combatting the virus and its related health effects requires close surveillance, preparedness and prevention to protect our residents.

The Department of Health began a public awareness campaign to inform the public—and is asking healthcare providers to partner with us to educate patients about Zika. As part of the #ZapZika campaign, I joined top physicians at the Department to share information with pregnant women in health centers and hospitals, physician groups, college students, professional medical societies and public health officials. The campaign also includes radio and transit advertising encouraging pregnant women to avoid travel to Zika-affected counties and travelers to take steps to prevent mosquito bites.

While it is rare for an individual with Zika to get seriously ill or die, the Centers for Disease Control and Prevention (CDC) has found that the virus can be passed from a pregnant woman to her fetus, and infection during pregnancy can cause a serious birth defect called microcephaly and other severe health consequences for pregnant women and their children.

The Department is asking healthcare providers to counsel women of childbearing age about Zika and encourage them to postpone travel where transmission is ongoing. If a woman must travel, please emphasize protective measures such as using EPA-registered insect repellants, wearing long pants and long sleeves when possible, and removing standing water around areas they are staying.

Although uncommon, sexual transmission of Zika has also occurred. Therefore, providers should advise pregnant women and their male partners who have recently traveled to Zika-impacted countries to consistently and correctly use condoms during sex for the duration of the pregnancy or abstain from sex during the pregnancy.

The Department has conducted conference calls with more than 500 healthcare professionals, maternal and child health providers, and public health officials to share information about Zika. We will continue to share CDC guidance and alerts via our New Jersey Local Information Network and Communication Systems (LINCS) alert system, and use have posted all those materials on our website http://www.nj.gov/health/cd/zika/index.shtml. Infographics and videos are also available in Spanish, Portuguese and Creole. Providers can receive alerts by creating an account at http://nlincs.net/.

We ask that all providers stay up-to-date on the latest developments, remember key disease prevention protocols, ask about travel history and stay alert for those with symptoms. It is important to regularly check the CDC website, http://www.cdc.gov/zika/index.html, as they continue to update guidance and travel advisories. Working together, we can increase our preparedness and protect our residents from the Zika virus and its devastating health consequences for pregnant women and their children.

Follow the New Jersey Department of Health on Twitter at twitter.com/NJDeptofHealth and on Facebook at facebook.com/NJDeptofHealth.

Felician University
Doctoral Student Selected for Nursing Leader Internship

Susan N. Palma, MS, RN, LNHA, a student in the Doctor of Nursing Practice (DNP) degree program at Felician University, has been selected to serve as a leadership intern for the Institute for Nursing, foundation of the New Jersey State Nurses Association. In this internship, Palma will work with Judith Schmidt, RN, MSN, DHA-C, chief executive officer of the New Jersey State Nurses Association and Benjamin Evans, DD, DNP, RN, APN, chair of the Institute for Nursing, on projects related to policy and legislation.

Palma, a resident of Westfield, New Jersey, currently serves in the position of director of Transitions of Care and Outreach at University Hospital, Newark, NJ. She has an extensive background in nursing management. “This is an honor for Felician University, the School of Nursing and our DNP program, and the first time one of our DNP students has been selected for an internship in a state-wide organization,” said Dr. Muriel Shore, dean of the School of Nursing. “Ms. Palma is an accomplished professional and we are proud that the Institute for Nursing has recognized her commendable qualities and chosen her for this unique opportunity.”

“As a DNP executive track student I think the experience will enhance my learning leadership skills for the advanced practice nurse, and will be an unique opportunity to promote the nursing profession and the importance of being an advocate,” said Palma “I appreciate that the NJNSA values continued education and supports professional growth and development.”

The Institute for Nursing was founded in 1988 as the charitable affiliate of the New Jersey State Nurses Association (NJState). Its mission is to promote and enhance professional nursing practice. The Institute complements the work of NJState by raising funds and developing and managing grants to support advances in research, education, and clinical practice.

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In the American Nurses Credentialing Center (ANCC) Report to the 2014 ANA Membership Assembly, Michael L. Evans, PhD, RN, NEA-BC, FACHE, FAAN, ANCC president, noted that in 2013, ANCC’s Research Program selected the second Magnet® multisite study, READI (Readiness Evaluation and Discharge Interventions): Implementation as a Standard Nursing Practice for Hospital Discharge. ANCC’s Research Council, serving as the scientific review committee, chose this study following a competitive call for concept papers. Similar to the first multisite study, Improving Heart Failure Outcomes, the READI study will include approximately 35 Magnet organizations as participating sites. Following is information on the READI study located at https://clinicaltrials.gov/ct2/show/NCT01873118

HYPOTHESIS 1: Patients discharged using the RN-RHDS protocol will have fewer hospital readmissions and ED visits within 30 days post-discharge compared to patients discharged using the RN-RHDS+PT-RHDS protocol. The RN-RHDS protocol will have fewer post-discharge readmissions and ED visits than patients discharged using the RN-RHDS+PT-RHDS protocol; the effect will be strongest for patients with low RHDS scores.

HYPOTHESIS 2: Patients discharged using the RN-RHDS+PT-RHDS protocol will have fewer hospital readmissions and ED visits within 30 days post-discharge compared to patients discharged using the RN-RHDS protocol.

HYPOTHESIS 3: Patients discharged by nurses using the RN-RHDS+PT-RHDS protocol plus a Nurse-Initiated Action Form (NIAF) (RN-RHDS+PT-RHDS+NIAF protocol) will have fewer post-discharge readmissions and ED visits than patients discharged using the RN-RHDS+PT-RHDS protocol; the effect will be strongest for patients with low RHDS scores.

Aim 4: Conduct cost-benefit analysis of implementing discharge readiness assessment as standard practice, by comparing cost-savings from reduced post-discharge utilization against implementation costs.

Study Type: Interventional
Study Design: Allocation: Randomized
Intervention Model: Factorial Assignment
Masking: Open Label
Primary Purpose: Health Services Research

Primary Outcome Measures:
- Post-discharge Utilization within 30 days after hospital discharge [Time Frame: 30 days after hospital discharge]
- Readmissions and Emergency Department Visits within 30 days after hospital discharge

Secondary Outcome Measures:
- Nurse Initiated Action Form [Time Frame: measured on day of hospital discharge typically 1 to 30 days after hospital admission]
- Measures actions taken by the discharging nurse in response to discharge readiness assessment

Other Outcome Measures:
- Readiness for Hospital Discharge Scale - RN version [Time Frame: measured on day of hospital discharge typically 1 to 30 days after hospital admission]
- Nurses’ perceptions of patient readiness for hospital discharge
- Readiness for Hospital Discharge Scale - Patient version [Time Frame: measured on day of hospital discharge typically 1 to 30 days after hospital admission]
- Patient perception of discharge readiness

Estimated Enrollment: 24000
Study Start Date: January 2014
Estimated Study Completion Date: December 2017
Estimated Primary Completion Date: March 2017 (Final data collection date for primary outcome measure)

No Intervention: Usual Care Control hospital unit
This study involves implementation of interventions across entire hospital units. This arm is a usual care control unit paired to the intervention unit.

Experimental implementation unit
3 implementation protocols implemented sequentially:
- RN-RHDS: implementation of discharge readiness assessment by the discharging nurse
- RN-RHDS+PT-RHDS: implementation of discharge readiness assessment by the discharging nurse which is informed by patient self-assessment of discharge readiness
- RN-RHDS+PT-RHDS+NIAF: implementation of discharge readiness assessment by the discharging nurse which is informed by patient self-assessment of discharge readiness followed by documentation of nurse actions initiated in response to the assessment. Nurse are instructed that action must be taken if any assessment item scores less than 7 (on a 10 point scale).

Other: RN-RHDS protocol
The discharging nurse assesses each patient being discharged home using the Readiness for Hospital Discharge Scale (RN version)
Other: RN-RHDS+PT-RHDS protocol
The discharging nurse obtains and reviews patient self-report of discharge readiness using the Readiness for Hospital Discharge Scale - Patient version and then completes the Readiness for Hospital Discharge Scale (RN version)
Other: RN-RHDS+PT-RHDS+NIAF
The discharging nurse assesses each patient being discharged home using the Readiness for Hospital Discharge Scale (RN version) after reviewing the patient’s self-perception of discharge readiness (PT-RHDS) and then records any actions taken in response to the discharge readiness assessment on the Nurse Initiated Action Form (NIAF). When any item on the RN-RHDS is less than 7, an action is required.

Inclusion Criteria:
- Medical, surgical, or medical-surgical nursing units of Magnet designated hospitals
- Patients 18 years of age or more, English speaking, able to read and understand consent who are being discharged to home as the discharge destination
- Nursing personnel (Registered Nurses or Licensed Practical Nurses) who are performing discharge instructions and procedures on the day of hospital discharge

It will be a few more years before the study ends, data are analyzed, and findings disseminated. I think we all look forward to the results evaluating the impact of a RN driven discharge protocol on patient outcomes.

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- Women’s Health Nurse Practitioner
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- PhD in Urban Systems (Interdisciplinary program includes an Urban Health specialization)

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- PhD in Urban Systems (Interdisciplinary program includes an Urban Health specialization)
Opioid Abuse in New Jersey: What are we doing about it?

By: Jackie Owens, DNP, RN, APN
Chairperson, Congress on Policy and Practice

Death rates from drug overdoses have increased by 137% and those deaths related to opioids (opiod pain relievers and heroin) have increased by 200% (Rudd, Aleshire, Zibbell & Gladden, 2016). Individuals who misuse prescription drugs are forty times more likely to use heroin. Heroin overdose deaths in New Jersey are triple the Centers for Disease Control and Prevention (CDC) national rates and lead homicide, suicide and motor vehicle accidents as a cause of death (Stirling, 2015). Opioid abuse is spread across all demographics. “Some people have thought that it was always that the other person, the people who are weak or live in the shadow. Unfortunately, some people think it is only an issue that faces minorities. But it is no different for anyone” (Senator Joseph Vitale, D-Middlesex).

Prevention at the State Level

Health care providers have already seen changes in their practice over the past five years with the introduction of the state prescription monitoring program and P.L. 2015, C.66 which requires prescribers and pharmacies to provide a notice about drug take back. There are approximately 35 bills related to opioid abuse and prevention in the state legislature. Two bills that have shown some movement include:

- **A3424 (Lagana D38 prime sponsor with bipartisan sponsors)** Proposed legislation that relates to health care providers is a bill to require health care practitioners to discuss risks of addiction when prescribed drugs are for minors and provide written documentation of the conversation in the patient health record.

- **A3519 (Mazzeo D2, prime sponsor with Conaway, D7)** Requires the Division of Consumer Affairs in the Department of Law and Public Safety to establish a process to permit patients to indicate that they should not be prescribed opioids and certain other controlled substances in the prescription monitoring program information. The sponsors believe that this can facilitate the recovery process and help maintain patient sobriety while assisting health care practitioners in identifying patients at risk for misusing prescriptions.

What can Nurses do?

Nurses can educate the public and themselves on opioid misuse, abuse and treatment. At the state level, nurses can make nursing’s presence known. Nurses can be a voice in the legislative process in support or opposition of a bill by contacting elected officials. In addition, nurses can ensure that the language of bills does not exclude nurses. Last, as health care providers, nurses can exhibit vigilance and prudence when prescribing and administering opioids.

The Congress on Policy and Practice wants to hear from NJSNA members about these issues and other issues related to nursing practice. Please let any practice issues/questions for the COPP to COPP@njsna.org or Sandy@njsna.org.

References


Committee on Continuing Nursing Education Announces ANCC 2015 Criteria

Barbara A. Niedz, PhD, RN, CPHQ, Chairperson

The American Nurses Credentialing Center’s Commission on Accreditation (ANCC) has officially launched the 2015 new criteria for continuing nursing education. The New Jersey State Nurses Association (NJSNA) Approver Unit will be implementing these criteria effective July 1, 2016. As an Accredited Approver Unit, continuing nursing education our goal is to ensure that continuing nursing education activities implement and adhere to the 2015 ANCC criteria and reflect the 2010 ANA Scope and Standards of Practice for Nursing Professional Development.

In order to support NJSNA Continuing Nursing Education (CNE) providers and individual applicants, the CNE Committee has been meeting regularly to plan this rollout, and we are thankful to co-chair, Diana Tocko, MSN, RN-BC, NE-BC who has revamped the NJSNA Continuing Nursing Education (CNE) providers and individual applicants, the CNE Committee has been meeting regularly to plan this rollout, and we are thankful to co-chair, Diana Tocko, MSN, RN-BC, NE-BC who has revamped the NJSNA Continuing Nursing Education Approval Manual. The manual will be available on the NJSNA website for a fee, with just a modest increase to cover NJSNA costs. All applicants are required to submit a copy of the new manual that reflects the new criteria. Also, there will be an updated “Frequently Asked Questions” section on the website which can guide you through your process.

In anticipation of the July 1, 2016 deadline for implementing the new criteria, schedules are under development for our 2017 Roadshows. Accompanying these roadshows, we will be offering continuing education modules, such as “How to Write Learning Objectives” that lead to practice outcomes and evaluation mechanisms that demonstrate same, Adult Learning Principles and others.

The CNE Committee will be offering their annual all-day workshop following convention, on Friday, October 14, 2016 at Bally’s Casino and Resort in Atlantic City. The day will be packed with useful information, great networking, and helpful insight. This year, we will be highlighting tips and techniques for a successful narrative with real examples of what works and what doesn’t. Regardless of whether you hope to be a new provider unit or are a seasoned works and what doesn’t. Regardless of whether you hope to be a new provider unit or are a seasoned approval process.

The NJSNA Approver Unit is also taking steps towards “GOING GREEN.” In order to facilitate the application process, we are requiring submission of materials on flash drives as a step towards a full electronic application submission to NJSNA. Effective July 1, 2016, applications are to be submitted on four (4) separate flash drives as a single PDF document which includes the application, narrative, and all educational activity attachments. We expect this to be an added benefit to our applicants, a greater facility for review team members and significant savings for the process.

The most important reason for all of these changes is to assure that NJ nurses receive continuing nursing education that is of high quality, free from commercial bias, contact hours that are educationally sound and programs that have the potential for improving nursing practice in measurable ways. We ask for your support in that goal, and are proud of the continuing nursing education programs in New Jersey. Thank you to all our Education Coordinators and please support our efforts at that end.

DIRECTOR OF NURSING

Essex County Hospital Center is an acute care Joint Commission accredited 180-bed intermediate psychiatric hospital for adults 18 – 64 years of age.

Must possess a current New Jersey license as a Registered Nurse and have graduated from an accredited school of nursing. Two years of professional nursing experience in the behavioral health care setting is preferred, and a minimum of three years’ experience in nursing administration or a comparable management/supervisory position. Current American Heart Association Basic Life Support Certification required.

CONTACT MARLON BROWN - HUMAN RESOURCES

mbrown@health.essexcounty nj.org

Director of Nursing

Essex County Hospital Center
YMCA Board of Directors and is the only nurse on the Board. She will also participate as a member of the Greater Morristown YMCA Chilicare Committee. Congratulations, Lauren!

As we have not held our elections by the deadline for submission, our election results will appear in the next issue.

Events: Lauren Krause, Warren County Coordinator, organized Region 1’s participation in the 3rd annual Backettstown St. Patrick’s Day parade on March 13th. Dan Misa (Region 1 Past President) and Mary Ellen Levine (Region 1 President), and Ms. Krause proudly carried a banner to the sounds of cheers and well wishes! Hope more members and their families can join in next year! On April 24th, Cassie Lieb, Sussex County Coordinator organized the Region’s participation in the Debbie SK in Swaytwood State Park.

Community service: Region 1 participated in the Chester Science Fair, Sandra Foley (President-elect), Francesca Nordin (Nominations Committee Chair), Lauren Krause (Warren County Coordinator) and Diane Marks (Region 1 Member) judged the contestants, provided them all with a participation certificate, and handed out the trophies to the top three projects in each category. Thank you to Josephine Sanchez for coordinating the event. Also, thank you to Josephine Sanchez for coordinating a Sock Drive for the community at Faith Kitchen in Dover. Special thanks to Morris Community College nursing students for assisting in collecting many of the socks. Also, a special thank you to Brett Heyman, a nursing student from College of St. Elizabeth, for assisting with the blood drive screening with Ms. Sanchez and Ms. Levine, Region 1 President, and to Brett’s wife, Carolina Heyman, who helped translate for the Spanish speaking population and with handing out the socks!

Meetings: Join us at our meetings for networking, participation in great discussions regarding health care issues, and for light refreshments. Learn about upcoming events and meetings, committees, volunteer opportunities, and educational programs (CNE Contact Hours, as available). The meetings are held in the counties Region 1 represents: Morris, Passaic, Sussex, and Warren. We collect non-perishable food for donation to a local food pantry. Not a member, not a problem! We welcome all nurses to join us and bring a canned food item. More information about the NJSNA website, our Facebook page, or by emailing Mary Ellen Levine, Region 1 President (melevine2495@gmail.com).

On January 16th, Diane Hassa and Sandra Foley presented, “COPP Tells the Story about New Jersey Legislation,” at St. Joseph’s Wayne Hospital. On May 10th Region 1 and 12th Annual Dinner was held at the Rockaway River Country Club, and was well attended. Mary Ellen Levine, MSN/ED RN, Region 1 President, presented, “End of Life Decisions: Looking at the Impact of the Karen Ann Quinlan Story.” We held a business meeting on June 18th at Newton Medical Center Conference Room Center. The speaker was Susan Cacciola, a legal nurse expert, who presented on legal issues in nursing.

The next meeting is an Installation Brunch on August 6th, 2016 from 11:30 am to 2:30 pm to be held at the Panther Valley Golf and Country Club in Allamuchy Township (Warren County). Be sure to bring a canned food item. More information about attending to be made available.

Connect with Region 1: Connect with us about any events, happenings, or questions through the NJSNA website (www.njsna.org), our Facebook page (www.facebook.com/NJSNARegion1), or by e-mail to our Region 1 President, Mary Ellen Levine (melevine2495@gmail.com). Visit the NJSNA website for information on upcoming events and to update your contact information. Come to a meeting! Join our team and together we can make a difference. Thank you.

Region 2

Bergen, Hudson

Patricia August MSN, RN, BC
President

Region 2’s June 14th General meeting was held at the Bergenfield Health Department. A presentation by the Maternal Child Health Consortium on the topic: The New HPV Vaccination. The HPV-9 is a new formula for vaccination. The presentation offered one Contact Hour. I have represented our Region in Trenton for the Board Meeting and on a phone conference in April on finance.

A ‘Virtual Tea Party’ will be mailed to friends and family of members of Region 2 seeking donations for NJSNA’s Convention 2016. Nominations and Election Chair Erma Moore, MSN, RN, has spear headed and financed this novel campaign strategy. Thank you for her efforts and the support of members Nancy Skowronska MA, RN and Fatima Sanchez MSN, RN.
Fatima Sanchez, the Regions VP to the Institute, has been very active as the year’s Convention Chair. An education dinner at Maggiano’s Restaurant in Hackensack was held on May 17th. Dr. Mark Wiesen, MD presented on the new insulin preparation: Toujeo. No meetings in the summer months are scheduled.

In September a dinner in-service on Flu vaccine is being planned with a sponsor, Sanofi Pasteu. A venue, place, and date will be announced.

Barbara Chamberlain will make a presentation on Transgender Populations topic. Hudson County members... Do you have a room that we can use at your Hospital? Let me know 201-328-4056.

A big thank you to the Bloomfield College nursing students and the LPN nursing students of Lincoln Technical Institute. They helped to make the CHP (Bergen County’s Community Health Improvement Plan) Mayors Wellness Challenge a huge success. The participants were impressed with their professional demeanor and skill. Their instructors are NJSNA members. I was so happy for the quality help.

The Region is seeking members for the Nominations and Elections Committee. This is a very important volunteer role. Come November Region 2 will be holding elections for the following positions: Nominations and Elections: 2 openings. Members at Large: 2; VP to Congress and Policy: 1 opening.

### Region 4

**Hunterdon, Mercer, Middlesex, Somerset, & Bucks County, PA**

Alice Huang, RN, BSN

**VP of Membership**

At the start of 2016, Beth Knox, APN, MSN, guided Region 4 in the conduct of a survey through Survey Monkey to its members, gathering responses and evaluating the needs of Region 4. There were 58 respondents to the survey. Members would like to engage in networking, community service, and leadership opportunities to help develop their professional needs.

Region 4 held their annual meeting at Salt Creek Grille in Princeton on May 10, 2016. The speaker, Dr. Suzanne Drake, spoke about “Health and Wellness: Taking Care of Ourselves.” Dr. Drake holds a PhD in Marriage and Family Therapy, MSN as a Clinical Nurse Specialist in Marriage and Family Therapy, MA in Psychology. She is a New Jersey Assemblywoman for NJ nurses gathered for an exciting day at the NJ Statehouse in Trenton, NJ. Participants attended a statehouse guided tour as well as joining the legislators voting session in the gallery. This was an opportunity to become acquainted with different types of policies, including those that affect the Healthcare community.

There are still many leadership opportunities for Region 4! There is an open position for a representative to the Congress on Policy and Practice. If interested, please reach out to Region 4 President, Susan Fowler (sfowler261@mn.gov).

### Region 5

**Burlington, Camden, Cumberland, Gloucester, Salem**

Anita Murphy, DNP, MSN, RN

**President**

Hope you are well and enjoying all the warm weather and activities you can get. Look for our Events on Facebook and the NJSNA website for our activities. We welcome newly licensed nurses to join our Region. Your suggestions and participation are always welcome. Elections for our Board will be fast approaching; perhaps you have an interest in representing the 300+ nursing members in Region 5. You are welcome to submit your name for nominations to Region 5 leadership positions (Momo8314@yahoo.com).

### Region 6

**Atlantic, Cape May, Monmouth, Ocean**

Kathleen Mullen, DNP, MA, RN, CNE

**VP Communications**

A successful educational presentation titled “Nursing Malpractice and Electronic Health Records” was co-sponsored by Region 6 and AtlanticCare Regional Medical Center on Saturday, April 16 in Atlantic City. Speakers included Saudara Austin-Bernn, MSN, RN, APN, BC, and Cecilia West, both former members of the Board of Nursing. Keith L. Hovey, RN, Esq, an attorney representing nurses and healthcare facilities also presented. The discussion focused on standards of care, documentation pitfalls, and the disciplinary process.

The Region 6 Annual Meeting was held Wednesday, June 1st, at Captains Inn in Lacey. An array of gift baskets, donated by the board members, was auctioned to support the scholarship fund. New graduates of the prelicensure RN programs at Brookdale Community College, Georgian Court University, New Jersey City University, and Ocean County College, Stockton University, were invited to attend the annual meeting at a discounted rate. The recipients of the annual Beulah Miller Scholarship for Nursing Education were announced. Every year, Region 6 awards scholarships for entry level student (AAS, ADN or BSN), RN to BSN, MSN, and doctorate. Each recipient is expected to attend the Annual Meeting, and assist the Scholarship Committee in evaluating applicants for the 2017 cycle. Raffle tickets are sold by board members throughout the fall and winter as a fundraiser for the scholarship.

Call for Nominations: please contact Kaiti Lam at kaitani.marie@gmail.com to learn more about upcoming positions. This year the term of office is expiring for the Region 6 positions of Congress on Policy & Practice representative to the Congress on Policy & Practice, and Secretary. Vice President of Communication, Vice President Congress on Policy & Practice, and Chairperson for Ocean County and for Monmouth County.

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**Helene Fuld College of Nursing**

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Where nurses climb the ladder to success.

$ Register for an RN to BS Open House: June 13th at 1 pm, July 14th at 1 pm, or August 11th at 1 pm. Applications are being accepted for September 2016.

$ Register for an LPN to RN Open House: June 11th at 1 pm, July 11th at 1 pm, or August 8th at 1 pm. Nursing classes begin in November 2016.

For more information or to register, please call 212-616-7282 or send an email to Allie.Ittow@helenefuld.edu. College is accredited by the Middle States Commission on Higher Education. Full-time, part-time, day, and evening classes are available. Both nursing programs are fully accredited.
Experienced RNs Conquer Obstacles and Pursue BSN with Felician University

By Daria Waszak, MSN, RN, CEN, COHN-S

After 35 years of nursing experience, Deborah D’Angelo did what many experienced nurses evade: return to school. Not an easy task, especially since it comes with a new set of challenges, such as learning the computer or writing a paper – maybe for the first time ever.

“My biggest obstacle was mainly the computer,” D’Angelo said. “I didn’t even know the basics. I never took a computer class. I also had to learn how to write papers using APA format, feel comfortable speaking in front of a group and find time to read and study. My family has been very supportive and encouraging me along the way.”

D’Angelo is one of many RN to BSN students with Felician University who study while balancing work-life responsibilities. She is proof that nurses really can do it all: be a nurse, balancing career, student, and family responsibilities. Her daughter mentored herself to make it work, said Truscello. “And have to say sorry a lot.”

“I am pushing myself to make it work...”

Felician University has a 15-month RN to BSN Fast Track program that caters to the working nurse by offering classes one full day each week and in a variety of locations in NJ. They also have an online program option. D’Angelo takes classes with the same group of students in a close location – in fact, the classes come to her workplace in Livingston.

“My employer, Saint Barnabas Medical Center, is encouraging all nurses to have their BSN by 2017,” explained D’Angelo. “They have brought Felician to the hospital and made it very convenient for me.”

Irene Truscello, RN, CMSRN, is a nurse liaison, case manager, and director of admissions studying for her BSN at Felician’s campus in Lodi, NJ. She shared another obstacle for returning to school.

“Money,” said Truscello. “My son decided not to go to college, so I am going before my daughter goes to college.”

Truscello is another example of a busy full-time nurse balancing career, student, and family responsibilities.

“I am pushing myself to make it work,” said Truscello. “I have to make the time to spend quality family time.”

Denice Caroselli, RN, also a full-time working mom, studies with a Felician cohort based at Middlesex County College in NJ. She has also taken on new skills, such as using a computer, doing research, and writing.

“It is a work in progress,” explained Caroselli who is about half-way through the program. “What keeps me from dropping out is setting the example for my children that education is very important. You are never too old to learn or accomplish something new. You always want options and to be marketable.”

Caroselli didn’t return for her BSN sooner because she initially had no interest in it.

“I was content with being a staff nurse and a mom,” said Caroselli. “I did not want to take any more time away from home. Nursing school had consumed three years of my life, and I did not want to go through that again.”

But ultimately, she returned for job security, flexibility and growth.

After graduating Caroselli plans to pursue her MSN, while Truscello would like to switch gears as a pharmaceutical/medical device educator. And D’Angelo?

“I’m just trying to finish the degree,” she said. “Maybe I’ll take a nice vacation with my family.”

Call for Nominations for Elective Office

President Elect
Treasurer
Director MAL
Director MAL Staff Nurse
Nominations Committee
Congress on Policy & Practice

Call Sandy Kerr for a nomination/consent to serve form at 609-883-5335 ext. 111 or email sandy@njsna.org. If you would like to be included on the Preliminary Ballot that will be published on-line August 1—October 10, 2016 the deadline to submit is July 31st. Nominations will be accepted at the Annual Meeting Business Meeting on Wednesday and Thursday, October 12-13 at Convention.

NJ Department of Health
www.state.nj.us.health
Updates on Prevention of Lead Poisoning

2016 NJSNA/IFN Annual Convention
Bally’s Casino & Resort
Hotel
October 11—14, 2016
Contact Debra Harwell
deb@njsna.org
The Society of Psychiatric Advanced Practice Nurses (SPAPN) held its first annual spring educational program on Saturday, April 16th at the Hilton Garden Inn at Raritan Center in Edison. The program focused on the psychiatric perspective of nutritional health, obesity, and weight loss and provided participants with cutting edge evidence-based information to inform care and guide clinical practice. Advanced Practice Psychiatric Nurses from across the state gathered for a day filled with educational programming and networking opportunities. The Society also held its spring business meeting to update members about a variety of organizational issues.

Topics related to weight and nutrition are of great importance to psychiatric advanced practice nurses, as addressing the nutritional health issues are key components for many mental health patients. This unique program was lead off by keynote speaker, Joanne Evens, MEd, RN, APN who talked about “Food as Medicine.” Registered Dietitian, Jill Shaffer and Dr. Nancy Logue talked about “Stopping BadbodyTalk,” while President Dr. Dorothy Borresen gave a presentation on the pharmacological options for treating binge eating, obesity and compulsive overeating. Also sessions were presented by Betty Vreeland, MSN, APN, and by Elenie Pelliagui, MSN, APN, they covered solutions for managing and preventing weight problems and bariatric surgery options. The program was well received and garnered great praise from attendees.

The business meeting provided a forum to inform members about the upcoming annual nomination and elections process, which will identify and elect the new board members. SPAPN members will elect a new Vice President, a Director of Education, a Director of Public Affairs, and a Treasurer. The new officers will be installed at the fall educational program. Legislative updates and program planning details for the 5th annual fall educational program were also addressed during the business meeting.

The 5th Annual Fall Educational Program will be held on November 4th and 5th, 2016, at the Ocean Place Spa and Hotel, a venue has been a crowd pleaser. The beautiful backdrop of the ocean makes for a great get-away for attendees. The crisp fall climate, good food, and the fun atmosphere help to set the tone for very popular educational program. Attendees of this program have become accustomed to informative educational offerings, reconnecting with friends and colleagues, and multiple networking opportunities. This year’s program will not disappoint! Look for details about the 5th Annual Fall Educational Program on the Society website. The fall program will also serve as the venue for the Society’s Annual Awards venue. The Society Annual Awards recognize Society members who have made outstanding contributions to psychiatric nursing and to psychiatric services in a variety of categories. Look for details on the Society webpage on how to nominate a member for an award this fall.
Dear Colleague,

It’s that time of year again! That time when nurses in the Garden State are ready to celebrate all that is great about our profession.

New Jersey State Nurses Association and the Institute for Nursing are hosting their 113th convention with its theme “New Jersey Nurses: Embracing a Culture of Change.” The convention will be held at the Bally’s Casino and Resort in Atlantic City on October 11-14, 2016. The Convention offers participants the opportunity to share ideas, network, and receive up-to-date information on the latest topics in healthcare, plus exhibit booths and view informative video sessions. All this is included, as well as the opportunity to earn Contact Hours required for licensure renewal.

Register early and join us on Tuesday evening as the Institute for Nursing hosts its first Research Dinner with renowned speaker Cynthia Clark, PhD, RN, ANEF, FAAN, Professor Emeritus, Boise State University who will be speaking on “Heeding the Call for Transformation Change: Fostering Civility, Professionalism and Ethical Practice in Nursing.”

On Wednesday, get up early and have breakfast with our exhibitors and have a chance to win one of the weekend giveaways and more. Have a chance to win a stay at the Carinbrooke Hotel or at the Cove Pocono Resorts, or Bally’s Casino and Resort, and more.

We are fortunate to have as our keynote speaker, Beverly Malone, PhD, RN, FAAN, Chief Executive Officer of the National League for Nursing. Dr. Beverly Malone is among America’s notable nursing leaders who will discuss the nurse educator shortage, and the role of nursing educators in access to safe, quality, culturally competent care to diverse patient populations. Following Dr. Malone is the MHANJ’s NJ Mental Health. Players presentations provide audiences with a dynamic way to receive basic education about mental illness and become sensitized to the stigma that is often associated with having mental health challenges. Our audience will have the opportunity to interact with the players as they transform the healthcare environment to one where people are empowered to stand up and ask questions about mental health issues.

Purchase your lunch ticket early and become engaged in “Nutrition: A Dose of Reality.” Join us on Wednesday, October 12th as Dr. G. Hutt, Jr. Esq. C.P.A. provides businesses with tax and legal advisory services. His practice focuses on areas including forensic and compliance auditing, CFO support, tax planning, representation in tax controversies and litigation support. Clients have included the NFL Players Association, the MLB Players Association, Howard County, Maryland Government and more. Hutt has received numerous awards and recognition, which include Leadership in Law (The Daily Record), Accounting Advocate of the Year (U.S. Small Business Administration), and a host of other awards.

As the day winds down, the NJSNA opening business meeting begins. This year, NJSNA will be addressing some critical issues. Join Norma Rodgers, President of NJSNA and toast, roast and boost as she celebrates her presidency and begins to transition into passing the gavel.

Thursday we have more exciting topics with outstanding speakers. Jeffrey Bennner, MD, Founder of the Camden Coalition of Healthcare Providers will take us on a journey. Building the Medicaid ACO in Camden, New Jersey. Join us at the Health Care Plenary session with speakers Dr. Ernest Grant, PhD, RN, FAAN, Vice President, American Nurses Association and Michelle Davis, Esq., Executive Vice President, Corporate Affairs, Barnabas Health followed by NJSNA’s voting business meeting.

In addition, there is much planning and work involved in producing the Convention. We have a wonderful group of professionals on our Convention Committee. Join us, and let’s promise that you’ll come from this convention energized and enthusiastic with current information to enhance your practice and take back to your facilities.

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NJSNA Board Update:

March 22, 2016 Board of Director’s Meeting:

PRESENT: Ben Evans, Kathryn Fleming, Eleanor Dietrich-Wilhensen, DIRECTORS: Margaret Daingerfield, Sandra Austin-Bern, Kate Gillespie, Eileen Tougfield, Mary McGowan, DIRECTORS-STAFF NURSE: Kathleen Mullenn, Patricia Fonder, COPP CHAIR Jackie Owens; REGION PRESIDENTS: Mary Ellen Levine (R1), Patricia August (R2), Vansha Singh (R3 President), Susan Fowler (R4), Anitra Murphy (R5), Peggy Lasoff (R6). NJSNA STAFF: Judy Schmidt, Sandy Kerr, Debra Harwell.

EXCUSED: Norma Rodgers, Sandy Quinn, Rosemarie Rosales, Kathleen Burkharth.

GUESTS: Johanne Perrin, Linda Gaston-Gable, Lisa Littman, Carole LaPrairie, Mary Palma, Susan Fisher, Lila Kent, Kean University.

Following are highlights of the action items:

Motion 1—to accept the Agenda. Passed Vote Yes 17

Motion 2—to accept the minutes of January 22, 2016 as presented. Passed Vote Yes 17

Motion 3—to accept the Treasurer’s Report. Passed Vote Yes 17

Motion 4—to accept the proposed bylaw changes with recommendations. Passed Vote Yes 13, No 2

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NJ Nurses: Embracing a Culture of Change:

By Eileen Toughill, PhD, APN, CNL, RN, Associate Professor

Seton Hall University, College of Nursing

Marijuana is the most commonly used illegal drug in America. After almost a decade of decline (1999-2009), marijuana use started to increase dramatically. Teens who admitted to ever using marijuana or trying it before age 13, use steadily increased in this cohort (CDC, 2013). The Convention on Drug Abuse (CDC, 2013) reports that almost 44 percent of teens have tried marijuana by graduation. There was a slight decline in use in 2014, but a decrease in the number of students who disapproved of marijuana use showed it was believed it was harmful.

Research shows that marijuana is addictive, especially for people who use it continually. It is difficult for people who start using marijuana as a teenager to control their using (NIH, 2015). Humans develop a tolerance and addiction to marijuana, and experience withdrawal symptoms (CDC, 2013; NIH, 2015; NIDA, 2014).

The physiological effects of marijuana have been difficult to delineate because of the frequent co-use of alcohol and marijuana. Marijuana contains the same cannabinoids as tobacco, is inhaled more deeply than tobacco smoke, and other cannabinoids is retained in the lungs so the risk for lung disease exists (NIDA, 2015; Hall, 2009).

The CDC reported that 23% of teens reported regularly smoking cigarettes and 27% reported regularly smoking cigarettes. Teens said that they smoked marijuana rather than cigarettes because they believed it was safer (CDC, 2013; NIDA, 2015). If marijuana users were questioned, 10% of the non-users responded that they planned on using marijuana in the future, and 18% of users reported that they intended to increase their use (CDC, 2013).

These numbers are important because heavy marijuana use by young people disrupts thinking abilities, learning and behavior. There are frequent concurrent use with alcohol and nicotine. Marijuana contains the same cannabinoids as tobacco, is inhaled more deeply than tobacco smoke, and other cannabinoids is retained in the lungs so the risk for lung disease exists (NIDA, 2015; Hall, 2009).

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2016 New Jersey State Nurses/Institute for Nursing Convention

October 11th – October 14th, 2016
Tote Bag Sponsor: Kennedy Health System

PRELIMINARY SCHEDULE

Convention Goals:
• Provide insight into building a framework for change that promotes excellence to patients.
• Increase awareness of how nursing has changed from the past to today’s current evidence based practice environment.
• Explore research and evidence based practices that affect the future needs of patients.
• Identify how nurses can embrace the culture of change.

TUESDAY, OCTOBER 11, 2016

8:00 am – 12:00 pm AEX Drayage Company Set-Up
1:00 pm – 5:30 pm Exhibitor Registration and Booth Set-Up
4:00 pm – 7:00 pm Convention Registration Open
5:00 pm – 6:00 pm Institute for Nursing Board of Trustees Annual Meeting
6:30 pm – 9:00 pm INSTITUTE FOR NURSING RESEARCH DINNER
(Separate Fee) (1.5 Contact Hours)
Topic: “Heeding the Call for Transformational Change: Fostering Civility, Professionalism and Ethical Practice in Nursing”
Speaker: Cynthia Clark, PhD, RN, ANEF, FAAN, Professor Emeritus, Boise State University

WEDNESDAY, OCTOBER 12, 2016

7:00 am – 8.00 am Exhibitor Registration and Booth Set-Up
7:00 am – 12:00 am Convention Registration Open
7:30 am – 8.30 am NJSNA Resolutions & Bylaws Hearing
8:00 am – 9:30 am GRAND EXHIBITION HALL OPEN POSTER SESSION
(1.5 Contact Hours)
9:15 am – 9:30 am 514th Air Mobility Wing Honor Guard, McGuire Air Force Base
9:30 am – 10:45 am Keynote Address (1.25 Contact Hours)
Speaker: Dr. Beverly Malone, PhD, RN, FAAN, CEO, National League for Nursing
10:45 am – 11:15 am Visit Exhibits – COFFEE WITH THE EXHIBITORS
11:00 AM – 12:15 PM MORNING CONTINUING EDUCATION SESSION
(1.25 Contact Hours)
Topic: Transforming the Healthcare Environment to Prevent Nurse Burnout Speakers: Mental Health Players
12:00 pm – 1:30 pm EXHIBIT HALL CLOSED (LUNCH FOR EXHIBITORS ONLY)
12:30 pm – 2:00 pm NSJSA/IFN CONVENTION LUNCHEON
(Separate Registration) (1.25 Contact Hours)
Topic: “Why Money Matters for Nurses”
Speaker: Louis G. Hutt, Jr., Esq. CPA
12:45 pm – 2:00 pm REGISTRATION CLOSlED
2:15 pm – 5:15 pm NSJSA OPENING BUSINESS MEETING (1.0 Contact Hour)
3:15 pm – 4:15 pm ROCK-N-ROLLIN’ WITH EXHIBITORS
4:30 pm – 5:30 pm MORNING CONTINUING EDUCATION SESSION
(1.0 Contact Hour)
6:00 pm – 8:30 pm President’s Farewell Reception (Separate Registration)
9:00 pm – 11:00 pm Line Dancing

THURSDAY, OCTOBER 13, 2016

7:00 am – 12:00 pm MORNING CONTINUING EDUCATION SESSION
(1.0 Contact Hour)
9:30 am – 10:30 am MORNING CONTINUING EDUCATION SESSION
(1.0 Contact Hour)
10:45 am – 11:45 am CONTINUING EDUCATION SESSION
(1.0 Contact Hour)
Topic: Caring for the Most Complex Patients: Building a Medicaid ACO in Camden, NJ
Speaker: Jeffrey Brenner, MD – Founder and Executive Director, Camden Coalition of Healthcare Providers
11:45 am – 1:00 pm LUNCH ON YOUR OWN
1:15 pm – 2:15 pm CONTINUING EDUCATION SESSION
(1.0 Contact Hour)
2:30 pm – 3:45 pm HEALTH CARE PLENARY SESSION
(1.25 Contact Hours)
Speaker: Dr. Ernest Grant, PhD, RN, FAAN, Vice President, American Nurses Association
Michellene Davis, Esq., Executive Vice President, Corporate Affairs, Barnabas Health (Invited)
4:00 pm – 7:00 pm NSJSA VOTING BUSINESS MEETING
(1.0 Contact Hour)

POST-CONVENTION DAY

FRIDAY, OCTOBER 14, 2016

8:00 am – 2:00 pm Basic to Basics and Beyond: Annual CE Update
(Separate Registration Required)
Hosted by: Institute for Nursing Provider Unit and NSJSA Committee on Continuing Education

The Institute for Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation – P100-7/2018

Planners, content experts and speakers have declared no conflict of interest.
There is no commercial support for this activity.

To successfully earn a contact hour certificate, participants must stay for the entire program. Evaluations must be completed on-line at www.njsna.org.Certificates will be disbursed electronically.

Speakers and educational programs are subject to change; please refer to the NSJSA website for the most up to date information.
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