The stars of healthcare came out to support the eleventh Nightingale Awards Gala hosted by the Mississippi Nurses’ Association and the Mississippi Nurses’ Foundation. Mississippi nurses honored their own Monday, March 6th at the Marriott Downtown Jackson. Nurses throughout the state were nominated in 18 categories and four inductions into the distinguished Mississippi Nurses’ Association Hall of Fame were announced.

Jeff Good, President Mangia Bene Restaurant Management Group, served as Master of Ceremonies for the black-tie event. The amazing Arrow 401 and their Choral Director, Carol Sparkman, Clinton High School, opened the event with a contemporary a cappella arrangement of songs. Dinner entertainment was provided by the incredible Bradley Davis, Madison Central High School, followed by a scrolling array of highlights from past awards galas giving guests a glimpse of Nightingale through the years.

“The Nightingale Awards Gala is a much anticipated event in the nursing profession as it highlights nurses and healthcare entities that represent the best of the best. To be nominated for a Nightingale Award is an incredible honor; to win an award is a memory that will last a lifetime,” said Brenda Castleberry, MSN, RN, a volunteer at the event for over ten years, 2007 Nurse Mentor of the Year, 2011 Mississippi Nurses’ Association Hall of Fame inductee, and past Chair of Nightingale Committee.

Bobbi Jo Ford, MSN, RN-BC, of Brandon, MS, Mississippi Baptist Medical Center, took home the most prestigious honor of the evening, the 2017 Nurse of Distinction Award that was presented by First Lady Deborah Bryant.

Inductees into the Mississippi Nurses’ Association Hall of Fame for 2017 were Sister Margaret Held, MSN, FNP, CS, RN of Durant, MS, Lexington Clinic and School Sisters of St. Francis (posthumously); Sister Paula Merrill, MSN, NP, RN of Durant, MS, Lexington Clinic and Sisters of Charity of Nazareth (posthumously); Dr. Sheila Valiant Adams, EdD, RN of Columbus, MS, Dean, The “W” Mississippi University for Women College of Nursing & Speech-Language Pathology; and Dr. Katherine E. Nugent, PhD, RN of Hattiesburg, MS, Dean, The University of Southern Mississippi College of Nursing.
**Mark Your Calendar! 2017**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE &amp; LOCATION</th>
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<tbody>
<tr>
<td>PMHNP Certification Review</td>
<td>Mississippi Center for Nursing Madison MS – March 24-25, 2017</td>
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<tr>
<td>Quality and Leadership: Impact on Patient Outcomes</td>
<td>North Sunflower Medical Center Ruleville, MS – March 31, 2017</td>
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<tr>
<td>NRCME/FMCSA DOT Medical Examiner Course</td>
<td>Oxford Conference Center Oxford, MS – April 20, 2017</td>
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| NRCME/FMCSA DOT Medical Examiner Course | Location TBA Biloxi, MS – June 2, 2017 |

| 2017 Annual Convention | MS Coast Coliseum & Convention Center Biloxi, MS – October 17-20, 2017 |

**March, April, May 2017**

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**NMA Staff**
- Executive Director: Teresa Malone tmalone@msnurses.org
- Executive Assistant: Laura Frasier lfrasier@msnurses.org

**NMA Events**
- **March 24-25, 2017**
  - Madison MS – March 24-25, 2017
  - Oxford, MS – April 20-22, 2017

**MNA District Presidents**
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- **District 9:** Kimberly Gibbs, Kosciusko, and Leake counties
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- **District 11:** Jones, Bradford, and Panola counties
- **District 12:** Chulafin, Inaquah, Sharkey, and Warren counties
- **District 13:** Hinds, Rankin, Madison, and Yazoo counties
- **District 14:** Warren, Simpson, and Alcorn counties

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**A Message from the President**

**Debra Allen, MSN, RN**

Human Trafficking in Mississippi by Paula Broome, Deputy Bureau Chief with the Attorney General’s Office. Information on the opioid epidemic can be found in this edition in the article provided by Alice Messer, PhD(Sc), RN, FNP-BC. Likewise, diabetes and other chronic illnesses continue to adversely impact our patients. We strive to include the latest information on the diagnosis and treatment of these chronic conditions in our continuing education offerings. Our relationships with healthcare entities also provide numerous opportunities for nurses to attend hosted dine and learn events.

MNAs continuing education offerings are developed around your needs and in response to your requests. We have increased the number of offerings and we have hosted events in locations that you have recommended. Focusing on meeting your needs where you live and work has enabled us to develop relationships with many facilities and new stakeholders. It has also allowed us to utilize the expertise of more of the nurses in our state as presenters at these events. From the feedback you have provided, you have enjoyed opportunities to interact with your colleagues from across the state. We have many events being planned for this year, so please check our website frequently for the latest information.

Side by Side – we have been successful for 106 years. Side by Side – we can continue the legacy of success!

**Congratulations**

to MNA District 13 for 75 years of service and support!

District 13 will celebrate its 75th Anniversary with a reception on April 27, 2017 at the Old Capitol Inn, 226 North State Street, Jackson, MS, 5:00 p.m. to 7:30 p.m. (scrubs welcome).

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**Visit our website for current openings at www.bradleycountymedicalcenter.com.**
Congratulations to the 2017 Nightingale Awards Recipients

Advanced Practice Nurse of the Year
Ashley Heath Seawright, DNP, ACNP-BC, University of Mississippi Medical Center

Chief Nursing Officer of the Year
Teresa “Terri” Gillespie, DNP, RN, NEA-BC, University of Mississippi Medical Center

Faculty Member of the Year
Rowena W. Elliott, PhD, RN, CNN, AGNP-C, FAAN, Emory University School of Nursing

Hospital of the Year
North Sunflower Medical Center, Ruleville, MS

Inpatient Clinical Practice Nurse of the Year
Elizabeth C. Lishman, BSN, RN-BC, Mississippi Baptist Medical Center

Nurse Educator of the Year
William “Bill” Stoltzfus, BSN, RN, CCRN, CEN, Mississippi Baptist Medical Center

Nurse in Non-Traditional Setting of the Year
Cheryl Diane Chaney, BSN, RN, NCSN, Pascagoula - Gautier School District

Nurse Innovator/Researcher of the Year
Melissa H. King, DNP, FNP-BC, ENP-BC, Ochsner Health System

Nurse Manager of the Year
Roselynn Middleton, MSN, RN, NE-BC, Mississippi Baptist Medical Center

Nurse Mentor of the Year
Cassandra L. Courtney, MSN, CCRN, Mississippi Baptist Medical Center

Nurse Preceptor of the Year
Meagan M. Roberts, BSN, RN-BC, Mississippi Baptist Medical Center

Nurse Rookie of the Year
Hannah Allen, BSN, RN, Children’s of Mississippi

Nurse Team of the Year
2CHH Team, Batson Children’s Hospital

Outpatient Clinical Practice Nurse of the Year
Ronald Permenter, ADN, RN, CBN, Mississippi Baptist Medical Center

Nurse Educator of the Year
2CHH Team, Batson Children’s Hospital

Outstanding Community Achievement Award
Josie H. Bidwell, DNP, RN, FNP-C, University of Mississippi Medical Center School of Nursing

School of Nursing of the Year – ADN
Mississippi Gulf Coast Community College, Perkinston, MS

School of Nursing of the Year – BSN
University of Mississippi Medical Center School of Nursing, Jackson, MS

BSN-LINC: 1-877-656-1483 or bsn-linc.wisconsin.edu
MSN-LINC: 1-888-674-8942 or uwgb.edu/nursing/msn
Congratulations to the 2017 Nightingale Awards Nominees

Advanced Practice Nurse of the Year
• Elizabeth Clark Allen, RN, CFNP, St. Dominic Hospital
• Ashley Heath Seawright, DNP, ACNP-BC, University of Mississippi Medical Center
• Regina C. Thompson, MSN, RN, CRNA, Mississippi Baptist Medical Center

Chief Nursing Officer of the Year
• Teresa “Terri” Gillespie, DNP, RN, NEA-BC, University of Mississippi Medical Center
• Lakesha M. Towns, RN, North Oak Regional Medical Center

Faculty Member of the Year
• Rowena W. Elliott, PhD, RN, CNN, AGNP-C, FAAN, Emory University School of Nursing
• Neelii Cox Kendrickall, MSN, RN, FNP-C, University of Mississippi Medical Center School of Nursing (Oxford Campus)

Hospital of the Year
• Baptist Memorial Hospital - Union County, New Albany, MS
• North Sunflower Medical Center, Ruleville, MS

Inpatient Clinical Practice Nurse of the Year
• Elizabeth C. Lishman, BS, RN-BC, Mississippi Baptist Medical Center
• Cheryl Lloyd, RN, BSN, University of Mississippi Medical Center

Nurse Educator of the Year
• Linda Bowen, BSN, RN-BC, Baptist Memorial Hospital - Desoto
• Yolanda Moore, BSN, RN, LCCE, University of Mississippi Medical Center
• Nancy Robasciotti, MSN, RN, Mississippi Gulf Coast Community College
• William “Bill” Stoltzfus, BSN, RN, CCRN, CEN, Mississippi Baptist Medical Center

Nurse in Non-Traditional Setting of the Year
• Aimee Caroline M. Burrow, BSN, RN, St. Dominic Hospital
• Cheryl Diane Chaney, BSN, RN, NCSN, Pascagoula - Gautier School District
• Mary F. Craft, BSN, RN, CHCQM, FAIHQ, CPHIM, University of Mississippi Medical Center
• Sheila J. Friedman, BSN, RN, Mississippi Baptist Medical Center

Nurse Innovator/Researcher of the Year
• Melissa H. King, DNP, FNP-BC, ENP-BC, Ochsner Health System

Nurse Manager of the Year
• Deborah “Cissy” Lee, DNP, RN, University of Mississippi Medical Center
• Roselynlynn Middleton, MSN, RN, NE-BC, Mississippi Baptist Medical Center
• Heather Reid, BSN, RN, Baptist Memorial Hospital - Union County
• Wilma Walker, MSN, RN, St. Dominic Hospital

Nurse Mentor of the Year
• Karen Benson, RN, Baptist Memorial Hospital - Desoto
• Cassandra L. Courtenay, MSN, RN, CCRN, Mississippi Baptist Medical Center
• Jason Zimmerman, MSN, RN, CEN, University of Mississippi Medical Center

Nurse Preceptor of the Year
• Meagan M. Roberts, BSN, RN-BC, Mississippi Baptist Medical Center

Nurse Rookie of the Year
• Hannah Allen, BSN, RN, Children’s of Mississippi
• Mattie Caulder, BSN, RN, Baptist Memorial Hospital - Desoto
• Blake Austin Kennedy, BSN, RN, Mississippi Baptist Medical Center

Nurse Team of the Year
• 2CHH Team, Batson Children’s Hospital
• Case Management Discharge Planning Department Team, Mississippi Baptist Medical Center
• The Orthopedic Institute Pre-Testing, Pre-Op, PACU Nursing Department Team, Forrest Health
• Women’s Pavilion Team, Baptist Memorial Hospital - Desoto

Outpatient Clinical Practice Nurse of the Year
• Ronald Pemterment, ADN, RN, CN, Mississippi Baptist Medical Center
• Sonya Pippins, BSN, RN, Specialty Orthopedic Group

Outstanding Community Achievement Award
• Josie H. Bidwell, DNP, RN, FNP-C, University of Mississippi Medical Center School of Nursing
• Amber Folkes Chanlelors, MSN, RN, CHPN, Forrest General Hospital
• Gloria R. Thompson, RN, Mississippi Baptist Medical Center

School of Nursing of the Year - ADN
• Mississippi Gulf Coast Community College, Perkinston, MS

School of Nursing of the Year - BSN
• University of Mississippi Medical Center School of Nursing, Jackson, MS

Nurse of Distinction Award
• Bobbi Jo Ford, MSN, RN-BC, Mississippi Baptist Medical Center
• Wilma Walker, MSN, RN, St. Dominic Hospital
• Blake F. Ward, MSN, RN, CRNA, University of Mississippi Medical Center

The Mississippi Nurses’ Association and Foundation wish to thank the 2017 Nightingale Awards Sponsors for making this event a success:

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Mississippi Medical Center
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Medical Center
University of Mississippi Medical Center School of Nursing (Oxford Campus)
Baptist Memorial Hospital - Union County, New Albany, MS
North Sunflower Medical Center, Ruleville, MS
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Cheryl Lloyd, RN, BSN, University of Mississippi Medical Center
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Gloria R. Thompson, RN, Mississippi Baptist Medical Center
Mississippi Gulf Coast Community College, Perkinston, MS
University of Mississippi Medical Center School of Nursing, Jackson, MS
Bobbi Jo Ford, MSN, RN-BC, Mississippi Baptist Medical Center
Wilma Walker, MSN, RN, St. Dominic Hospital
Blake F. Ward, MSN, RN, CRNA, University of Mississippi Medical Center

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MNA kicks off 2017 with numerous events and a growing presence throughout the state! MNA continued its long-standing tradition of hosting its Lobby Day and Legislative Nursing Summit. Registered nurses, advanced practice registered nurses, and nursing students filled the halls of the Mississippi State Capitol during Lobby Day held on January 25th. We extend our appreciation to the legislators who devoted time to discussing issues that impact the nursing profession. Lobby Day would not be possible without the dedication of the many practicing nurses who travel from across the state to join us, as well as the schools of nursing who coordinate student attendance.

MNA’s Legislative Nursing Summit celebrated its 23rd year with record attendance on February 7th at the Jackson Convention Complex. The Legislative Nursing Summit is renowned for providing a unique opportunity for registered nurses, advanced practice registered nurses, and nursing students to interact with nurse leaders and nurses, advanced practice registered nurses, and providing a unique opportunity for registered nurses. The Summit included a full day of presentations, networking events, and a social event at the Mississippi Penitentiary. The event was capped off by keynote speeches from Dr. Alice Moore and Dr. Tonya Moore. Necessary forms for voter registration, coordinated by MNA Vice President, Dr. Tonya Moore. Necessary forms for voter registration, along with instructions on submitting the forms to the appropriate County Circuit Clerk, were made available to students. Thank you to all the attendees, volunteers, presenters, and exhibitors who made the Summit a success!

The much-anticipated Nightingale Awards held on March 6th was indeed a night to shine for the nurses and friends of nursing in our state! The nominees and recipients of these prestigious awards were a testament to the innovativeness, leadership, and vision of the nursing profession!

Many of you have applauded the numerous events hosted by MNA and expressed your desire that we continue our focus of meeting your need where you live and work. Get ready - I can assure you that we are planning even more events this year, in even more locations! Last fall, we announced that our “APRN Conference, Growing in Excellence - Our Patients, Our Profession, Our Future” will be held in Oxford, April 20-22. You’ve come to expect the best speakers, networking events, and door prizes from us – and we plan to exceed your expectations! On March 31st, registered nurses and advanced practice registered nurses are invited to join us at North Sunflower Medical Center for a free seminar, “Quality and Leadership: Impact on Patient Outcomes.” North Sunflower Medical Center has become legendary among attendees for its hospitality! Join us at the Center for Nursing in Madison for our “Psychiatric Mental Health Nurse Practitioner Review Course” March 24-25. These are just a few of the numerous seminars and conferences that we are hosting this year. In addition, MNA is working with companies across the state to host educational dinners and networking opportunities. Check our website and Facebook frequently for more information on events.

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Lobby Day

Advocacy in Action! The overwhelming participation by registered nurses, advanced practice registered nurses and nursing students at this year’s Lobby Day demonstrates that Mississippi’s nursing profession is a powerful force! Lobby Day is one of the most effective face-to-face events for developing and strengthening the nursing profession’s relationship with legislators. We were honored to join with the Mississippi Council of Deans and Directors of Schools of Nursing and the Mississippi School Nurse Association in hosting the 2017 Lobby Day.

From the time we arrived at the Capitol to the time our event concluded, we were welcomed by legislators who also took time from their hectic schedules to meet with us to discuss the issues of importance to the nursing profession. We were also honored to be recognized in the House Chamber at the request of one of nursing’s own, Representative Donnie Scoggins, FNP, RN.

For nursing students, Lobby Day is frequently the first exposure with the legislative process. We commend the many schools of nursing who encouraged their students to embrace this opportunity to learn more about how the legislative process can impact the nursing profession. It also demonstrates the importance of each of us becoming a lifelong advocate for our profession. I know from my experience that participating in Lobby Day while a student instilled in me a desire to become knowledgeable about the bills that could impact my profession and to embrace opportunities to advocate for my profession. It is my hope that after attending this year’s Lobby Day, each attendee will join us next year and encourage a colleague to attend with them.

Lobby Day is a unique experience for us to converge on the Capitol as a unified group, but each of us can impact the legislative process with our individual efforts. I encourage you to get to know your senators and representatives. Having an established relationship makes it much easier to reach out to them, to get to know your senators and representatives. Having an established relationship makes it much easier to reach out to them.

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Happy National Nurses Week!
May 6–12, 2017

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Nursing: The Balance of Mind, Body, and Spirit

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Phoebe Schaul Thriffiley, BSN, RN, CPHRM
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From family medicine to medical specialists, come explore some of the many reasons why Hattiesburg Clinic strives to be the health care provider of choice for South Mississippi for more than 50 years.

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March, April, May 2017

Nurses Week!

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American Nurses Association
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From family medicine to medical specialists, come explore some of the many reasons why Hattiesburg Clinic strives to be the health care provider of choice for South Mississippi for more than 50 years.

For employment opportunities, visit us online at www.hattiesburgclinic.com.
ANNOUNCING RN-BSN PREP AND SCHOLARSHIP

The Belhaven University RN-BSN Program is excited to announce that our fast growing program is nationally accredited by the Commission on Collegiate Nursing Education. To assist the students seeking enrollment in our program, we are launching a special RN-BSN Prep track which will allow RN’s to complete any missing pre-requisites at Belhaven! And because we recognize the critical need to expand the number of BSN’s in Mississippi we are also funding a special Belhaven Mississippi RN-BSN Scholarship Program to assist students that qualify afford the RN-BSN program or the RN-BSN Prep track.

A WORLD HEALTH VIEW

Belhaven University Nursing

(601) 968-8881 | www.belhaven.edu
ONLINEADMISSION@BELHAVEN.EDU

Your Healthy Nursing Career Starts Here

Join our health and wellness team for exciting and rewarding career opportunities. Our nursing team works together to support Mississippians in living healthier lives. Learn more in the “Careers” section of our website at www.bcbsms.com.

Blue Cross Blue Shield of Mississippi
It’s good to be Blue.

www.bcbsms.com
23rd Annual Legislative Nursing Summit

Welcome to the Mississippi Nurses' Association
2017 Statewide Nursing Summit

Family-Like WORK ENVIRONMENT
PROGRESSIVE & INNOVATIVE MEDICAL FACILITY

OCH REGIONAL MEDICAL CENTER is a progressive facility offering opportunities in a wide variety of medical specialties. We are a small hospital that boasts an impressive list of programs and services, the latest technology and a family-like work environment you won't likely find elsewhere. OCH nurses enjoy competitive benefits and compensation packages and are employed in the following areas:

- Inpatient Surgical/Trauma/Bed Services
- Postoperative/Pediatrics
- Women's Health Unit
- Medical Unit
- Intensive/CCU Unit
- Emergency Department
- Labor & Delivery Unit
- Nursery
- Endoscopy/Outpatient Surgery/Pain Management Unit
- Infection Control
- Surgical Services/PH
- Pain Anesthesia Care Unit

Complete an online application today!
www.ochn.org

APPLY NOW! NURSE RECRUITMENT

RNs needed in these areas
ED | Medical | Cardiac | Surgical | Women & Children
Madison Hospital | OR

New hire benefits
Student loan repayment up to $10K
Possible relocation for qualified candidates
Specialized learning opportunities
Tuition reimbursement
Tailored pay options

More info
huntsvillehospital.org/careers

OCH Regional Medical Center is an Equal Opportunity Employer. All employees must pass a pre-employment drug screen and a background investigation prior to employment. Applications will be only be accepted by 3:00 p.m. on the date of submission.
Mississippi Nurses Foundation

MNF Nurses Leadership Institute

The Mississippi Nurses Foundation congratulates the following participants in the second MNF Nurses Leadership Institute:

- Jill Rutherford Cary
- Forrest General Hospital, Clinical Educator
- Amanda Christmass
- North Sunflower Medical Center, RN Nursing Supervisor
- Debbie Davis
- Choctaw Regional Medical Center, CNO/NP
- Kristi Dempsey
- Itawamba Community College, Program Dir./Assoc Dean of Nursing
- Tangela Hales
- Hinds Community College, Nursing Faculty
- Denise Hancock
- William Carey University, Undergraduate Academic Dir.
- Sky Williams Johnson
- Forrest General Hospital, Nurse Manager
- Alicia Lundstrom
- William Carey University, Undergraduate Academic Dir. & Assoc. Prof of Nursing
- Erica Lynch
- North MS Medical Center, Radiology Nurse Manager
- Shirley Parham
- Forrest General Hospital, Clinical Educator, Dept. of Education
- Ethel Payton
- Forrest General Hospital, Clinical Educator

- Melanie Pinter
- East Central Community College, Nursing Faculty
- Sheba Price
- North MS Medical Center, Nurse Manager
- Vicki Rhymes
- UMMC Batson, OR Shift Supervisor
- Barbara Arlene Speights
- MBHS – Baptist Health Systems, RN, RVT
- Vascular Technologist
- Heather Wif
- North MS Medical Center, Nurse Manager

The first session was held on January 10th at the Center for Nursing in Madison, MS. A special thank you goes to Rebecca Rives, Ph.D, RN, retired Associate Professor, UMMC. Dr. Rives shared an introduction to leadership based on the book titled The New Leadership Challenge, Creating the Future of Nursing – Fourth Edition.

This hands-on leadership series provides attendees an opportunity to work together and enhance their leadership skills and knowledge. MNF is proud to host this innovative program for the nurses in our state. For more information contact the Mississippi Nurses Foundation at 601-898-0850. The next leadership session is Tuesday, March 21, 2017.

Join the Mississippi Nurses Foundation’s Zero Dollar 2017 Fundraising Campaign

The Mississippi Nurses Foundation (MNF) is now enrolled in the Kroger Community Rewards Program. Every purchase that you make at Kroger will support the Mississippi Nurses Foundation. Every dollar counts!

The Mississippi Nurses Foundation (MNF) zero dollar fundraiser is now available. The Coffee Club Application can be found below.

How it WORKS!

Pull out your Kroger card and go online to krogercommunityrewards.com

Sign in and get started.

Need Help Signing In? Call 1-800-576-4377.

Mississippi Nurses Foundation Rewards Number: 67533

Thank you for supporting the Mississippi Nurses Foundation

For more information call LaGina Walker at 601-898-0850

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Thank you for supporting the Mississippi Nurses Foundation

For more information call LaGina Walker at 601-898-0850

Mississippi Nurses Foundation

The Mississippi Nurses Foundation Coffee Club was started in April 2009 with the support of Dr. Kim Hoover, Dean of the University of MS School of Nursing, with her donation for MNF daily operations. The coffee club recognizes individuals who donate between $100-$5,000 or more to the Foundation. You can join today with a monthly donation of $25.00 to the Nurses Foundation. Please select your level of support for membership into the Mississippi Nurses Foundation Coffee Club. Bank draft and credit card monthly donations will automatically renew every 12 months unless notified by the donor.

Espresso Level

$4,000 to $5,000—Two packages of MNF signature coffee and two coffee mugs, four tickets to all upcoming events sponsored by the Foundation, recognition at MNF’s Philanthropy Day, Recognition on MNF’s website, newsletter, recognition at the Mississippi Nurses Association Annual Convention and a 4” X 8” engraved brick in the Mary E. Stainton Center for Nursing Garden.

Cappuccino Level

$2,000 to $3,999—Two packages of MNF signature coffee and two coffee mugs, two tickets to all upcoming events sponsored by the Foundation, recognition at MNF’s Philanthropy Day, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

Mocha Level

$1,000 to $1,999—One package of MNF signature coffee and coffee mug, a ticket to one of MNF’s sponsored events, recognition at MNF’s Philanthropy Day, Recognition on MNF’s website, newsletter and recognition at the Mississippi Nurses Association Annual Convention.

Coffee Level

$500 to $999—One package of MNF signature coffee and coffee mug, a ticket to one of MNF’s sponsored events, recognition at MNF’s Philanthropy Day, Recognition on MNF’s website, newsletter, and recognition at the Mississippi Nurses Association Annual Convention.

Coffee Club Application

To join the Coffee Club, please include a check or money order and mail it to the Mississippi Nurses Foundation at 31 Woodgreen Place, Madison, MS 39110. Please select your level of support for membership into the Mississippi Nurses Foundation Coffee Club. Bank draft and credit card monthly donations will automatically renew every 12 months unless notified by the donor.

No, I cannot join the Coffee Club but I will give a donation to support the MS Nurses Foundation.

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You can contribute online by going to the website, newsletter, and recognition at the Mississippi Nurses Foundation. Please select your level of support for membership into the Mississippi Nurses Foundation Coffee Club. Bank draft and credit card monthly donations will automatically renew every 12 months unless notified by the donor.

Mississippi Nurses Foundation

Join the Coffee Club today! For more information call LaGina Walker at 601-898-0850.
Don’t Forget To Take Care of Yourself

Rebecca Cagle, PhD, FNP-BC, PMHNP-BC
Director, Council on Advanced Practice

The profession of nursing has long been known as the ‘caring profession’ and indeed nurses do care. Nurses spend so much time caring for and attending to the health needs of others that often we forget our own health needs. Each day, I’m reminded of how important our work and dedication are to our patients and our profession. Hanging in my office is a poem by Melodie Chenevert, RN displaying a photograph of Florence Nightingale and challenging us to follow the leadership and example demonstrated by Florence Nightingale and “be action-oriented, goal-driven, politically astute, tenacious, articulate, scientific, compassionate, resourceful, creative, visionary, heroic,” – to then “roll up your sleeves and get the job done, challenge the status quo, refuse to be intimidated, dare to stand in the line of fire, and boldly go where no nurse has gone before – Lead.”

And indeed nurses have led in so very many areas to the benefit of our patients. We have achieved numerous milestones, been recognized as the most trusted profession, and positively impacted countless lives. Nonetheless, many of us have become a little fatigued and stressed from the challenges of our daily work, rightfully so I think. Today, I offer an additional challenge to all of us in regard to our own personal health - take time for yourself and take care of yourself.

I recently heard a most dynamic speaker, LeAnn Thieman. Her incredible strength and fortitude are demonstrated in her work and personal life. She is a pediatric nurse, a mother and best-selling author, having written and co-authored numerous volumes of the Chicken Soup for the Soul series. Her personal story is inspiring in that in the early 1970s she and a team went into Vietnam to rescue orphaned babies. That was her “war zone” literally. Our “war zone” may be more figurative most days, but on other days, we may feel it is just as challenging as getting those babies safely out of Vietnam and into America must have been.

Ms. Thieman has written another book entitled, SelfCaRxe for HealthCare – Your Guide to Physical, Mental and Spiritual Health which was founded on a simple principle. She says, that “for caregivers to nurture the bodies, minds and spirits of their patients, they must first nurture their own.” In a fun and humorous way, she helps us help ourselves. As nurses, we must be willing to help ourselves and to encourage our colleagues to embrace the mindset that we will be better nurses if we place our own health as a top priority.

Given so many of us have made New Year’s resolutions to exercise more, lose weight, stop using tobacco, eat better or something similar, let us add a little more depth and breadth to our goals. Let us commit to look inward to ourselves and our mind, body and spirit to determine our strengths and weaknesses. Let us set a plan to nurture ourselves and tend to our own needs in order to better take care of our family and our patients. Let us, as advanced practice registered nurses, pledge to be a positive influence on our colleagues. Let us be resolute in our confidence that our daily “war zone” will not deflate us, as we are empowered by our strength from within. Let us be leaders in our profession!

The Mississippi Nurses’ Association is honored to provide continuing education sessions focusing on evidence-based practices to improve patient care along with sessions providing approaches to minimize and prevent nurse fatigue. Just as MNA is supporting advanced practice nurses, I ask that you support yourself and your colleagues by becoming a member of MNA!

Our nurses are the pulse of Forrest Health!

Whether caring for patients in one of our hospitals or out in the community, we’ve created environments that allow our nurses to live, grow and thrive! Forrest Health offers one of the most competitive benefits packages in Mississippi and provides opportunities for career development and growth. Learn more at joinforresthealth.org.
Nurses Working Together to Fight the Opioid Epidemic

Alice Messer, DNP(c), RN, FNP-BC
Director, Council on Health Affairs

As the largest segment of the healthcare workforce in Mississippi, nurses have the power to directly impact the misuse and abuse of opioids, thereby, preventing future overdose deaths, heroin use, and opioid use disorder. The Mississippi Nurses Association recently adopted a resolution to promote nurses’ awareness of the opioid epidemic. It will take all RNs and APRNs working together to impact this epidemic. Strategies that we, as nurses, can use to help save the lives of family members, children, friends, and protect our community are found later in this article.

Opioids are a class of drugs including heroin as well as prescription drugs in the form of powerful pain relievers (CDC, 2016). Millions of Americans suffer from severe debilitating pain and have been prescribed opioids to relieve their suffering. Unfortunately, opioids that are misused, abused, or diverted, can result in devastating consequences such as opioid use disorder and even death. Over the past five years, misuse of these drugs has led to more than half a million deaths in the United States. It is estimated that ninety-one Americans die of opioid overdose every day and opioid abuse is now considered a worldwide epidemic.

Especially concerning is the emergence of opioid misuse and abuse in adolescents. In 2015, 276,000 adolescents were current non-medical users of pain relievers with 122,000 having an addiction to opioids, and 21,000 having used heroin in the past year (ASAM, 2016). Studies show the majority (over 90%) obtain prescription opioids from a friend or family member. Pills are often taken from medicine cabinets in homes where unused or unwanted prescription pain relievers were not disposed of properly, forgotten, or left unsecured. Compounding this, is the fact that teens feel prescription pharmaceuticals are safer than street drugs and do not feel they are breaking the law if they are taking someone else’s medications. Furthermore, they do not consider themselves drug users or addicts if they are taking medications that were prescribed to a family member, friend, or relative. Also alarming is the growing number of adolescents who order pills off of the internet. The substances obtained via the internet however, are even more dangerous in that they may be 100 times more potent than morphine, contain unknown substances, and can result in immediate death after ingesting only one pill.

Mississippians suffered 336 deaths due to opioids in 2014 according to the Centers for Disease Control and Prevention, and Mississippi is ranked 5th in the United States for the amount of opioid prescriptions written. Experts predict that addiction to prescription opioids leads to heroin use, with 1 in 5 of those addicted reporting the use of prescription opioids as the leading cause for their current heroin abuse. With these statistics in mind, Mississippi could potentially face an enormous surge of heroin use as prescribers become more aware of the epidemic and are less likely to prescribe opioids.

STRATEGIES

Assessment:
• Completing a thorough history and physical examination of each patient includes identification of psychosocial factors, family history, past or current drug use, and/or risk of abuse. This provides an opportunity for nurses to discuss treatment options, referral sources, provide medications that can help to manage symptoms of withdrawal or offer psychological services, where indicated.
• Assessment can also identify potential medical complications or diseases that should be addressed such as screening for HIV or Hepatitis.

Education:
• The most vital step in promoting awareness of the potential dangers of opioids is education - for you and your patients. First and foremost, educate yourself.
• Use of the medication reconciliation also provides an opportunity to discuss proper storage, use of medications, and the potential dangers of the medication.
• Discuss with your patients the dangers of sharing medications, including the fact that selling and/or sharing medications is a federal crime.
• Educate your friends, family members and teens about the dangers of prescription medications, heroin, and internet-based drugs.
• Educate your community by organizing a community awareness project or volunteer to speak at local parent-teacher meetings, teachers’ conferences or church groups.
• Most importantly, educate everyone that prescription medications, particularly controlled substances, should be kept in a locked box or locked cabinet at all times.

Prescription Drug Monitoring Program:
• Take advantage of the Prescription Drug Monitoring Program (PMP). This is a state run electronic database that provides prescriber information regarding a patient’s prescription history that helps to identify individuals...
who may be provider shopping to obtain multiple narcotic prescriptions from multiple prescribers. This can alert the prescriber of a patient’s potential opioid use disorder or the likelihood that the patient is diverting medications. Prescribers are encouraged to check the PMP on every patient where a controlled substance may be prescribed.

- It’s also important for nurses to form relationships with pharmacists and local law enforcement. As a nurse, you have a duty to report any person suspected of provider shopping or the diversion of controlled substances.

Treatment Options:
- Opioids are not the first-line therapy for all chronic pain patients. Patients who suffer from chronic pain need to receive the appropriate treatment that provides them the greatest benefit. Familiarize yourself with the CDC’s Guideline for Prescribing Opioids for Chronic Pain. Knowing alternative treatment options for those suffering with chronic pain is also critical. Likewise, it is important to identify resources in your area for those patients suffering from opioid use disorder. Your knowledge of treatment facilities that offer medication assisted treatment options, psychological counseling, or inpatient rehabilitation will be valuable to provide treatment to those suffering from opioid use disorder.

Dispose of Unused Medications:
- Educate patients on the importance of disposing of unused medications and the options for disposal. The Mississippi Department of Public Safety has drop off locations for the disposal of unwanted, expired, and unused prescription medications at the agency’s Driver’s License Testing Centers. To find out more, visit the DPS website at www.dps.state.ms.us. The Department of Justice Drug Enforcement Administration (DEA) also holds local Drug Take Back Days every four (4) months where DEA officers are stationed at various locations to receive unused or unwanted medications.

Properly disposing of unused medication is the most important step in preventing opioids from being misused, shared, diverted, or stolen. To find out more about the Drug Take Back Day initiative, visit the DEA website at www.deadiversion.usdoj.gov.

Advocate:
- As one cohesive group, nurses can be the most influential voice in our state and nation. Support policy for research that addresses non-addictive treatment options for the millions of Americans suffering from chronic pain. Support policy at every government level to promote improved treatment options for those suffering from opioid use disorder. Serve on boards within your community and encourage fellow nurses to become involved in community efforts.

The opioid epidemic affects all of us. Join MNA’s initiative to assist nurses in educating patients and the public about the dangers of opioid abuse and misuse with the goal of preventing future overdose deaths, heroin use, and opioid use disorder.

Mississippi RN • March, April, May 2017

Correctional Medical Associates
Seeking RN’s and LPN’s to fill FT & PRN positions, working the night shift and weekend day & night shifts in Harrison County and Jackson County Correctional Facilities.

A minimum of 1 yr med surg, long term care, nursing home, or emergency room experience. Must posses a valid MS license, TB certification and BLS. Correctional experience a plus, but not required. Competitive salary and benefits.

Please forward resumes to sthomas@correctionalmed.com

Magnolia Health is currently hiring for Registered Nurses!

Apply online at www.magnoliahealthplan.com

NOW HIRING EXPERIENCED NURSES
Burn Program at Arkansas Children’s Hospital

The Burn Program at Arkansas Children’s Hospital (ACH) is the only burn specialty center in Arkansas.

The 16-bed critical care and step down burn unit provides advanced, evidence-based care to adult and pediatric burn patients.

The specialized team providing comprehensive care to this unique patient population includes physicians, registered nurses, pharmacists, specialty therapists and other support services.

From the Inpatient unit and outpatient clinic to burn prevention education and survivor support programs, the Burn Program at Arkansas Children’s Hospital offers a challenging environment in which to advance your career.

To join our team call ACH Nurse Recruitment at (501) 364-1398.

Apply online at archildrens.org/career | #loveACH MSChirurgia–Oncia Wespansia
Welcome to the New 2017 MASN Board Members!

Pictured left to right: Brittney Newell, Chairperson of Nominations and Elections; Sarah Houtz, Chairperson of Fundraising; Anna Mulhern, 2nd Vice President; Michael Sykes, Nominations and Elections North; Matt Alred, President; Brandon McClain, 1st Vice President; Jacob Wooley, Director of Communications; and David Whipple, Secretary/Treasurer

Did you know there are more than 300 locations in Mississippi for the public to safely dispose of used medical sharps generated in the home?
Did you know this is a free service of the State of Mississippi?
For more information, go to www.deq.state.ms.us/medsharps
or Contact the Mississippi Department of Environmental Quality at 601-961-5171.

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For more information, go to www.deq.state.ms.us/medsharps
or Contact the Mississippi Department of Environmental Quality at 601-961-5171.

THE UNIVERSITY OF ALABAMA*

THE FUTURE IS IN YOUR HANDS.
When you earn your nursing degree from The University of Alabama, you are doing more than just earning a degree. You are earning your degree from one of the top universities in the country and taking steps to advance your career and improve the lives of your patients. Take control of your future and contact us today!

RN to BSN  |  MSN  |  Nurse Practitioner Concentration
DNP  |  EdD for Nurse Educators

BamaByDistance.ua.edu/nursesms
800-467-0227
Let Chili’s do the cooking while you support the Mississippi Nurses Foundation (MNF) at the same time. With each flyer presented on Monday, May 8, 2017, 11 a.m. – 9 p.m., Chili’s will donate 15% of the event day sales to MNF. Invite your friends and family to dine-in and celebrate National Nurses Week. If you are too busy to dine-in, your take-out order will also support the Mississippi Nurses Foundation. We look forward to seeing you at Chili’s.

Offer’s good at participating Chili’s Restaurants only (Biloxi, Oxford, Southaven, Batesville, Jackson, Madison, Gulfport, Hattiesburg, Petal and Tupelo). For more information contact LaGina Walker at 601-898-0850.

For Every Application received by March 31st, Recruiting Members and New Members will be placed in a drawing for great prizes.

Visit our website at www.msnurses.org for details.

Encourage your colleagues to Join MNA!

Be a part of MNA’s legacy of taking the Lead in advancing the nursing profession!

By working together, we will continue to Succeed in Mississippi!
Your diabetes patients can live better with **FREEDOM**

**FREEDOM** is a Diabetes Self-Management Education (DSME) program that can do a lot for people with types 1 or 2 diabetes. By showing them the importance of eating right, exercising, and goal setting, **FREEDOM** empowers individuals to take control of their diabetes—and their overall health and well-being.

We encourage you to refer your diabetic patients to the Mississippi State Department of Health's **FREEDOM** program today. Call 844-367-2566 or visit HealthyMS.com/FREEDOM for more information. Your patients will be very glad you did.

Are you on the Mississippi DNP map?

Be a part of the **Mississippi Educational Consortium for the Doctorate of Nursing Practice (MECDNP)** statewide network for students and professionals.

Our network will help you:
- Collaborate with colleagues
- Find or become a mentor
- Share research interests

Join our network by visiting [http://umc.edu/mecdnp/](http://umc.edu/mecdnp/) and click on 'All DNP and DNP students' at the bottom to fill out our DNP form. For more information, email mecdnp@umc.edu.

Save the Date:
June 9 - MS Health Care Symposium - Alcorn University - Natchez, MS

Email mecdnp@umc.edu for more information, or visit [http://umc.edu/mecdnp/](http://umc.edu/mecdnp/).