A Voice for all Professional Nurses
Your Voice...Your LSNA

The Louisiana State Nurses Association (LSNA) is YOUR association for all professional nurses across the state. As we continue bold reforms and actions to strengthen YOUR voice in policy and practice, you are personally invited to join the movement. LSNA will keep working hard as Louisiana’s voice for patient care and the nursing profession.

As you will read in this edition of the Pelican, LSNA is your voice from Washington, DC, to here in Baton Rouge. Without question, health care is on the minds of all citizens and lawmakers. As the largest provider of health care, LSNA understands the importance of being a voice at the table for YOU!

It’s an exciting time for your LSNA as we move in new directions; build and strengthen new and historical relationships; and collaborate for a stronger Louisiana built on a foundation of strong patient care from nurses like you.

LSNA continues to build a BOLD message and we want your membership! The nursing profession, as well as that of quality patient care, depends on a strong Association who can speak up and advocate for best practice and public policy.

Membership
Make LSNA a priority for 2017 and help us stand together for the practice of nursing. For about 75 cents a day (yes, that’s less than $1 a day) you can be a part of the professional association, and the public policy leader, of all professional nurses in Louisiana.

Joining LSNA has never been easier! For your convenience, a Membership application is included in this edition of the Pelican. You can also visit our website at www.lsna.org and click on “Membership” to learn more and to join. LSNA is one of the most affordable investments of any profession and includes membership into the American Nurses Association (ANA).

To be as successful as we can be, we need YOU to join the resurgence! I look forward to your membership and to hearing from you. Again, my commitment is that your LSNA will always be courageous (and BOLD!) in its service and leadership to you.

Sincerely,
Dr. John E. Wyble, CAE
Executive Director
executivedirector@lsna.org

Save the Date
2018 Nightingale Awards and Gala
See Pages 14-16 for complete information

Nurses!
Louisiana has a large list of nurses to keep updated and we want to reach you all.
Please be sure to email lsna@lsna.org with address changes/corrections or if the nurse listed is no longer at this address.
Subject Line: Pelican News Address Change/Removal – Last, First Name
Vacancies on Louisiana State Board of Nursing
Call for Nominations!
Nomination for the following positions:

The second term of the following board member of the Louisiana State Board of Nursing will expire as of December 31, 2017.

Jolie E. Harris, DNS, RN, NEA-BC, CAS, who serves in a position dedicated to nursing service administrator, as set forth in La. R.S. 37:914(C)(1)(b). She has served two terms in office and is not eligible for reappointment.

The second term of the following board member of the Louisiana State Board of Nursing will expire as of December 31, 2017.

Sue Westbrook, DNS, MA, RN, who serves in a position dedicated to the area of education, as set forth in La. R.S. 37:914(C)(1)(b). She has served two terms in office and is not eligible for reappointment.

The second term of the following board member of the Louisiana State Board of Nursing will expire as of December 31, 2017.

Kristin Frechette, ED-D, MSN, RN, who serves in a position dedicated to the area of education, as set forth in La. R.S. 37:914(C)(1)(b). She has served two terms in office and is not eligible for reappointment.

The first term of the following board member of the Louisiana State Board of Nursing will expire as of December 31, 2017.

Tim Cotita, RND, MSNCE, who serves in a position dedicated to the other areas of nursing, as set forth in La. R.S. 37:914(C)(1)(b). He is eligible for reappointment.

In accordance with the requirements of La. R.S. 37:914 and La. R.S. 37:916 the Louisiana State Nurses Association submits the names of qualified applicants for each Louisiana State Board of Nursing vacancy to the Governor. The Governor then selects one person for each appointment.

Louisiana Revised Statutes 37:916 A (1-4) state the qualifications for each member of the LSBN:
1. Be a citizen of the United States and a resident of Louisiana for one year immediately prior to appointment.
2. Hold a current, unencumbered, unrestricted Louisiana license to practice as a Registered Nurse.
3. Have three years of experience in the respective field of practice.
4. Be actively engaged in the practice of nursing as a Registered Nurse at time of appointment.

All applicants will be interviewed by the Louisiana State Nurses Association Board of Directors at a time to be determined. Applications are available on the LSNA website www.loma.org.

For a nominee to be considered, deadline for submission of all required documents is: October 06, 2017
As your President, I had the pleasure of representing LSNA, along with President-elect Patrick Reed, at the American Nurses Association's Annual Membership Assembly. This was an opportunity to see our dues in action. ANA has grown to be an enterprise, a massive operation, dedicated to promoting and protecting the interests of nursing. It was inspiring to see so many nurses, from across the nation, devoted to the betterment of our profession. Attendees stood strong on the steps of the U.S. Capitol to represent the voice of nursing and promote the national nursing agenda. To see your national dues in action, take some time to review the wealth of information available on the ANA website.

Do you recognize the value of LSNA membership?

**Representation:** LSNA is known as the voice for all registered nurses, regardless of education level, specialty or work setting. LSNA works for all nurses, not just a select field of nursing. LSNA is the only State Association that retains the services of lobbyists to monitor the State Legislature and take action in the best interest of professional nursing. LSNA has achieved a seat on several Boards/Commissions – Louisiana Healthcare Commission, Quality Medicaid Committee, and most recently the newly appointed Heroin/Opioid Task Force/ HB 490 and pending HCR 55/Medicaid for those with serious mental illness. LSNA is initiating an active campaign for greater representation at the State-level.

**Information:** LSNA strives to keep nurses well-informed. The website and quarterly *Pelican News* is made available to all nurses. The monthly Insider and Constant Contact Alerts are received by members. Conferences cover timely topics and provide Continuing Nursing Education. Networking occurs at the state and district level to provide information from face-to-face interaction with colleagues.

**Advocacy:** LSNA has structures in place to support and promote causes relevant to health policy, clinical practice and work place advocacy. Our paid lobbyists advocate for our interests with the legislature. LSNA is establishing a process to formulate position statements that represent the association’s view on pertinent topics.

**Leadership:** LSNA promotes leadership at the State and District level. There are opportunities to participate in association management as an officer, board member, committee member, event coordinator, presenter and more. Whether a recent graduate or a nurse advancing her career, personal and professional skills can be enhanced. LSNA is in partnership with the Louisiana Action Coalition to transition ownership of the Leadership Pillar. Outstanding Leadership is acknowledged through various recognition awards – Leading the Way Awards, LSNA Fellow and Hall of Fame.

Additionally, LSNA maintains ANCC certified Approval and Provider Units for Continuing Nursing Education. The Louisiana Nurses Foundation and the Louisiana Nurses Political Action Committee are under the umbrella of LSNA.

Membership value is not always what you directly receive; there are indirect benefits. More importantly it is what your dues support that has meaning. Most nurses receiving the *Pelican News* are not members. Show your concern, appreciation and support of the profession that has provided you great reward. Isn't a half hour of salary worth the protection of your career? Go to LSNA.org to join.
Hi all – These past few months I have been writing the self-study (application) for the LSNA Accredited Approver Unit. (Yes, I have to do one as well.) So, I know how time consuming this process is. I had to send two IEA files and two Approved Provider files. Now, just have to do the Virtual Visit with the Appraisal Team through a conference call. Should have happened in August or September. I am sure I left something out or forgot an item to address.

One – Provider Units approving applications. We feel that this is usually related to the terminology that the Primary Nurse Planner uses in their application. If you have several nurse planners that report to you and they “submit an activity for approval” – think about what the terminology that the Primary Nurse Planner uses in their application. If you have several nurse planners now that the website has been launched. Be sure to check it out. This site hosted by Louisiana First Lady Donna Edwards at the Governor’s Mansion on May 16, 2017. The 2017 LLWC officers are: Chair—Rep. Helena Moreno, New Orleans, District 93; Senate Vice Chair—Sen. Regina Barrow, District 29, Baton Rouge; House Vice Chair—Rep. Barbara Carpenter Baton Rouge District, 63; Secretary—Rep. Katrina Jackson, Monroe, District 16; Treasurer—Rep. Beryl Amedee, House Vice Chair—Rep. Barbara Carpenter Baton Rouge District, 63; Secretary—Rep. Katrina Jackson, Monroe, District 16; Treasurer—Rep. Beryl Amedee, Baton Rouge District, 67; Parliamentarian—Rep. Paula Davis, Baton Rouge, District 69; Gray, District 51; Member at Large—Rep. Patricia Haynes Smith, Baton Rouge, District 93; Senate Vice Chair—Sen. Regina Barrow, District 29, Baton Rouge; Senator—Sen. Regina Barrow, District 29, Baton Rouge;

The 2017 recipients of the College Women of Excellence Scholarships for $2,500 are: Courtney Lynn Lott, Louisiana State University, New Orleans, LA; and Bria Janai Williams, Louisiana Tech University, Ruston, LA. The High School Women of Excellence $2,500 scholarships went to: Mackenzie Kay Andrews, East Ascension High School, Gonzales, LA; Malori Dawn Dupree, Gray, LA; Tamiko Terraz Stroud, Donaldsonville High School, Donaldsonville, LA; Shabhnneet Warar, Caddo Parish Magnet High School, Shreveport, LA; and Kristen Blair Weaver, Edward Douglas White Catholic High School, Raceland, LA. Recipients of the $1,000 Educational Advancement Opportunity (EAO) Scholarships are: Laurel Ann Demmies, Cabrini High School, River Ridge, LA; Lindsey Nicole Jenkins, Covington High School, Covington, LA; Paige Jermaine Joseph, Ascension Catholic High School, Donaldsonville, LA; and Kayleigh Brooke Reneau, Pearl River High School, Talisheek, LA. Photos may be found on the LLWC website: www.llwc.louisiana.gov.

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Hi all – These past few months I have been writing the self-study (application) for the LSNA Accredited Approver Unit. (Yes, I have to do one as well.) So, I know how time consuming this process is. I had to send two IEA files and two Approved Provider files. Now, just have to do the Virtual Visit with the Appraisal Team through a conference call. Should have happened in August or September. I am sure I left something out or forgot an item to address.

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American Nurses Advocacy Institute (ANAI) Update

Health Policy Advocacy Who’s Responsibility Is It?

“Everyone”, “Someone”, “Anyone”, and “No-one”?

LSNA - Health Policy Work Melody Eschete, DNP, RN, and LANP Health Policy Co-Chair: Samantha Lilley, DNP, APRN, FNP-BC.

The Louisiana State Nurses Association (LSNA) and the Louisiana Association of Nurse Practitioners (LANP) will be collaborating on health policy articles for future issues of LSNA The Pelican News. Regardless of educational level, we all start out as students. During our socialization into the role of a nurse, most of us were taught to remove the phrase “that’s not my job” from our vocabulary. This principle should also be applied to health policy advocacy. Remember the tale of Everyone, Someone, Anyone, and No-one? Please indulge us in the few liberties we have taken with the story; once upon a time, there were four nursing health policy advocates named Everyone, Someone, Anyone and No-one. Important legislation regarding Louisiana healthcare policy was being discussed at the state capitol, and there were phone calls to be made and emails to be sent to rally support from those the bills would impact:

Everyone was sure that Someone would do it. Anyone could have done it, yet No-one did. Someone got angry about it because it was Everyone’s job. Everyone thought Anyone could do it, but No-one realized that Everyone wouldn’t do it. It ended up that Everyone blamed Someone when No-one did what Anyone could have done! Poke, 2011.

Every nurse is a leader. Being a leader involves stepping up and taking responsibility for the future of our profession and the healthcare of our nation. Every nurse and health consumer is Everyone, Someone, Anyone; and No-one, and it is time for you to get involved in any way you can. Your involvement may be comprised of a) join us on social media and sharing our posts – look us up LSNA & LANP on FB, and LinkedIn, b) educate yourself on how to be an effective advocate (see resources on LSNA and LANP websites), c) discuss health care issue with your neighbors and friends; ask them to become involved and share with their representatives that they support nursing and healthcare issues, d) introduce yourself to your representatives and let them know that you are a resource, as are LSNA and LANP should they have any questions (don’t forget to monitor their voting record), and e) let us know what you need and/or your ideas on how we can help you, help us safeguard quality patient care and prompt the nursing profession.

Contact Information:

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Samantha Lilley, DNP, APRN, FNP-BC
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LSNA Health Policy Chair
Patricia La Brosse, PMHCNS-BC
lahasky@aol.com

Web Sites:
www.LSNA.org
www.lanp.enpnetwork.com

Facebook:
https://www.facebook.com/louisiananps/
https://www.facebook.com/LouisianaStateNurses/

LinkedIn:
https://www.linkedin.com/company-beta/10504412/

Reference:
The Louisiana State Nurses Association Convention

The Louisiana State Nurses Association (LSNA) held its biennial convention in conjunction with the annual continuing education program of Link to the Legislature April 24 and 25, 2017 at the Crowne Plaza Hotel in Baton Rouge. There were over 150 members, guests and student nurses present. The key note speaker was Pamela Cipriano, Ph.D, RN, FAAN, current president of the American Nurses Association.

Pausing for a photo with Dr. Cipriano are members of the Baton Rouge District Nurses Association.

Standing back row from left: Dr. Jackie Hill, Lisa Deaton and Ryan Landry. Front row from left: Dr. Valerie Schluter, Dr. Carol Gordon, Dr. Cipriano, Dr. Cynthia Prestholdt, Dr. Francine Thomas and Wenona Bell.

Recent recipients of LSNA awards are pictured at the Celebrate Nursing banquet held May 1, 2017 in Baton Rouge.

From the left: BRDNA current President Valerie Schluter with the district of the year award, Karen Loden Volunteer of the Year award, Cynthia Prestholdt, charter induction of LSNA fellow, Lisa Deaton charter induction of LSNA fellow, and Clara Earl, immediate past president of BRDNA, DNA President of the year.

Pausing for a photo at the LSNA convention held in April 2017 in Baton Rouge are:

left: Dr. John Wyble, Executive Director LSNA, Clara Earl, immediate past president BRDNA and Dr. Pam Cipriano, President American Nurses Association.

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FREE to Nurses!
TGMC Honors Employees

Clinical Nurse of the Year Award

Terrebonne General Medical Center (TGMC) is proud to announce that Kendra Breaux, RN, was awarded the Sigma Theta Tau International Honor Society of Nursing – Clinical Nurse of the Year Award by Nicholls State University. The award recognizes nurses who consistently practice excellence in a clinical setting, in nursing education and/or nursing leadership.

Kendra Breaux, RN, TGMC, Population Health Nurse

Breaux earned her nursing degree from Nicholls State University and currently works at TGMC as the population healthcare nurse manager specializing in caring for patients with cardiovascular disease. In her role, she generates public awareness around cardiac health and creates programs for TGMC cardiac patients and their families, including a monthly support group.

Jim Mitchell Named TGMC Volunteer of the Year

Jim Mitchell was honored as Terrebonne General Medical Center’s (TGMC) 2016-17 Volunteer of the Year at a luncheon honoring the men and women who do volunteer work at TGMC held during National Healthcare Volunteer Week.

Jim Mitchell

The TGMC Volunteer of the Year is voted on by fellow volunteers. Mitchell has been a part of TGMC’s Volunteer Auxiliary for 9 years, dedicating over 2000 hours of volunteer service.

“I want to congratulate Mr. Jim Mitchell on his recognition as Volunteer of the Year. Our volunteers are truly dedicated to helping TGMC’s staff members, patients and their families. Over the past year our volunteers have given over 7500 hours of service to TGMC and we cannot thank them enough for their service,” said Phyllis Peoples, president and CEO.

In addition to their daily responsibilities, volunteers assist with gift sales at the hospital. Funds from the sales directly benefit patient-facing improvements. In 2016, the volunteers raised $20,000 to make the purchase of six AED devices possible. The AEDs are located in the Medical Arts and Atrium buildings. “Through the volunteers’ efforts, we were able to provide life-saving AEDs in our Medical Arts and Atrium buildings in case an emergency of a guest arises,” Peoples said. “AEDs are live-saving devices and are crucial to have throughout the campus.”

If you are interested in volunteering at TGMC please call 985-858-7133 or email Josh Faucheux at josh.faucheux@tgmc.com

Louisiana Action Coalition Nurse Leader Institute Fellow.

Terrebonne General Medical Center (TGMC) is proud to recognize Kerrie Redmond, BSN, RNC-OB, Women’s Health Center Director, for her induction as a Louisiana Action Coalition Nurse Leader Institute Fellow.

The Louisiana Action Coalition designs patient care and safety goals and objectives for nurses across the state and empowers nurses to refine their leadership skills.

Redmond worked with leaders at TGMC on implementing a new quality initiative to implement bedside shift reporting on select hospital units, including the Women’s Health Center. Goals for the program included bettered communication at shift change, improving patient satisfaction, involving the patient and family in their care and increasing staff accountability and teamwork. The progressive results showed improved communication among care teams, established accountability for quality care and earned the Women’s Center a top score in the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) patient satisfaction ranking.

Redmond is responsible for the operational, fiscal and clinical managerial direction of TGMC’s Labor and Delivery, Maternal Newborn, Level III NICU, and Women’s and Children’s units. She has been on staff at TGMC for 22 years.

TGMc Welcomes New Certified Strength and Conditioning Specialist

Terrebonne General Medical Center (TGMC) announces a new addition to their Healthy Lifestyles Center staff, Patrick Labat.

Patrick Labat

Labat is a certified strength and conditioning specialist, and will create customized individual and group training plans for clients in TGMC’s Sports Performance Training Center.

Labat received his bachelor and master degrees in Exercise Science from the University of Louisiana – Lafayette, and most recently worked as a strength and conditioning coach at South Terrebonne High School. With nearly a decade of experience in the field, Labat specializes in creating fitness plans for peak athletic performance as well as building or maintaining strength, weight loss and mobility.

“Patrick is a welcomed addition to TGMC,” said Phyllis Peoples, President and CEO. “As a leader of health and wellness in our community, Patrick and the Sports Performance Training Center serve as a resource for those interested in fitness. His diverse background gives him the skills to help our community live healthier and more productive lives.”

The TGMC Sports Performance Training Center offers both athletic and health performance training programs customized to meet an individual’s fitness goals. It was established in 2015 and has trained hundreds of community members.

To schedule a fitness consultant or to learn more about the TGMC Sports Performance Training Center, contact (985) 873-3570.

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District News

The Baton Rouge District Nurses Association (BRDNA) held its 28th annual Celebrate Nursing Banquet May 1, 2017 at Boudreaux’s on Government Street. Over 250 BRDNA members, families and guests were present. Presenting the Helen Johnson Cremeens award for excellence in teaching was LaTonya Dorsey. Dr. Edna Hull, Associate Professor of Nursing at Southern University and A & M College, School of Nursing was the 2017 recipient of the award. Clara Earl, immediate past president of the BRDNA presented the Edith Lobue Memorial scholarship to Dominique Anderson, a student in the Doctor of Nursing Practice, Family Nurse Practitioner program at LSUHSC.

There were 23 nurses who were honored for their clinical, educational and professional practices in a variety of health care settings.

Congratulations to Charla Johnson, MSN, RN, ONC, Manager of Community and Provider Education at St. Elizabeth Hospital, for receiving 2nd Place in the Research Category at the 37th Annual National Association of Orthopaedic Nurses. Her research was community health focused, titled, “The Effectiveness of an 8 week Community Based Education Targeting Healthy Choices and Movement on Individual Perception and Outcomes.” This was a controlled, prospective study comparing the effectiveness of an 8 week community based group education intervention (Operation Change-Accension) targeting healthy choices and movement. The study, indirectly addressed obesity and arthritis. The program objective provided community based group education on healthy living strategies to cultivate positive health choices throughout lifestyle and behavior change. There was significance with interventions on BMI & Weight, with average weight loss of 3.96 lbs.; Systolic and Diastolic Blood Pressures, overall SF-36 scores which measures quality of life and positive trend towards SF-36 elements: physical function, role limitations, fatigue, emotional well-being, social function and pain.

Thank you,
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Extraordinary Nurses Recognized at Lane

Thirteen nurses at Lane Regional Medical Center were nominated by patients, family members, physicians and colleagues for the DAISY Award for Extraordinary Nurses.

The 2017 DAISY Award Honorees are Brian Dixon, RN, from the Intensive Care Unit and Clint Lawrence, RN, from the Emergency Department.

The DAISY Award was established to celebrate the extraordinary compassion nurses provide their patients and families every day.

2017 DAISY Award Honorees Brian Dixon and Clint Lawrence received a beautiful marble sculpture called “A Healer’s Touch,” hand-carved by artists of the Shona Tribe in Africa.

Nominees included (pictured L-R): Meagan Holcombe, Brittany Weaver Dicharry, Cassie Lemoine, Cristy Walker, Brian Dixon, Clint Lawrence, Amands Welch, Gabrielle Coats, Courtney Spring and Tiffany Perkins. (Not Pictured: Douglass McNabb, Samantha Summers and Landon Hunt.)
LSNA District IV hosted the 17th Acadiana Celebrates Nursing event to recognize excellence from the 7-parish area it represents. Once again, a group of nurses from diverse practice settings were nominated by peers, family members, patients, or friends. The nominations are redacted, and sent to a committee of reviewers who read and score each one. Once this process is complete, the scoring sheets are sent to another committee who tally the numbers to determine the top 25 scores. Honorees this year represented a myriad of practice settings: department manager; emergency nursing; unit supervision; outpatient surgery; hospice; staff nurse; charge nurse; addictions nursing; intensive care; family nurse practitioner; patient care coordination; nursing education; outpatient clinics; trauma nursing; pediatric nursing; hospital clinical education; neonatal nurse practitioner; pediatric intensive care nursing; nurse navigation; and inpatient surgery.

Over 250 attendees, including event sponsors, once again celebrated nursing excellence at the Lafayette Petroleum Club. President of the Louisiana Association of Student Nurses, Caleb Faul, RN, served as Master of Ceremonies. Members of the U L Lafayette Student Nurses Association assisted with registration, raffle ticket sales, and door prize distribution.

A prestigious event such as this would not be possible without the tireless efforts of volunteers who are dedicated to its ongoing success. District IV leadership wishes to acknowledge the efforts of: Elsie Meaux, Lisa Broussard, Carlene MacMillan, GraciAna Breaux, Kevin Besse, Anne Broussard, Laura Frizzell, Karen Wylde, Celine Haynie, Mary Neiheisel, Christy Lenahan, Debbie Carter, Mary O. Broussard, Amy Michele, April Howard, Meghan Mattison, and Jackie Hebert.
Body Positivity: Celebrating Every Body and the Person Within

Body Positivity. Two buzzwords and a very hot topic in today’s society. But what does it really mean, and how do premier behavioral healthcare centers like Sierra Tucson, a member of the Acadia Healthcare family, incorporate this concept into their therapeutic milieu?

Scott Frazier, MSC, manager of Sierra Tucson’s Eating Recovery Services, explains.

Q: What is Sierra Tucson’s stance on body positivity?

SF: At Sierra Tucson, we teach residents to be loving and kind to their bodies. Many residents need to make amends to their bodies, treating them with love and respect. We challenge body-hatred talk by helping individuals explore a healthy approach toward a body-positive attitude.

Residents start to develop a new pathway of love and acceptance. This pathway increases the more they focus on what they like about their bodies. We encourage residents to think about self-love and offer ways in which to show compassion toward self. Residents get in touch with new body sensations and learn how to love and be connected with their bodies. Self-love and how one views self is a highly important piece that builds the foundation of being in touch with one’s body. It also reinforces the idea that when an individual treats his or her body well, positive feelings ensue. Truly, body positivity is vital to a person’s emotional well-being.

Q: How do Sierra Tucson’s Eating Recovery Services contribute to the message of body positivity?

SF: Sierra Tucson believes that disordered eating exists in tandem with one or multiple other disorders, including depression, anxiety, substance use disorder, trauma, or chronic pain. Our Eating Recovery Services place emphasis on the idea that the body is sacred and must be treated with care. In other words, it mustn’t be starved or stuffed full of food. As part of their treatment, we help residents find a meal plan that works for them and nourishes their bodies in a healthy manner. Residents can start practicing self-care by replacing disordered eating behaviors with healthy new behaviors. Somatic Experiencing® helps a person understand how the body responds to trauma or anxiety and how he or she has turned to unhealthy coping skills. Yoga helps one to understand the sensations of the body and how his or her body is something to be enjoyed. Support groups with an emphasis on body expression help residents understand that expression versus restriction leads to body positivity. Sierra Tucson’s Therapeutic & Recreational Activities Program help individuals understand that creating and overcoming vulnerability within the body leads to a stronger, more empowered view of the body. Residents experience what it’s like to stop engaging in disordered eating patterns during their time at Sierra Tucson. Consequently, they feel a sense of pride in what they’ve accomplished and have faith that they can continue with long-term recovery outside of treatment.

Q: What are some tools that professionals can offer their clients to promote body positivity in their own practice?

SF:
1. Learn to challenge negative body talk in an encouraging way
2. Align yourself with the healthy aspects of your client
3. Encourage your client to use his/her body by participating in pleasurable, non-addictive activities
4. Recommend reputable books about how to heal from disordered eating behaviors
5. Help your client start to feel and embrace new sensations in his/her body.

From THE FOUNTAIN – A Clinical Resource for Professionals Wednesday, July 12, 2017

For more information, Contact Monica Sheleay
Monica.sheleay@acadiahealthcare.com 504-655-2379
of every aspect of life - including in areas that we may not traditionally associate with healthy living, such as city and urban design, public transportation, and education. That means we need to partner groups like the Department of Transportation, the Department of Education, the Chamber of Commerce, and businesses in our communities.

As nurses, we recognize the role we can play in this movement. Nurses are repeatedly ranked the most trusted health professional, and they make up the largest segment of the health and health care workforce. They spend the most time with people, families, and communities. Nurses promote prevention and wellness and provide population-focused services to entire communities.

On April 27th in Kenner, the Louisiana Action Coalition (LAC) hosted more than 130 healthcare professionals, business and community leaders and interested parties from across the state to discuss Louisiana’s healthcare challenges, explore partnerships and learn about collaborative projects that are building a culture of health in Louisiana.

“The Summit recognizes that we are stronger together and that the health of current and future generations depends on the ability of diverse leaders to create a shared value for health in Louisiana,” said Cynthia Bienemy, PhD, RN, director of the Louisiana Center for Nursing and Louisiana Action Coalition co-lead. “The purpose of the Summit was to join committed health professionals and health care allies in a one-day meeting to foster connections and build collective capacity to improve conditions for every Louisiana resident to have the opportunity to achieve physical, mental and social health.”

Through the LAC, Louisiana is one of 50 states and the District of Columbia supporting the Future of Nursing: Campaign for Action, a national initiative to guide implementation of the recommendations in the landmark Institute of Medicine report, The Future of Nursing: Leading Change, Advancing Health. The report, released in October 2010, includes recommendations for a variety of system improvements including proven, solution-oriented ways to address the nursing and nurse faculty shortage in the U.S.

The Campaign envisions a healthcare system where all Americans have access to high-quality care, with nurses practicing to the full extent of their education and training. As the largest group of health care workers, nurses will play a key role in building a culture of health.

“Nurses are an important partner in this movement,” said keynote speaker Susan Hassmiller, PhD, RN, FAAN, Senior Nurse Advisor for Robert Wood Johnson Foundation and Lead for the Future of Nursing Campaign for Action. “Nurses are repeatedly ranked the most trusted health professional, and they make up the largest segment of the health and health care workforce. They spend the most time with people, families and communities. Nurses promote prevention and wellness and provide population-focused services to entire communities.”

Parham Jaberi, MD, medical director for the Louisiana Department of Health and assistant state health officer, spoke to attendees about the culture of health from a Louisiana perspective. The day’s agenda also included a five-member panel discussion, Integrating the Social Determinants of Health into Building a Culture of Health in Louisiana, and tabletop networking sessions during which attendees were able to spend time learning about a variety of organizations and projects that work in different ways to build a culture of health in Louisiana.

“It was encouraging to hear that the Louisiana Department of Health and its Department of Public Health Services are heavily focused on building a healthy Louisiana,” said Barbara Movvant, MN, RN, LAC Core Leadership Team member. “The summit brought together government, corporate and nonprofit organizations essential to building a culture of health for our next generation of Louisianans. I believe some key connections were made at the summit and partnerships identified to move initiatives.”

Bienemy closed the day with a challenge. She said, “I charge all of those that attended the Summit to move forward with what they learned. Make connections and collaborate with those whose work complements their efforts in building a culture of health in our community. The only way that we will achieve the goal of building healthy communities in Louisiana is if we learn to appreciate the fact that this work must be done through a multidisciplinary effort; there is no one discipline or entity that can do this work in isolation. We can only achieve a culture of health in Louisiana if we work together.”

Acknowledgement: Much of the content for this article was taken from the Future of Nursing Campaign for Action Building a Culture of Health in America presentation (2017).

References:
House Speaker Taylor Barras presented House Concurrent Resolution (HCR) number 43 during the 2017 Regular Session. In the document that you can locate on the Louisiana State Legislature website (*instruction at end of this article*). In the document that you can locate on the Louisiana State Legislature website (*instruction at end of this article*). They recognized in the resolution that:

- LSNA is the voice of the 64,000 plus registered nurses (RN) in LA and;
- With over 3,120,000 RNs in the United States, nursing is our state’s and nation’s largest healthcare profession;
- The demand for RNs as members of healthcare teams, members on boards, and our role in leadership continues to intensify to meet the evolving complex healthcare needs of individuals, communities, and the nation;

During the 2017 Regular Session, June 1, 2017 was recognized as Nurse Practitioners Day at the Louisiana State Capitol. The Louisiana Association of Nurse Practitioners (LANP) and The Louisiana Nurses Association (LSNA), with the leadership of Patricia La Brosse, PMHCNS-BC, LSNA Health Policy Chair, and Melody Spragg Eschete, DNP, RN, Health Policy Member, and the LSU SHA Health Policy Committee member Dr. Melody Eschete, DNP, RN, APRN-c, created a day to recognize the importance of nurse practitioners in healthcare. They recognized in the resolution that:

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The Arizona Nurses Association (LSNA) Health Policy team would like to share with the nurses of Arizona and express our appreciation to Arizona State Representative Dustin Miller and House Speaker Taylor Barras for presenting House Concurrent Resolution (HCR) number 43 during the 2017 Regular Session. In the document that you can locate on the Arizona State Legislature website (*instruction at end of this article*).

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- The demand for RNs as members of healthcare teams, members on boards, and our role in leadership continues to intensify to meet the evolving complex healthcare needs of individuals, communities, and the nation;

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Rouge, LA. He received a Bachelor of Science degree in Biological Sciences from Louisiana State University, an Infectious Disease Specialist, and is the recipient of Louisiana Association of Nurse Practitioners, American Nurses Association, Sigma Theta Tau, and the Jesuit honor society Alpha Sigma Nu.

Patricia LaBrosse LSNA Director of Clinical Practice and Workplace Advocacy is pleased to announce that Ryan Landry, MSN, CCRN and Melody Spragg Eschete, DNP, APRN, FNP-BC agreed to be Co-Chairs of the Workplace Advocacy Initiative at the 2017 LSNA House of Delegates. If you are interested in helping us to develop and/or promote campaigns that are for nurses by nurses please email us at WorkplaceAdvocacy@gmail.com.

Ryan serves as CVT Surgical Center’s Cardiothoracic/Vascular Operations Director. He is a native of Baton Rouge, LA. He received a Bachelor of Science degree in Biological Sciences from Louisiana State University, a Bachelor of Science degree in Nursing from Our Lady of the Lake College, and a Master of Science degree in Executive Nurse Administration from University of South Alabama. Mr. Landry has worked in healthcare since 1999 and joined the nursing profession in 2007. Since 2015, he has served the patients and care providers of CVT as an administrative leader in the community’s hospitals.

Ryan is an active member of the Louisiana State Nurse Association – Workplace Advocacy committee member, American Nursing Association, and the Honor Society of Phi Kappa Phi. He is also a certified Critical Care Registered Nurse.

Dr. Eschete is a native of Calgary, Alberta, Canada. She relocated to Baton Rouge, LA in 1993 and worked at the Baton Rouge General Mid-City in the Medical Intensive Care Unit. She obtained her Bachelors Degree in Nursing from the University of Calgary, and her Doctorate of Nursing from Loyola University, New Orleans. Working in healthcare since 1986 in Canada and The United States, Dr. Eschete has touched patients and families lives across healthcare settings including: critical care; acute care; long-term care; outpatient surgery; rehabilitation; hospice and palliative care; and at the maximum-security prison at Angola. She has also been an educator at Our Lady of The Lake Health Care Institute, and at Baton Rouge Community College.

Dr. Eschete is a nurse advocate; in addition she educates the public about Lyme and Multi Systemic Infectious Disease Syndrome (MDSIS). She was appointed to Governor Jindal’s Hospice Advisory Committee; and is the recipient of Louisiana Association of Nurse Practitioner’s 2016 Student of the Year, Loyola University New Orleans College of Graduate and Professional Studies School of Nursing 2017 Post – BSN Doctor of Nursing Practice Scholar Award, and is a candidate for the American Nurse Advocacy Institute Fellowship. She is a proud member of Louisiana State Nurses Association, Louisiana Association of Nurse Practitioners, American Nurses Association, Sigma Theta Tau, and the Jesuit honor society Alpha Sigma Nu.

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Award Criteria—please address the following:
1. ability to demonstrate use of clinical expertise and interpersonal/communication skills to deliver excellence in patient care,
2. Impact on clinical outcomes and patient satisfaction through application of nursing knowledge,
3. ability to use leadership skills and quality measures to initiate improvement in patient care processes,
4. evidence of participation in professional/community organizations, and
5. evidence of mentoring others in the profession of registered nursing.

Clinical Practice Nurse of the Year
This award recognizes a registered nurse who consistently delivers exemplary direct patient care in a primary nursing role.

Award Criteria—please address the following:
1. ability to demonstrate use of clinical expertise and interpersonal/communication skills to deliver excellence in patient care,
2. Impact on clinical outcomes and patient satisfaction through application of nursing knowledge,
3. ability to use leadership skills and quality measures to initiate improvement in patient care processes,
4. evidence of participation in professional/community organizations, and
5. evidence of mentoring others in the profession of registered nursing.

Registered Nurse of the Year
This award honors the registered nurse who best exemplifies the ongoing demonstration of excellence in the art and science of nursing practice.

Award Criteria—please address the following:
1. examples of ongoing excellence in the art and science of nursing,
2. examples of positive impact on organizational, local, or statewide healthcare and nursing,
3. participation in LSNA/ANA and/or other professional nursing organizations,
4. evidence of continuing education and lifelong learning, and
5. evidence of mentoring others in the profession of registered nursing.

Nurse Researcher of the Year
This award recognizes a registered nurse who, while licensed in Louisiana, has contributed to nursing practice, education, administration, research, economics, or literature, and advancement of national recognition, and has achieved national prominence. This award recognizes contributions to professional nursing and/or community organizations.

Award Criteria—please address the following:
1. demonstrated leadership which has affected Louisiana citizen’s health and/or nursing’s social history,
2. contribution to nursing practice, education, administration, research, economics, or literature,
3. achievement of national recognition, and
4. evidence of continuing education and lifelong learning.

Registered Nurse of the Year
This award honors the registered nurse who best exemplifies the ongoing demonstration of excellence in the art and science of nursing practice.

Award Criteria—please address the following:
1. demonstrates advanced clinical expertise and interpersonal/communication skills to improve patient outcomes,
2. impact on wellness to a population of patients, Rec: Documentation of use of evidence based practice to guide practice,
3. use of leadership skills and quality measures to advance an area of nursing practice,
4. evidence of continuing education and lifelong learning, and
5. evidence of participation in professional/community organizations.

Nurse Researcher of the Year
This award recognizes a research focused registered nurse who had led significant nursing research leading to an improvement in direct patient care and has shown to impact healthcare delivery or the community.

Award Criteria—please address the following:
1. demonstrates advanced clinical expertise and interpersonal/communication skills to improve patient outcomes,
2. impact on wellness to a population of patients, Rec: Documentation of use of evidence based practice to guide practice,
3. use of leadership skills and quality measures to advance an area of nursing practice,
4. evidence of continuing education and lifelong learning, and
5. evidence of participation in professional/community organizations.

Clinical Nurse Educator of the Year
This award recognizes a professional nurse educator practicing in any area of care that provides formal education programs in a healthcare facility based in Louisiana.

Award Criteria—please address the following:
1. impact on nursing outcomes that were a direct reflection of clinical nursing education,
2. excellence in classroom presentation and competency demonstration and validation,
3. excellence in clinical expertise and nurse educator competencies,
4. participation in LSNA/ANA and/or professional nursing, professional development, or educational organizations, and
5. evidence of mentoring nurses to the profession of nursing at an organization, including measurement outcomes related to nursing retention and turnover.

Rookie of the Year
This award honors a registered nurse who, while practicing for less than two years, exhibits awareness of the practice of nursing and professionalism while delivering nursing care.

Award Criteria—please address the following:
1. consistency of job experience since becoming a registered nurse,
2. demonstrates ongoing growth in professional nursing practice,
3. demonstrates excellence in clinical practice,
4. evidence of demonstrating leadership,
5. evidence of continuing education and learning, and
6. participation in professional/community organizations.

Registered Nurse Mentor of the Year
This award honors a registered nurse who assisted a nursing colleague(s) to advance in the nursing profession.
Award Criteria—please address the following:
1. demonstration of exemplary professional behaviors in a mentor/mentee relationship,
2. demonstrates professional commitment to mentor others in the art and science of nursing,
3. evidence of continuing education and lifelong learning,
4. participation in professional/community organizations.

Nursing Administrator of the Year
This award recognizes a registered nurse who serves in a key nursing leadership role, administers the business/patient care activities of a health organization, and/or who manages other personnel who have achieved demonstrated excellence during the past year.
Award Criteria—please address the following:
1. documentation of achievement of excellence in an area of nursing practice within the healthcare agency as a result of the vision and leadership of this individual,
2. use of leadership skills, quality measures, and evidence-based initiatives to improve nursing practice,
3. demonstration of personal and organizational commitment to lifelong learning, and
4. participation in professional/community organizations.

Outstanding Community Achievement by a Registered Nurse
This award recognizes achievement of outstanding community service by a registered nurse.
Award Criteria—please address the following:
1. demonstrates exemplary leadership in voluntary activities within community organizations such as schools, churches, agencies, etc.
2. demonstration of significant accomplishments in the community,
3. evidence of activities that have yielded a positive impact on the health and welfare of the community and its citizens, and
4. participation in professional/community organizations.

Nursing Educator of the Year (Faculty, School of Nursing)
This award is given to an outstanding nurse educator involved in formal undergraduate or graduate nursing program based in Louisiana.
Award Criteria—please address the following:
1. serves as a role model to students and positively impacts the student learning experience,
2. evidence of innovation and excellence in education competencies, in the classroom and in other learning modalities,
3. demonstrates excellence in clinical expertise,
4. participation in professional/community organizations, and
5. evidence of participation in lifelong learning.

Nursing School Administrator of the Year
This award recognizes a registered nurse who is responsible for the administration of a school of nursing and/or division within a school of nursing, and in the past year has demonstrated excellence in achievement in this role.
Award Criteria—please address the following:
1. description of the advanced practice and higher degree programs offered,
2. number of graduates in each offered program during the past two year period,
3. advanced practice certification first-time pass rates for immediate two-year reporting periods, if applicable to type of program,
4. examples of innovation in nursing education, and
5. percentage of students and faculty who are members of LSNA/ANA and other professional nursing organizations and related activities.

Organizational Award Criteria:
Please comment on and give examples of the organization's achievements/accomplishments in relation to the specific award.

Nursing School of the Year – Undergraduate Degree Programs
This award recognizes a school of nursing offering formal education for students seeking initial licensure as a registered nurse. The nominated school must be in good standing with the LSBN and accreditation bodies.
Award Criteria—please address the following:
1. evidence that school of nursing has commitment to recruiting, selecting and retaining educating future nurses,
2. NCLEX-RN first-time pass rate for immediate two-year reporting periods,
3. examples of innovation in nursing education in all educational settings, classroom, clinical laboratory, clinical practice,
4. percentage of full-time and part-time faculty who are members of LSNA/ANA and related activities, and
5. percentage of enrolled nursing students who are members of LASN and activities of the student organization.

Nursing School of the Year – Graduate Degree Programs
This award recognizes a school of nursing offering formal education for registered nurses seeking a graduate degree for advanced clinical practice roles as well as nursing administration, nursing education and research.
Award Criteria—please address the following:
1. description of the advanced practice and higher

Organizational Award Criteria:
Please comment on and give examples of the organization's achievements/accomplishments in relation to the specific award.

Outstanding Employer or Facility of the Year (Other than Hospital)
This award recognizes an employer of registered nurses that demonstrates recognition for professional nursing and innovation in leadership.
Award Criteria—please address the following:
1. outcome measures of professional nursing growth within the facility,
2. specific examples of organizational initiatives supportive of nursing practice,
3. evidence of RN professional development,
4. examples of RN recognition within the organization, and
5. recognition of support for nursing participation in professional/community organizations.

Hospital of the Year (60 beds or fewer), Hospital of the Year (61 beds to 160 beds) and Hospital of the Year (161 or greater)
This award recognizes a hospital employer of registered nurses that demonstrates recognition of professional nursing and innovation in leadership in the described licensed bed categories.
Award Criteria—please address the following:
1. innovation through nursing leadership and management within the hospital,
2. specific examples of organizational initiatives supportive of nursing practice,
3. evidence of RN professional development,
4. examples of recognition of RN achievements within the organization, and
5. recognition of support for nursing participation in professional/community nursing organizations.

Award Criteria—please address the following:
1. demonstration of exemplary professional behaviors in a mentor/mentee relationship,
2. demonstrates professional commitment to mentor others in the art and science of nursing,
3. evidence of continuing education and lifelong learning,
4. participation in professional/community organizations.

Nursing School Administrator of the Year
This award recognizes a registered nurse who is responsible for the administration of a school of nursing and/or division within a school of nursing, and in the past year has demonstrated excellence in achievement in this role.
Award Criteria—please address the following:
1. significant achievement by the institution/nursing program as a result of the vision and leadership of the nominee,
2. evidence of innovative leadership on behalf of faculty and students,
3. evidence of personal and organizational commitment to lifelong learning, and
4. evidence of participation in professional/community organizations.

Organizational Award Criteria:
Please comment on and give examples of the organization's achievements/accomplishments in relation to the specific award.

Nursing School of the Year – Undergraduate Degree Programs
This award recognizes a school of nursing offering formal education for students seeking initial licensure as a registered nurse. The nominated school must be in good standing with the LSBN and accreditation bodies.
Award Criteria—please address the following:
1. evidence that school of nursing has commitment to recruiting, selecting and retaining educating future nurses,
2. NCLEX-RN first-time pass rate for immediate two-year reporting periods,
3. examples of innovation in nursing education in all educational settings, classroom, clinical laboratory, clinical practice,
4. percentage of full-time and part-time faculty who are members of LSNA/ANA and related activities, and
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Award Criteria—please address the following:
1. description of the advanced practice and higher degree programs offered,
2. number of graduates in each offered program during the past two year period,
3. advanced practice certification first-time pass rates for immediate two-year reporting periods, if applicable to type of program,
4. examples of innovation in nursing education, and
5. percentage of students and faculty who are members of LSNA/ANA and other professional nursing organizations and related activities.

Organizational Award Criteria:
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Nursing School of the Year – (Other than Hospital)
This award recognizes an employer of registered nurses that demonstrates recognition for professional nursing and innovation in leadership.
Award Criteria—please address the following:
1. outcome measures of professional nursing growth within the facility,
2. specific examples of organizational initiatives supportive of nursing practice,
3. evidence of RN professional development,
4. examples of RN recognition within the organization, and
5. recognition of support for nursing participation in professional/community organizations.

Hospital of the Year (60 beds or fewer), Hospital of the Year (61 beds to 160 beds) and Hospital of the Year (161 or greater)
This award recognizes a hospital employer of registered nurses that demonstrates recognition of professional nursing and innovation in leadership in the described licensed bed categories.
Award Criteria—please address the following:
1. innovation through nursing leadership and management within the hospital,
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3. evidence of RN professional development,
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2. number of graduates in each offered program during the past two year period,
3. advanced practice certification first-time pass rates for immediate two-year reporting periods, if applicable to type of program,
**Nightingale Awards**

**2018 Nightingale Awards**

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**17th Annual Louisiana Nurses Foundation & Louisiana State Nurses Association Nightingale Awards and Gala**

Gala will be held at the Renaissance Hotel Baton Rouge  
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**General Instructions for Nominations**

Please see our website at [www.LSNA.org](http://www.LSNA.org) for detailed instructions.

**Application deadline is Friday, December 1, 2017**

**General instructions include:**

- Please go to our website at [www.LSNA.org](http://www.LSNA.org) for all instructions. Information can be found on the homepage under “News.”
- Applications will be accepted starting September 15, 2017. All material MUST be received by Friday, December 1, 2017.
- Each nomination must have a separate application that includes all required information.
- For Individual submissions contact information is required to allow contact with the nominee (name, street address, phone number). This must be their home contact information. Information cannot be sent to employment address. If it is an organization submission please include contact person.
- Applications are to be complete when submitted by the deadline noted and will be presented to the judges as such. No additional information will be added after submission to the judges. LATE SUBMISSIONS WILL NOT BE ACCEPTED. Application deadline is Monday, DECEMBER 1, 2017.
- Louisiana Nurses Foundation will not contact nominator or nominee for missing information.

Late December 2017 each NOMINEE will be contacted by Louisiana Nurses Foundation to notify them of their nomination.

Any questions please contact: 
Danielle Hodge, Program Coordinator  
(225) 201-0993  
[lsnaf@sna.org](mailto:lsnaf@sna.org)

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There are many course determinants to consider (e.g., course delivery, requisites), and each et al., 2016). Pain is one of the most common reasons why patients seek healthcare, cancer pain (IOM), 2011; [IOM], 2011; nursing suffered with pain symptoms, but considering how chronic pain affects over one-third of American adults and is now considered a chronic disease (Institute of Medicine (Hoffman et al., 2016; McCaffery & Ferrell, 1996; Nightingale. It is reported that Nightingale suffered with Fibromyalgia and Chronic Fatigue Syndrome. 

**Introduction**

Pain is a global public health crisis, not simply because the founder of modern-day nursing suffered with pain symptoms, but considering how chronic pain affects over one-third of American adults and is now considered a chronic disease (Institute of Medicine). Pain is one of the most common reasons why patients seek healthcare, and each time to modify misconceptions and biases related to patients in pain. Allowing students to learn and apply pain knowledge to the care of patients they encounter is a primary goal of an effective, pain-focused education. Recognizing the importance of pain education, some state boards of nursing require entry-level nursing students to have a designated number of hours on pain management education (e.g., Oregon State Board of Nursing, Michigan Board of Nursing). In response to the immense lack of comprehensive pain education provided to nursing students, Herr and colleagues “…recommend that programs should develop a blueprint of their existing curriculum as a foundation for implementation of future improvements that incorporate both professional precursers and interprofessional competencies” (2015, p. 319). This can be completed through strategic cross-mapping of courses using the core competencies for pain management (Fishman et al., 2013) to identify explicit areas where learning and application of pain content can be maximized. The core competencies are divided into four domains, each with an embedded set of foundational principles and guiding values (Fishman et al., 2013).

Understandably, many nursing programs’ current curricula are saturated with content. Not necessarily adding more content is to ensure major pain concepts and evidence-based practices are adequately addressed throughout the academic progression. When integrating pain content into existing courses, it is important to minimize redundancy of basic content by ensuring courses build upon each other through progressive case complexity.

**Course Integration and/or Development Resources**

Developing a new pain course requires extensive time and a high level of expertise. There are many course determinants to consider (e.g., course delivery, requisites), and each decision has advantages and disadvantages that necessitate discussion by your program's council on curriculum. Table 1 offers some reputable, key course development resources. A major challenge is how to integrate pain theory, science, and practice in a clear, pragmatic, and translational way. “Teaching a practice requires experiential teaching and learning…[students] need to imagine how they would take up a particular practice situation” (Benner, 2015, pp. 5, 3). Therefore, learning to effectively manage pain through quality interactions is best accomplished when students can apply and integrate biological concepts with concepts of caritas, consciousness-raising, cultural sensitivity, and empathy in contextualized situations. Table 2 provides example activities for each competency domain (Fishman et al., 2013) that illustrate active-, experiential-, and collaborative- learning, requiring students to critically think, use good clinical judgment, and confidently advocate.

**Table 1. Development Resources**

<table>
<thead>
<tr>
<th>Development Domain</th>
<th>Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objectives &amp; Learning competencies</td>
<td>Core competencies (Fishman et al., 2013)</td>
</tr>
</tbody>
</table>

1. International and National Curricula


**Curriculum outline**


3. The Joint Commission [https://www.jointcommission.org/topics/pain_management.aspx]


**Scope of practice and quality standards**


**Textbooks**


3. The Joint Commission [https://www.jointcommission.org/topics/pain_management.aspx]


**Table 2. Examples of Competency Activities**

<table>
<thead>
<tr>
<th>Competency</th>
<th>Activity Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge &amp; Skills</td>
<td>Active learning</td>
<td>Participants watch video on pain management and complete a quiz.</td>
</tr>
<tr>
<td>Application</td>
<td>Experiential learning</td>
<td>Students participate in a role-play scenario where they must manage a patient's pain.</td>
</tr>
<tr>
<td>Collaboration</td>
<td>Collaborative learning</td>
<td>Students work in small groups to develop a pain management plan for a patient.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Critical thinking</td>
<td>Students analyze a situation where pain management is not being provided, and they must advocate for change.</td>
</tr>
</tbody>
</table>

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**Enhancing Pain Management Education continued on page 18**
Table 2. Example Learning Activities

<table>
<thead>
<tr>
<th>Domain</th>
<th>Example Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multidimensional Nature of Pain</td>
<td>Classroom: Reflective discussions about popular media (movies, songs, documentaries, television shows, news articles, memes, pharmaceutical ads) and national policies highlighting pain and related issues such as biases, stereotypes, depression, addiction, PTSD. Documentary: “Pain Matters” <a href="http://painmatters.com/community-engagement/pain-matters-documentary.aspx">http://painmatters.com/community-engagement/pain-matters-documentary.aspx</a>. Song: Macklemore’s “Drug Dealer”.</td>
</tr>
<tr>
<td>Clinical</td>
<td>Students develop a 1-2 min PSA advocating for pain and share with class using hashtags (#PainMatters, #DansToThePain); this empowers students to use their voice for professional, patient, and political advocacy. Use gaming and crossword puzzles to teach key terminology; Visit the American Society of Pain Educators for great resources. <a href="http://www.paineducators.org/certified-pain-educator/resourses/">http://www.paineducators.org/certified-pain-educator/resourses/</a></td>
</tr>
</tbody>
</table>
| Management of Pain            | Classroom: Use real-life, unfolding case studies or online interactive simulations and case studies.  
  a. AHRQ’s Pathways to Safer Opioid Use immersive online simulation https://health.ehco/aha/trainings/pathways/index.html  
  b. NIH Center of Excellence in Pain Education interactive case studies https://paincoalition.nih.gov/nih_pain_programs/scopes.html  
  c. UC Davis Center for Advancing Pain Relief https://www.ucdmc.ucdavis.edu/advancingpainrelief/Projects/learning_modules.html  |
| Context of Clinical Conditions| Classroom: Experience Neuropathic pain and Pressure pain (contact Booker for instructions). Clinical: Students visit (1) a local addiction recovery center or methadone clinic to talk with patients and/or administrative leaders, or (2) attend a support group for individuals with chronic pain conditions (arthritis, fibromyalgia, sickle cell disease, cancer). |

Students generally enjoy the real-life unfolding case study using my father as the patient, patient education handout, discussion forums, and the PSA. Other professional activities, such as attending a virtual or traditional pain conference and nursing grand rounds, implementing an EBP/QI project, as well as traditional research papers, can be added to the course.

Concluding Thoughts

“All nurses are pain management nurses” (the late Dr. Jo Eland, a past president of the American Society for Pain Management Nursing) Cole states, “…pain educators are needed to take education to the next level just as diabetes educators have professionalized the delivery of diabetes education” (2009, p. 118). For that reason, we should move beyond educating students simply for licensure and certification exams but for a lifetime of practice by equipping them with accurate knowledge, quality skills, and unwavering confidence to care for patients in pain. For more information on activities and pathways in implementing pain core competencies, readers are referred to the article by Herr and colleagues (2015).

About the author

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References


With the tail end of 2017 rapidly approaching, it is important to look back at the defining moments of the first half of the year. Like in previous years, the direction of LSNA has continued to adapt to new circumstances and continues its focus on improving patient care and giving the nursing community a voice in government affairs. We at Southern Strategy Group, as a governmental relations office, assisted LSNA in its endeavors both professionally and legislatively.

There were several key pieces of legislation from the 2017 Louisiana Regular Session which is very relevant to registered nurses and the work that you do every day. Some of this legislation took aim at addressing our state’s ongoing opioid epidemic, specifically House Bill 192 which institutes prescribing limitations of these drugs, and House Bill 490 which created the Advisory Council on Heroin and Opioid Prevention and Education – a council in which LSNA is a named stakeholder and will give input from the nursing community on how to best address this on-going issue. Nurses will be a valuable member to this council given the education and training you have and in working with patients who may be addicted to these prescription drugs.

Southern Strategy Group will continue to provide whatever tools may be necessary to help strengthen LSNA across the state. Moving forward as registered nurses your responsibilities will continue to define yourselves. Registered nurses are consistently ranked highest as the most trusted profession, and any changes to the health care community will inevitably be a great concern to the nursing community, and Southern Strategy Group will continue to ensure that your profession remains at the top of the mark.

We share the focus of LSNA, and we will continue to put nurses at the front of healthcare discussions, and we aim to strengthen the nursing profession and the nursing community that has been so established in the past. For without nurses, patients will not get the vital care they need.
Welcome New Members of LSNA!
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April-June 2017

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