FEATURE ARTICLE

The annual NNA/NNP joint conference, “Nebraska Nurses: Charting the Future” was held October 3-5, 2018. It was a great event, and we thank everyone who attended. Please watch the NNA website and social media pages for information on next year’s conference. We hope to see you there!

ANA President Pamela Cipriano
Brenda Bergman-Evans and Jody Kampnich
Chuck and Jody Kempnich
Pamela Cipriano, Rita and Jayme Weber
Pamela Cipriano and Teresa Anderson
Pamela Cipriano and Linda Hardy

Highlights continued on page 4
NNA Omaha Metro Nurses

**Fun! Run/Walk**

Nurses with their friends and family members enjoyed a fun and flexible Fun Run/Walk event on Saturday, September 15th at Lake Zorinsky Park in Omaha. Sixty-one people registered for the event and over 40 were able to attend. Prizes were awarded to the youngest walker, oldest walker, and the team with the most members present. This is double our attendance from last year, so the word is getting out! We plan to host this event again next fall, so watch for details and bring the family out to enjoy this family friendly event!

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**FEATURE ARTICLE**

**NNA Omaha Metro Nurses**

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**NNA’s Mission:**

The mission of the Nebraska Nurses Association is advancing our profession to improve health for all. The vision of the Nebraska Nurses Association is to be a proactive voice for nurses and an advocate for improved health for all.

**C – Collaboration**

**A – Advocacy**

**R – Recognition**

**E – Education**

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**NNA’s Core Priorities**

- C – Collaboration
- A – Advocacy
- R – Recognition
- E – Education

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**NNA’s Official Publication:**

The Nebraska Nurse is the official publication of the Nebraska Nurses Association (NNA) (a constituent member of the American Nurses Association), published quarterly every March, June, September and December. The NNA provides education, networking opportunities, publications and other products and services to its members and extends its mission to all nurses in Nebraska.

Phone: (888) 885–7025

You can leave a message at any time!

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Web site: www.NebraskaNurses.org

Mail: c/o Midwest Multistate Division

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Questions about your nursing license?

Contact the Nebraska Board of Nursing at:

(402) 471–4376. The NBON is part of the Nebraska Health and Human Services System Regulation and Licensure.

Questions about stories in the Nebraska Nurse?

Contact: NNA.

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Any topic related to nursing will be considered for publication in the Nebraska Nurse. Although authors are not required to be members of NNA, when space is limited, preference will be given to NNA members.

Photos are welcomed, digital is preferred. The NNA assumes no responsibility for lost or damaged photos.

Submitted material is due by the 2nd of the month in January, April, July and October of each year.

You may submit your material in the following ways:

Prepare as a Word document and attach it to an e-mail sent to director@nebraskanurses.org.

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Nebraska Nurses Inducted into Nebraska Nurses Association’s Hall of Fame

The Nebraska Nurses Association (NNA) inducted two Nebraska nurses to their Hall of Fame on Thursday, October 4, at the Nebraska Nurses Association Annual Dinner, held at the La Vista Conference Center.

Myrtle Dean
A veteran of World War I and a founding administrator of Bryan Memorial Hospital in Lincoln was honored October 4 by the Nebraska Nurses Association with induction to the Nebraska Nurses Hall of Fame. The nomination of Myrtle Dean recognized over 40 years of service in the training of nurses, hospital administration, and service during World War I.

When the American Red Cross was called upon to organize medical personnel before America’s entry into World War I, she immediately volunteered. Her unit was mobilized to Europe in May of 1917, even before American soldiers arrived for overseas duty. It was one of six base hospitals to be assigned to the British army and later the U.S. Army Nurse Corps. Her unit of 63 nurses was assigned to Dannes-Camiers, France, which treated the largest number of wounded patients – over 60,000 – while retaining the lowest casualty rate than any other base hospital during the war. She was awarded a British service medal and three stripes from the American army, before nurses were generally recognized for wartime service.

After the armistice ended the war in 1918 she remained in Europe with the American Red Cross, establishing orphanages for children displaced by the war in Serbia and Montenegro (later regions of the former Yugoslavia). She returned to Constantinople (now Istanbul) Turkey in 1923, to train women in the field of nursing, overcoming barriers in language, customs, and gender.

She returned to Nebraska and joined the newly-founded Bryan Memorial Hospital in 1926. She served from 1926-1937 as superintendent of the school of nursing and the superintendent of the hospital from 1927-1941. She was also President of the Nebraska Nurses Association from 1933-1935. She retired in 1954 from the Commonwealth Fund of New York, after working to establish rural hospitals in Kentucky and Illinois. She passed away in 1975.

Brenda Bergman Evans
Brenda Bergman-Evans, Ph.D., APRN-NP/CNS, FAANP is the Vice President of Advanced Practice and the Continuing Care Network for CHI Health. She holds multiple gerontological certifications from the American Nurses Credentialing Center as a Generalist, Clinical Nurse Specialist, and Nurse Practitioner. Her clinical and research concentration areas include medical management, advanced directives, avoiding unnecessary hospital transfers for older adults, and development and integration of advance practice nurses into practice.

Current professional leadership roles include the Strategy Committee for the CHI National Advance Practice Clinical Leadership Council Chair and the editorial board of the Journal of Gerontological Nursing. Dr. Bergman-Evans was a faculty member for 13 years before coming to CHI Health to design and implement the Nursing Home Network (NHN), a nurse practitioner model for caring for skilled nursing home residents, which has cared for thousands of patients and maintained re-hospitalization rates far below the national average.

Dr. Bergman-Evans was honored in 2017 with the Lifetime Achievement Award by the Nebraska Nurse Practitioners (NNP). In 2016, the Nebraska Hospital Association named her among the Women in Leadership Roles in Nebraska, and in 2015 she was inducted as a Fellow in the American Academy of Nurse Practitioners (AANP). In 2007 and 2014, she was awarded the AANP State Award for Excellence. She has been an active member of the Nebraska Nurses Association (NNA) for 47 years, served as Vice President of Nebraska Nurses Association (NNA) District 2, and received the Associations Distinguished Service Award and the Nurse Educator of the Year. Dr. Bergman-Evans has been a mentor and role model to countless nurses and nurse practitioners, and a dedicated advocate for older adults.

The Nebraska Nurses Association (NNA) established The Nebraska Nursing Hall of Fame to honor those nurses who through their work, scholarship, and accomplishments have brought honor and fame to the profession of nursing and the state of Nebraska. Established in 1906, the Nebraska Nurses Association (NNA) is a membership organization that engages in legislative advocacy, education, and professional development. The Nebraska Nurses Association (NNA) does not engage in individual workplace advocacy, but works holistically to support the profession of nursing.

For more information: Anna Mackevicius Nebraska Nurses Association nnapresident@nebraskanurses.org

Nebraska Department of Health & Human Services Division of Public Health Tobacco Prevention

The time you invest helping patients quit tobacco could add years to their lives.

ASK patients about their tobacco use status.

ADVISE patients to quit and be ready to assist them.

REFER patients to the Nebraska Tobacco Quitline—a free and confidential service available 24/7 to Nebraska residents age 16 and older. The fax referral form is available at QuitNow.ne.gov

A little encouragement from you could go a long way to better health.

Nebraska Tobacco Quitline
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http://suicideprevention.nebraska.edu
http://suicidereport.nebraska.edu

Do you know that in Nebraska, suicide is the leading cause of death for ages 10-14 years & 2nd leading cause of death of ages 15-24 years?

KNOW THE SIGNS
• Increased alcohol or drug use
• Uncontrolled anger
• Talking about being a burden to others
• Feeling hopeless, desperate, trapped

QPR and MHFA Training Available
QPR stands for Question, Persuade, and Refer - 3 simple steps anyone can learn to help save a life from suicide.

The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training.

MHFA stands for Mental Health First Aid. Four reasons to become a Mental Health First Aider:
• To be prepared: just as you learn CPR, learn how to help in a mental health crisis.
• Mental illnesses are common: 1 in 5 adults in any given year.
• You care: be there for a friend, family member, or colleague.
• You can help: people with mental illnesses often suffer alone.

Please contact your Behavioral Health Region.
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Region 3 - (308) 237-5113
Region 4 - (402) 370-3100 x 120
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Region 6 - (402) 444-6573

http://suicideprevention.nebraska.edu
2018 NNA/NNP ANNUAL CONVENTION & CONFERENCE HIGHLIGHTS

We Appreciate Our Nurses!

We offer grateful appreciation to our nurses for excellence in the specialty care of the patients of Midwest Allergy and Asthma Clinic, P.C.

Thank you for your contributions!

Dr. Lori Rusch and her family

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3/15/19: 2019 Pulmonary Symposium
3/17/19: Agency with Passion and Purpose - No One Left Behind
3/26/19: Annual Don Lydall Honorary Symposium - Centers of Excellence Using Head and Neck Cancer as a Model
4/13/19: Dementia Care Conference
4/12/18 & 4/13/19: The Art of Living with Cancer (CE only on 4/13)

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2018 NNA/NNP ANNUAL CONVENTION & CONFERENCE HIGHLIGHTS

Pamela Cipriano, Douglas Haas and Anna Mackevicius

ALD and Joe Tye Scholarship Winner Patrick Nyman

Excellence in Direct Patient Care Award Winner, Cathy Smith

Extraordinary Achievement in Nursing Award Winner, Jody Kempnich

Outstanding Nurse Educator Award Winner, Lori Rusch

NNA Board

NNA Member Scholarship Winner, Brodi Willard

NNP Award Winner Linda Lazure

NNP President Tara Whitmire and NNA President Douglass Haas

Dr. Lori Rusch and her family

We Appreciate Our Nurses!

We offer grateful appreciation to our nurses for excellence in the specialty care of the patients of Midwest Allergy and Asthma Clinic, P.C.

Thank you for your contributions!
FEATURE ARTICLE

After the Elections: Still Work to Do!

Linda Stones, NNA PAC Chair

By the time you sit down and read this article the elections will have been completed and the outcomes known. While it may seem like a time to sit back and relax but instead, we need to start gearing up for the next Legislative Session which starts on January 9, 2019.

Let me start this article with a thank you to all of the Registered Nurses who impacted this election. Whether you walked in a parade, attended a debate, met with a candidate, reviewed the NNA PAC website candidate surveys or just stepped into the voting booth – you had an impact on this election. With around 28,000 nurses in Nebraska, we can have a dramatic impact on elections and on legislation, if we work together toward a shared vision. So for those of you who participated in the election cycle – THANK YOU!

Personally, I was very busy working for a candidate in my District. I walked in several parades, attended a debate, met with a candidate, reviewed the NNA PAC website candidate surveys or just stepped into the voting booth – you had an impact on this election. With around 28,000 nurses in Nebraska, we can have a dramatic impact on elections and on legislation, if we work together toward a shared vision. So for those of you who participated in the election cycle – THANK YOU!

Now that the elections are over, it is time to build relationships. I encourage you to reach out to your elected official. Get to know them and let them know that if there are healthcare issues that are being introduced or debated in the capital, that you are willing to assist them. The majority of the Senators serving in our capital have little knowledge or understanding of what issues there are in healthcare or in nurse staffing. You are an expert in this as you live in the healthcare system every day. You can provide support to your elected official by being someone who can help educate them on issues, just as we educate our patients on how to control their diabetes or how to dress a wound after they leave the hospital, we also have an opportunity to teach our elected officials. DO NOT underestimate your knowledge and expertise.

Last, if you are not a member of your professional association, you really need to consider joining. There is power in numbers and the larger our professional organization is, the more influence we can have at the capital. Membership allows you access to information and updates on legislation. So, as my Grandma used to tell me – there is no time like the present. Become a member of the Nebraska Nurses Association.

Remember, Nurses Day at the Legislature is on February 28, 2019. This is one event you don’t want to miss!

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A Patient Experience Solution: First-Ever Symboled Products for Patients with Touch or Germ Sensitivities

give space Launches to Help Communicate Personal Space Needs

Carol Winner, MPH, MSE
for the Love of Peach

For healthcare leaders focused on patient satisfaction and enhanced care, give space is a patient experience solution to a long overlooked problem at a key moment of healing as patients recover. A well intentioned hug, pat on the back, or simple kiss can be a comforting gesture for many patients recovering from an illness, surgery, or when receiving palliative care. However, there are patients who feel like any physical contact can be painful and overwhelming for them at times—either emotionally or physically.

Until now, patients only had two options—stay silent and endure the physical contact or speak up and risk offending a friend or family member, or a well-intentioned provider, who was simply trying to provide comfort or care.

First-of-its-kind products were pilot tested at The University of Kansas Health System in Kansas City, to see how patients responded. One hundred patients were given “give space” apparel, to those sensitive to touch or at risk of germ transmission. The mission being to help patients feel protected from any post-operative procedure, health condition, or sensitivity.

From in-patient surgery to out patient oncology, to new mom and baby, patients were provided with one of several products: a vest, poncho, hat, scarf or pin with the give space symbol. The vest is designed with strategically located post-operative pockets, including chest pockets for padding, breast pad inserts for mastectomy patients and side internal pockets for any surgical equipment. The poncho is designed to wear across the patient’s lap, over their shoulders, or across the bed, to signal to others of their need for space.

Of 87 patients surveyed, research demonstrated that the wearers were highly satisfied with the give space products and would recommend them to others. Patients enjoyed product comfort and design, fabric quality (including the anti-microbial properties), and reported feelings of protection and safety, and appreciation of privacy and space. Patient care success data included:

1) Satisfaction: 79% were extremely satisfied or very satisfied with the products
2) Likely to Recommend: 81% were extremely or very likely to recommend the products
3) Duration: 73% wore the product one week or more
4) Frequency: 62% wore the product most days or everyday

Nurses within focus groups and involved in the distribution of the products commented that the give space symbol is a quick cue for them as well, leading to a higher level or sensitivity to a patient’s anxiety about touch or germ transmission. Give space was founded by Carol Winner, who has dedicated her life to improving the health of others. With a distinguished career in health education and advocacy, Carol recognized the need. At the same time, she was a caregiver to her mother while she battled cancer and recovery. Her mother experienced extensive surgeries and radiation, leaving her immune system compromised and physical touch painful. Because of Carol’s experience in the healthcare industry, she was able to recognize her mom’s risk from a simple well-intentioned hug or kiss.

“We are compassionate human beings. Sometimes, our touch can hurt and our germs can harm,” said Winner. “Give space is a beautiful symbol that quickly cues others that the wearer needs space to heal, or just to be. No one needs to know why you need an extended personal space boundary. It is a symbol, not a label. Maybe you have a touch or germ sensitivity, chronic illness, post-operative, a new family needing to bond, or have experienced trauma. Patients now can simply point to the symbol and say, ‘Hey, I love you, but I can’t be that close right now.’”

The “give space” products are also available on lapel pins, stickers and additional clothing items such as t-shirts and sweatshirts. Nurses and former patients were instrumental in assessing the viability of the patients need for space and the conceptual design of the products. Fabric selection and manufacturing decisions have all been made in the best interest of persons needing comfort.

“As a physician and cancer survivor, I love the give space symbol,” said Dr. Julia Chapman, gynecological oncologist. “The post-operative tenderness and trauma from hugging and risk of infection can be minimized. Our hope is that the give space symbol can help millions of people return to their normal lifestyle and recover with love—from a distance.”

Professionally, the goal is to work to enhance patient care and satisfaction and reduce recurrence and readmissions. Providers have reported that the give space products provide a care and advocacy tool, to support those needing to heal, or just to be. Community interest in the give space has quickly multiplied exponentially in nursing and physician practice, and expanding to applications in counseling within special needs and therapeutic environments.

Information about for the Love of Peach and give space

For the Love of Peach has developed the give space peach, a caring symbol, kindly telling others to give space to those with sensitivities. The symbol helps communicate personal space needs, promoting a healthy balance of social interaction and self-preservation. Carol Winner, experienced in coalition building, leads the company with the same philosophy, of working each day to support community change in showing how we care. Products continue to be gifted to those needing space. Learn more at: www.givespacepeach.com.

Author Note
Carol Winner, Founder, for the Love of Peach.
Correspondence concerning this article should be addressed to Carol Winner, for the Love of Peach, 6140 Mission Dr., Mission Hills, KS 66208. Contact: carol@givespacepeach.com

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President’s Column

Anna Mackevicius, BSN, RN, PMP

The column should really read “Past President’s Column.” At the time of writing this last column, my term will end in a few short days. And I just got rolling! I think I’ve heard that from almost everyone who has served in this role. I do not think that I did anything truly outstanding; there are others in the Association that have. But WE accomplished a lot this past year. There have been numerous membership engagement activities, advocacy in the legislative arena, and collaboration with other nursing organizations. Here are the highlights.

Board of Directors

The BOD met in-person in February and June; each meeting was about 5-6 hours in duration. The remaining meetings were held virtually. In-person meetings were very productive. I recommend, if meetings are to continue less frequently, to continue in-person meetings at least twice per year.

Accomplishments

• Every meeting had a quorum to conduct business. I am grateful for the dedication from each member; this is a hard-working, engaged group of volunteers, who are professional and respectful and understand their fiduciary responsibility. Thank you!
• Reviewed and revised the NNA Policies and Procedures Manual; the manual was approved at the last meeting for 2017. A copy was provided to each member of the Board at our initial 2018 meeting. Further refinements occurred in 2018 with the addition of all forms, templates, rubrics, etc. Best practice indicates that policies and procedures should be reviewed at least annually. I am confident that the Manual will be current for the next year and will serve to provide continuity of our activities.
• Surveyed the membership of three (3) committees (Legislative Advocacy and Representation, Nursing Professional Development, and Governance, Finance, and Membership) to collect input regarding the purpose and structure of their respective committee. This information will be used by the Governance, Finance, and Membership Committee (GFMC) to review our Bylaws and propose any needed changes related to our committees.

Committees

Legislative Advocacy and Representation Committee

This committee’s review of each legislative bill provides a blueprint for important advocacy efforts throughout the session and beyond. Also, thank you to our lobbyist, Don Wesley, for his insight and practical advice to the Association.

Accomplishments

• Reviewed approximately 100 legislative bills introduced in a few short weeks
• Provided testimony provided testimony in support and opposition of a number of bills
• Issued a successful call to action at a critical time to defeat a bill that NNA opposed

Nursing Professional Development Committee

This committee handles a variety of activities from the review of scholarship applications, event proposals, and recognition award nominations.

Accomplishments

• Reviewed about 10 event proposals
• Created scholarship application guidelines and an evaluation rubric for two new scholarships

Governance, Finance, and Membership Committee

This committee has a long list of responsibilities, one is to create our slate of candidates for the annual ballot.

Accomplishments

• Reviewed the draft membership plan created by the MSD to identify areas where the committee could contribute or add specific activities to increase/retain members
• Drafted plan for the review of the NNA Bylaws in 2019

Mutual Interest Groups

NNA’s Mutual Interest Groups (MIGs) have become more active in 2018 and I hope that these grassroots groups continue their growth and development.

President’s Column continued on page 8
Accomplishments

- Region 1 – Hosted two Nurse Advocacy continuing education offerings attended by about 50 panhandle area nurses; provided $500 to the Scottsbluff Student Nurses Association to attend the National Student Nurses Association meeting in Nashville in April
- Region 2 (Tri-City) – Held a networking meeting that included a presentation on Human Sex Trafficking; their focus in 2019 is the recruitment of recently graduated students as members
- Region 3 (Lincoln area) – Hosted three journal club meetings in 2018 and a presentation on Civility by 2018 MSN-Leadership graduates; hosted the annual Celebrate Nursing dinner and poster presentations
- Region 4 (Omaha Metro area) – Hosted a Nurses Week breakfast attended by 230+ that honored more than 100 local nurses as the Positive Image of Nursing; held a continuing education offering for area nurses practicing in long term care – more than 150 nurses attended this free CE event (about 10 joined NNA at the event or took an application!) As many of you are aware, May brought the resignation of our State Director. The search committee, comprised of Jill Klithermes, Douglass Haas, and myself, have conducted several interviews of qualified candidates. We hope to make an announcement soon! Although this vacancy added a few more responsibilities to my plate, the heavy lifting was done by Jill Klithermes (CEO of the MW MSD) and Douglass Haas (our new President!). There are two (2) other important groups associated with NNA that do very important work for all Nebraska nurses, the Nebraska Nursing Foundation and the NNA Political Action Committee (PAC). Following are just highlights of their accomplishments this year:
  - Nebraska Nursing Foundation – awarded their first practice grant in 2017 that contributed to the increased awareness of appropriate wound identification and care to hundreds of nurses and students
  - NNA PAC – added three new members to their board this year and surveyed candidates for governor and state senator for their position on issues important to nursing

Collaboration with Other Organizations

NNA members were particularly active in coalition of organizations involved in Nebraska’s Assisted Living Facilities. After many years of education and persistence, RNs finally have full practice authority in Assisted Living Facilities. After many years of education and persistence, RNs finally have full practice authority in Assisted Living Facilities. This is no small feat and many NNA members were involved over the years, but special recognition undoubtedly goes to Dr. Rosalie Yeaworth for her unwavering commitment to this long needed improvement to the care of all Nebraskans.

The convention that surrounds this Annual Membership Meeting is planned by members from NNA and the Nebraska Nurse Practitioners. Many of the planning committee representatives from NNP are also NNA members. The planning committee did an exceptional job in selecting topics and speakers. The 2019 Convention is already planned for October 2-4 in Kearney. NNA is involved in the planning for the Nebraska Action Coalition–The Future of Nursing’s Leadership Conference and 40U40 Awards scheduled for November 2 in Lincoln.

What’s Ahead in 2019...

On the National Scene...

ANA’s Membership Assembly will be very interesting in 2019 as there are decisions to be made on at least two (2) important issues:
  - The endorsement of presidential candidates by ANA; should the organization endorse? There are convincing arguments on both sides of the issue
  - ANA’s due policy; the value pricing plot concludes next year; what should membership to ANA cost?

Back at Home...

The 2019 Legislative session is forecasting to be very busy; look for more information after January 1 on proposed bills. Keep your State Senator’s office number on speed dial! Look for a renewed focus on membership recruitment and retention; more from President Haas on that topic.

In July, the Midwest Multi State Division welcomed the Arkansas Nurses Association (ARNA) as a new member. This addition strengthens the MW MSD as we will all gain from ARNA input and experiences. Also, the addition of another member association has a positive impact on NNA’s bottom line this year and in the future. One last item...NNA has a new office location courtesy of the UNMC College of Nursing – Lincoln. A new building was dedicated this past summer that includes a small office and access to the meeting rooms and technology. A place to meet, collaborate, in the heart of Nebraska's capital.

It has been an honor to serve as NNA’s President the past two years. I hope that I have contributed to the Association’s stability and continued growth. I know that I am a better person for this experience. Thank you and let’s keep charting the future!
President’s Column

Douglass Haas, MSN, APRN-NP, FNP-BC, AGACNP-BC, CCRN-CMC

Hello, my name is Douglass, and I am a NURSE. I recently had the opportunity to listen to a nurse speak on the topic of nursing innovation and entrepreneurship. She hit a point at the beginning of her presentation that resonated with me because I have seen it throughout my nursing career. Nurses are present during almost every patient interaction, from admission to discharge and from life to death. There is not a single event in healthcare that has not been influenced by the work of nurses, yet I hear over and over again the phrase “Oh I’m just a nurse.” Nurses are influential, nurses ARE innovators, and nurses will be the ones to fix the healthcare of tomorrow. So once again I want everyone reading this to repeat after me.

Hello, my name is ______, and I am a NURSE.

Thank you for entrusting me with the responsibility of representing the Registered Nurses of Nebraska for the next two years as the President of the Nebraska Nurses Association. The last two years as president-elect have opened my eyes to not only the amazing outcomes of this association but the tremendous amount of focus and dedication needed to keep the nursing profession headed in the right direction. Two years of preparation for this role has shown me the importance of sharing the work of the organization to celebrate the wins but also to add visibility to the challenges of professional organizations as well as the nursing profession. My goals for this next year are to reinvigorate the membership of NNA. I will be working with our Mutual Interest Groups (MIGs) throughout the four NNA regions to plan an event in each. I want to reconnect with the nurses of Nebraska and understand their needs.

I am so thankful to past presidents Anna Mackevicius and Terry Anderson for their outstanding work bringing NNA to the place it is today. NNA started an enormous undertaking with the direction of Terry Anderson to reevaluate the district structure and get us back in compliance with our bylaws. That work was followed up by Anna Mackevicius and her expertise in organization and protocol. It is because of Anna that NNA has an updated and practical policy book. Not only will this book be referenced by me, as it already has, multiple times over the next two years, but it will preserve the work of the organization. Some of the biggest challenges with an organization of this importance is making sure that we are always moving forward, but it is much easier to move forward with clear policies, procedures, and understanding of how things were done previously.

I hope to utilize the work of these two outstanding nurse leaders, and personal mentors, to focus my presidency on increasing the presence of NNA throughout the state. I plan to focus on the NNA’s core priorities and engage membership with collaboration, advocacy, recognition, and education. If you are proud to be a nurse, are excited for the work I have promised for the next year, or have beliefs about Nebraska’s RNs or the work that NNA should be doing send me an email at nnapresident@nebraskanurses.org and become a member at www.nebraskanurses.org.

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Prior to that, Nikole was a Patient Experience Clinical Advisor at MyRounding, a Huron Company, where she trained nurses nationwide on an electronic nurse rounding solution. Preceding that, Nikole held multiple leadership positions at Swedish Medical Center in Colorado. She participated in hospital strategic planning and effectively implemented new programs and services, managed quality initiatives, and increased employee engagement. She provided education to both clinicians and the community through different hospital and volunteer programs.

Nikole was, and continues to be, an active member in various professional nursing organizations. Nikole holds a Masters in Nursing with an emphasis in education from Western Governors University, and a Bachelor’s of Science in Nursing from Colorado University.

Nebraska Nurses Association (NNA) is excited to announce that Nikole Sullivan has been selected as the new NNA State Director. Nikole recently moved to Omaha, Nebraska from Denver, Colorado. She is married to her husband Bob, who helped her co-found Astute Solutions. They have a son and are excited to receive their daughter in December. Nikole is an outdoor enthusiast. She is a raft guide, enjoys rock climbing, mountain biking, skiing, snow shoeing, jet skiing, kayaking, hiking, and running. One of Nikole’s greatest achievements is road-biking over the Andes in Patagonia. Along with being active, she is also a talented artist and enjoys painting and photography.

Nikole is Vice President of Clinical Education at Astute Solutions, where she creates and delivers accredited business skills training to nurse managers nation-wide. Nikole is excited to be leveraging her experience in education, sales, and marketing as a small business owner in her role as State Director.

Nebraska Department of Health and Human Services (DHHS) have immediate openings for behavioral health RN and LPN positions both FT and PT at our Lincoln and Norfolk Regional Centers. Help us achieve our mission of "Helping People Live Better Lives"!

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The Midwest MSD Continuing Nursing Education Team provided an exhilarating day of education and networking for Approved Provider Units on Monday, September 10, 2018. Participants gathered in Jefferson City, Missouri for a full day of educational sessions related to ANCC criteria and best practices in continuing nursing education. Topics included Roles and Responsibilities, Quality Outcomes, Conflict of Interest and more. There was plenty of time to model teaching learning strategies and evaluation techniques – there was no paper evaluation form! Approved Provider Units were represented from across the heartland, with a total of 105 participating. The CNE Team hopes that everyone had a chance to meet new colleagues, discuss challenges and success stories, and walk away with a renewed sense of how important continuing nursing education is to successful patient outcomes.

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Preparing for the 2019 Session

Rita Weber, Chair of the Legislative Advocacy and Representation Committee

The 2019 Legislative session starts on January 9th and will run through June 6th. This session is considered a “long session” and will be 90 days of legislative activity. The Legislative, Advocacy and Representation Committee (LARC) will once again be very busy this session. The LARC will be active with providing testimony and monitoring key issues that align with the NNA Legislative Platform. We anticipate over 600 bills will be introduced prior to the January 23rd deadline.

The members of the Legislative Advocacy and Representation Committee work to review and revise NNA’s legislative platform and submit it to the general membership for approval. The legislative platform is the lens used for reviewing all bills introduced during the session. This platform is used to guide the committee’s work during legislative sessions, and to communicate NNA’s position on nursing issues to state legislators. If a decision is made to support, oppose or take a neutral position on a bill, the committee will develop testimony for the bill. This testimony may be presented at the public hearing or submitted as written testimony. The senators really want to hear directly from nurses whenever possible. We try very hard to get a member of the committee or another nurse to testify at the hearing. We also have an amazing lobbyist, Don Wesely, who can present testimony on our behalf and works very hard to keep us updated on day to day activities at the Legislature.

During the 2019 legislative session we anticipate bills that will affect the practice of Surgical Technologists, Advanced Practice Registered Nurses, and the Emergency Medical Services Practice Act; and rest assured, if another “helmet repeal” bill is introduced, the LARC will stand ready to study the bill and provide opposition testimony if needed. We will reach out to you for the information needed for testimony and LARC can aid you in developing your own testimony on relevant issues. Contact us at larc@nebraskanurses.org. To stay informed and share your nursing passions plan now to join us for Nurses Day at the Legislature on February 28, 2019 at the Cornhusker Marriott Hotel in Lincoln. Check the NNA website for more details.

The Legislative Advocacy and Representation Committee consists of 10 elected members representing the four regions of the state. Thank you to the dedicated, elected volunteers who worked on this committee for 2018: Ben Garcia, Linda Jensen, Linda Hughes, Jordan Colwell, Niki Eisenmann, Anne Obermiller, Kathy Duncan, Kathy Davis and Megan Rokusek. The 2018 team also included Melissa Florell, our Director of State Affairs; Don Wesely, our lobbyist, and invited guests including Anna Mackevicius (NNA President), Douglass Haas (NNA President-elect), and Linda Stone (representative to NAC). Please check the NNA website regularly for our bill tracker to inform Nebraska nurses on bills that might interest you or others in our state.
NNA Omaha Metro Area MIG Report

**Teresa Anderson**
Teresa@tlandersonconsulting.com

Completed Activities
- **Student Outreach** – Presentations at Midlands University and Nebraska Methodist College; attended NSSNA Convention
- **Faculty Outreach** – Presentation at Nebraska Methodist College
- **Membership Recruitment**
  - Participated in the Nebraska Medicine Professional Association Fair
  - Held Celebrate Nursing! Breakfast and Positive Image of Nursing Awards
  - More than 240 attendees
  - 119 honorees
  - Free CE offering for RNs in Long Term Care (2.5 hours)
  - Heart Failure
  - Skin and Wound Assessment and Care
  - 118 attendees
- **Membership Engagement** –
  - July 18, 2018 – Annual Dinner; presentation by NNF Grant Recipient Chris Vojnovich
  - August 28, 2018 – Nurses’ Political Reception, UNO Thompson Alumni Center
  - September 15, 2018 – Nurses’ Run/Walk at Lake Zorinsky Park

2018 MIG Goals

<table>
<thead>
<tr>
<th>Goals</th>
<th>Met</th>
<th>Not Met</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support nursing student and new graduate engagement in professional associations by presenting when requested to nursing students and residents, and promote/attend professional association fairs</td>
<td>✓</td>
<td></td>
<td>Presented the benefits of joining a professional nursing organization at Midland University (1), Nebraska Methodist College (2), and Nebraska Medicine Nurse Residency Program (3)</td>
</tr>
<tr>
<td>Arrange one function with each student nurse chapter in our area in 2018</td>
<td>✓</td>
<td></td>
<td>Did not meet with individual NSSNA Chapters; exhibited at the NSSNA State Convention</td>
</tr>
<tr>
<td>Organize one healthy nurse activity</td>
<td>✓</td>
<td></td>
<td>September 2018 Fun Run/Walk</td>
</tr>
<tr>
<td>Initiate a targeted membership recruitment plan for LTC nurses, senior nursing students, and nursing faculty.</td>
<td>✓</td>
<td></td>
<td>Strong emphasis on recruitment from LTC nurses; some activity with senior nursing students; minimal attempts at faculty recruitment</td>
</tr>
</tbody>
</table>

Plans for 2019

The group recommends repeating successful activities again in 2019, if there is enough volunteer support to facilitate them.

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**NNA MIG Region 1 Fall Report**

Our annual 5k was cancelled this year as planners were unavailable. Money raised at this event supports the donations to the SNA.

Our annual “Welcome/welcome back” picnic was held August 26. UNMC nursing & dental hygiene as well as WNCC ADN students/faculty were invited.

We plan to provide $500 to the Scottsbluff Student Nurses Association to attend their annual meeting in Salt Lake in April.

A spring member event will be planned shortly.

If interested in learning more, please contact Wendy Wells at wwells@unmc.edu.

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Social Media Missteps Could Put Your Nursing License at Risk

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American Nurse Today March 2018 Vol. 13 No.3

Learn the rules and what to do if you make a mistake.

**Takeaways:**
- For nurses, social media use has daily applications in their personal and professional lives, facilitating conversations with colleagues about best practices and advancing healthcare.
- Inappropriate use of social media can create legal problems for nurses, including job termination, malpractice claims, and disciplinary action from boards of nursing (BON), which could negatively impact their nursing license and career.

By Melanie L. Balestra, NP, Esq

Without a doubt, social media has become an integral part of modern life. Today, seven in 10 Americans use social media to get news, connect with others, and share information. Facebook leads the way with more than 2 billion users worldwide, followed by other popular platforms such as Twitter, Instagram, LinkedIn, and YouTube. For nurses, social media use has daily applications in their personal and professional lives, facilitating conversations with colleagues about best practices and advancing healthcare.

Although social media offers many benefits, inappropriate use can create legal problems for nurses, including job termination, malpractice claims, and disciplinary action from boards of nursing (BON), which could negatively impact their nursing license and career.

**What to avoid when posting**

Remember that professional standards are the same online as in any other circumstance. And although you should approach all social media posts with caution, several high-risk areas deserve closer examination.

**Breaches of patient privacy and confidentiality**

Whether intentional or inadvertent, social media posts that breach patient privacy and confidentiality are the most egregious. They include patient photos, negative comments about patients, or details that might identify them, the healthcare setting, or specific departments. Even when posted with the best intentions, such as trying to get professional advice from colleagues about patient care, these posts are discoverable and can lead to legal problems, with potential fines and jail time for Health Insurance Portability and Accountability Act (HIPAA) violations, termination or other discipline from your employer, action taken against your license by a BON, civil litigation, or professional liability claims.

According to the 2015 nurse professional liability exposures claim report update from the Nurses Service Organization, examples of civil litigation and closed claims in connection with inappropriate electronic and social media use include:
- An RN who took a picture of a man getting an electrocardiogram and posted it on Facebook.
- An RN who sent text messages to another nurse and physician describing a sick child and his mother in an unfavorable light.
- Staff members at a long-term-care facility who videotaped and photographed a certified nursing assistant colleague who was in labor. They allegedly mocked the woman, posting photos, including of her vaginal area, on various social media sites.

**Unprofessional behavior**

A second high-risk area are posts that could be considered unprofessional or reflect unethical conduct—anything defined as unbecoming of the nursing profession. For example, negative comments about your workplace, complaints about coworkers and employers, or threatening or harassing comments fall into this category.

The highly publicized firing in 2013 of an emergency department nurse at New York–Presbyterian Hospital demonstrates the risks connected with posting workplace photos. A nurse shared a photo on Instagram depicting an empty trauma room where a patient had been treated after getting hit by a subway train. Although the post didn’t violate HIPAA rules or the hospital’s social media policy, she was terminated for being insensitive.

Posts about your personal life also can negatively affect your professional life. Posting photos or comments about alcohol or drug use, domestic violence (even comments about arguing with a spouse) and use of profanity, or sexually explicit or racially derogatory comments could lead to charges of unprofessional behavior by a BON. And keep in mind that complaints can come from anywhere, including employers and coworkers, friends, and intimate partners, so the privacy setting on the social media platform won’t protect you.

Court rulings have supported disciplinary actions by BONs against nurses for unprofessional behavior in their personal lives. A key example is the 2012 decision by the California Supreme Court, which left intact an appellate ruling (Sulla v Board of Registered Nursing) that allowed a state board to discipline a nurse who was caught driving drunk, even though his arrest had nothing to do with his job. The BON placed the nurse on 3 years’ probation after his arrest. The appeals court ruled that state laws authorize disciplinary action against a nurse who uses alcohol, on or off the job, in a way that endangers others. The result is that nurses in California who are convicted of driving under the influence will have their nursing license suspended by the BON. This has clear implications for social media posting about alcohol use (or any high-risk topic) in your personal life. (See How to avoid social media pitfalls.)

If you hear from the BON

If you receive a letter from the BON about an investigation, don’t represent yourself. Hire an attorney who specializes in administrative law and procedure—ideally one who's familiar with your state BON. Decisions about a complaint can take from several months to more than a year, and outcomes can range from case dismissal for lack of merit or insufficient evidence to referral to the state’s attorney general office for prosecution. If no settlement is reached, you and your attorney will argue the case at a hearing with potential outcomes that include public admonition/reprimand, restriction, probation, suspension, or revocation of your nursing license.

Other serious repercussions are possible. Decisions made by BONs are communicated via Nursys.com, a national database for verification of nurse licensure, discipline, and practice privilege administered by the National Council of State Boards of Nursing. If disciplined, you also could receive a letter from the U.S. Department of Justice restricting your ability to work in any facility that receives reimbursement from Medicare and Medicaid. In addition, disciplinary action in one state may affect your license in another. After you’ve been disciplined, each state in which you hold a license can review or open the case.

To protect yourself, carry your own malpractice/disciplinary insurance (don’t rely on the insurance carrier for your hospital or private practice). This is especially important with the anticipated increase in medical professional liability claims associated with social media use.

**Think twice**

Social media is a great way to connect personally and professionally. But remember that online posts live forever and that social media misfires could negatively affect your license and ability to practice. To protect yourself, think twice before you post content that could be judged as unprofessional.

Melanie L. Balestra is nurse practitioner and has her own law office in Irvine and Newport Beach, California. She focuses on legal and business issues that affect physicians, nurses, nurse practitioners, and other healthcare providers and represents them before their respective boards.

Selected references
Brous E. How to avoid the pitfalls of social media. Am Nurse Today. 2013;8(5).
NNA/NNF Scholarship Recipients 2018

The NNA/NNF are proud to announce the winners of three of our scholarships that were awarded at the recent Convention.

The Joe A. Vance Scholarship is a new program, provided this year by Mr. Vance as a tribute to the nurses in Nebraska. Mr. Vance lives in Washington, DC, and even though he hasn't lived in Nebraska for 31 years, wishes to pay tribute and support education for those wishing to be nurses. The first recipient of this new $500 scholarship is Patrick Nyman, UNMC Accelerated BSN Student – Kearney Division.

Patrick was also selected to receive the $500 Arthur L. Davis Scholarship, sponsored for NNA each year by the publishers of our statewide magazine, The Nebraska Nurse.

The third scholarship awarded is the NNA Member Scholarship. Brodi Willard, current Secretary of the NNA Board and active member of the NNA Omaha Metro Nurses Planning Committee is the recipient of that $1000 award. Brodi, a graduate student at Clarkson College, focusing on nursing education.

Congratulations to all the scholarship recipients and to the generous donors who have sponsored these important awards.

Silent Auctions are Once Again Successful!

Thanks to the support of the many NNA, NNF, and NNP members who donated tremendous prizes and the Convention attendees who purchased the items offered, a total of $2540 was raised to support NNP Scholarships and NNF general operations and project grants. The tradition of the silent auctions may seem archaic to new nurses, but it represents a fun and creative activity to share in the collective support of our associations. We may choose to discontinue the auctions in the future, but for now, we appreciate the thoughtful and creative donations, the generous purchasers and the funds that all make a difference to those we serve.

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