With fall starting, I am sure many of you are glad to see school start and a return to an educational routine for your children and perhaps for you. If you have been considering continuing your education to increase your knowledge base and nursing skills, there is never a better time than the present.

This past June, I, along with Lisa Caffery, Carol Chesterman, and Tobi Moore attended the 2019 ANA Membership Assembly in Washington D.C. Make sure you read the article later in this Reporter for information that applies to you. Anytime I go to nursing meetings and conferences, my passion is renewed for being a nurse and the nursing profession. I appreciate the opportunity to interact with my peers and always come away with new knowledge and information.

One of the topics that was brought up during formal and informal discussions was the issue of secondary opioid exposure for nurses and other individuals caring for patients. The opioid epidemic throughout Iowa and the rest of the country is widely discussed in the news, but the specific concerns for nurses in the workplace is something that we as nurses need to be constantly attuned to. Hopefully, your employers are providing education for all staff. However, with an issue that is such a safety concern for all nurses in all healthcare settings, no education is enough.

The National Institute for Occupational Safety and Health (NIOSH) recommends that healthcare workers be ever alert to the potential presence of opioids when caring for others. All opioids present danger but fentanyl and its analogues are especially a concern. When the presence of these types of substances is suspected, at a minimum, personal protection equipment with the use of gloves should be used. More extensive intervention with face and eye protection may be necessary in situations where the potential for exposure is high.

NIOSH recommends that should opioid exposure occur, the healthcare worker needs to remove clothing and wash the exposed area(s) with soap and water. The use of bleach and alcohol-based solutions is not recommended. Contaminated clothing should be washed separately. Part of our discussions at the Membership Assembly included ANA’s recommendation of the need for development of evidence-based standards to verify suspected secondary exposure. This would decrease the fear for nurses working with potential exposure in healthcare settings, as well as provide education on new types of substances being used and abused. Further information on this topic can be found on the CDC website at: https://www.cdc.gov/niosh/topics/opioids/default.html.

Knowledge of topics such as the opioid crisis and its impact on nurses are important to ensure that nurses continue to be recognized as the most honest and ethical profession. This is part of the image of nursing. This image has evolved over time and today includes not only the skill set of providing care and knowledge to provide safe, effective care, but projecting a professional image that includes belief in ourselves and our behavior. It also includes being an advocate for our patients and our profession. To accomplish this, nurses are seeking opportunities to be on professional Boards and serving in public office. Even if one does not have time outside of family and other personal commitments, projecting a positive attitude in and out of the workplace and taking opportunities to mentor others are ways to help the image of nursing to evolve and maintain the trust of the general public. At the end of every day, it is with pride that we can join together to say we care and are a valued part of the nursing profession.

Jann Ricklefs, RN, MSN, CNE, PhD
LEGISLATIVE UPDATE

Advocating for the best interest of patients is second nature for nurses, however advocating for health care policies is often unfamiliar territory. In order to affect policy change for the profession and the patients they care for, it is important that nurses become familiar with and be involved in the legislative process.

Nurses can make a significant impact if every nurse participated in advocating for health policy. Nurses constitute the largest segment of the health care workforce nationally, more than three times the number of physicians (Savage, Kub, & Groves, 2016). Through their individual efforts and utilizing their collective power, nurses can make a considerable impact on health policy. However, if nurses choose not to be involved in health policy and have their voices heard, nursing practice will be influenced by other individuals and groups (physicians and the American Medical Association, pharmacists and Pharmaceutical Research and Manufacturing, and Health Insurance plans).

The Iowa Nurses Association (INA) is one source of collective power for the 48,511 RNs and 12,056 LPNs in Iowa. The INA is organized to advocate for nurses through their extensive partnerships with the American Nurses Association (ANA), competent legal counsel, and experienced and effective lobbyists. The 2018-2019 the INA focused on four legislative priorities:

1. Accessing Mental Health Services and Supports
2. Responding to the Opioid Substance Use Disorder Crisis
3. Support Effort to Strengthen the Nursing Workforce
4. Ensuring High Quality Healthcare Services to Medicaid Recipients

Assessing Mental Health Services and Supports

• ARNP and PA Psychiatric Training

Funding will be available to train psychiatric ARNPs in an effort to increase the access to mental health care services in Iowa.

• School Mental Health Awareness Program

The House and Senate approved funding for student mental health awareness programs in Iowa.

• Assessing Mental Health Services and Supports

Children’s Mental Health
This requires core mental health services be provided and includes the establishment of a single 24-hour mental health crisis telephone hotline.

• Rural Mental Health, Suicide Prevention and Painkiller Abuse

Applications for the Iowa’s Center for Agricultural Safety and Health (I-CASH) were approved for rural health issues such as mental health, suicide prevention and painkiller abuse.

Responding to the Opioid Substance Use Disorder Crisis

• Whistleblower Protection

Protection will be provided for school district and state employees who report suspected illegal activities pending Governor Reynolds approval.

• Healthcare Loan Repayment Program Funds

The program repays the qualified student loans of RNs, ARNPs, mental health professionals, PAs, and nurse educators who practice full-time in a service commitment area or teach in this state. A service commitment area is a city in Iowa with a population of less than 2,500 or a town with a population of 2,500 or more.

• Changes in the Mandatory Reporter Training Requirements

Nurses will now be required to complete mandatory reporter training every three years versus the previous requirement of every five years. In addition, nurses who work with adults and children will now be required to take two separate courses and each of the trainings are two hours in length.

• Remove Power from Discipline Regulatory Boards

This file includes giving the power to the Director of the Department of Public Health to hire and supervise the executive directors of the boards of nursing, pharmacy, dentistry and medicine. There was considerable effort by the INA to oppose this bill.

• ARNPs and Medical Cannabis

ARNPs will now be able to have a professional nurse with certified training and/or certification in the treatment of medical cannabis. A medical cannabis card shall be received by the person for which the card is issued.

• Protection of Nurses License for Default or Delinquent Loan on Repayment

Nurses are now protected from licensing boards suspending or revoking a nurse’s license based on default or delinquency on their student loans payments.

• Expedite Licensing of Nurses Transferring from another State

Nurses who are licensed in another state and is the spouse of an active duty member of the military forces will have their license approval expedited by the Board of nursing.

Ensuring High Quality Healthcare Services to Medicaid Recipients

• Quality services to Medicaid recipients was included in the legislative discussions, however, there was no new legislation was passed.

INA will continue to monitor and support legislation that safeguards the healthcare of Iowans and supports the practice of nurses, ARNPs, mental health professionals, PAs, and nurse educators who practice full-time in a service commitment area or teach in this state. A service commitment area is a city in Iowa with a population of less than 2,500 or a town with a population of 2,500 or more.

INA continued to coordinate with political leaders and monitoring legislation that impacts the healthcare of children, older adults, and women; along with public health, state and patient safety.

INA Public Policy Committee provides an opportunity to familiarize yourself with the legislative process. Take the first step, be part of the nursing voice advocating for health care policies that influence our profession and patient care.

Mark your calendars for the Iowa Nurses Association Legislative Day is February 26, 2020. Join INA in making change!

Dawn M. Bowker, Ph.D., RN, MSN, ARNP
INA Public Policy Chair

Davenport Lutheran Home Nursing Career Opportunities:

• Nursing Home – 2nd Shift, Full Time RN/LPN
• Nursing Home – 1st Shift, Full Time LPN
Call Anni McReynolds at 563-391-5424 or Email Resumes to: a.mcreynolds@lhaa-e.org

Vinton Lutheran Home Nursing Career Opportunities:

• Home Health – Full Time RN Case Manager
• Assisted Living – Part Time Registered Nurse Manager
• Nursing Home – 1st Shift, Full Time RN/LPN
• Nursing Home – 2nd Shift, Full Time LPN/LPN
Call Justin Ealy at 319-472-4211 or Email Resumes to: j.ealy@lhaa-e.org

*Applications can be found at: www.lhaa-e.org

For advertising rates and information, please contact Arthur L. Davis Publishing Agency, Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626-4081, aldpub.com, INF, INA and the Arthur L. Davis Publishing Agency, Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement.

Acceptance of advertising does not imply endorsement or approval by the Iowa Nurses Foundation or Iowa Nurses Association of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the manufacturer lacks integrity, or that this association disapproves of the product or its use. INF, INA and the Arthur L. Davis Publishing Agency, Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser’s product.

Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of INF, INA or those of the national or local associations.

**Iowa Nurse Reporter** is the official publication of the Iowa Nurses Foundation and the Iowa Nurses Association, a constituent member of the American Nurses Association, published quarterly every January, April, July and October.

INA Board of Directors
Jarrick Kiefer, President
Lisa Caffery, President-Elect
Kingsley Jackson, Secretary
Anne Cook, Treasurer
Dawn Bowker, Director-Public Policy
Ginny Wangerin, Director-Resolutions
Christina Peterson, Director – Staff Nurse at Large
Kate Pace, Director-Neely Licensed RN
Linda O’Shea, Director Northwest
Brenda Helmsmith, Director Northeast
Barb Gano, Director Central
Brendy Lewis, Director Southeast
Vacant, Director Southwest

Iowa Nurses Foundation
Lorinda Irman, Chair

Executive Director
Tobi Lynn Moore
Phone: 515-223-5495
Email: tmoore@iowanurses.org

Buchanan County Health Center
NOW HIRING RNS & LPNs

FULL & PART-TIME POSITIONS AVAILABLE

Buchanan County Health Center has immediate openings for RNs and LPNs.

Benefits Include
- Premium Wages
- Health, Vision & Dental Insurance
- PERS & 401(h)
- Paid Time Off
- Tuition Assistance
- Sign-On Bonus

APPLY ONLINE AT
BCHEALTH.ORG/CAREERS

Page 2 • Iowa Nurse Reporter
On August 7, 2019, the Iowa Court of Appeals rendered a decision providing further clarity to Iowa Nursing law (See Dawn Marie Leach vs. Iowa Board of Nursing, Iowa Court of Appeals (filed August 7, 2019). The Court upheld a lower court ruling dismissing Nurse Dawn Leach’s Petition for Judicial Review of her Board of Nursing (“Board”) Decision imposing discipline. Factually, Ms. Leach worked in the Intensive Care Unit (ICU) and if the census on the ICU was low, the nurse would be asked not to come in. Nurse Leach remotely accessed the patient census list for the ICU to see if it was likely she would not need to work her shift. The census list contained private health information, including patient names, ages, diagnosis, Unit, diet order, medications and primary insurer. When the hospital learned that she had been accessing the list remotely from her computer, they questioned her about it. Nurse Leach admitted that she checked the list in order to verify ICU census to see whether she was likely to be working her assigned shifts. The remote access of the list was in violation of the hospital policies. She was required to repeat a HIPAA Class and was suspended for two 12 hours shifts.

Her supervisor also filed a complaint with the Board (consistent with Iowa Code § 272C.9(2)) Even though during the hearing, there was testimony that she didn’t look at the names on the list, she merely looked at the numbers, the Board of Nursing determined that this was an unethical conduct or practice that was detrimental to the public. Iowa Nursing law does not require proof of actual injury. Violating the confidentiality or privacy rights of the patient or client is a behavior for which the Board can impose discipline. The Board chose to impose a citation and warning, the lowest level of formal discipline it can give. This case serves as a reminder for all nurses to take seriously, not only the authority of the Board, but HIPAA requirements as well. Even though it might be easy or seemingly innocent to access information that doesn’t pertain directly to patients you are caring for at the time of access, that should not be done, as it is a violation of HIPAA. Protected Health Information is allowed only on a need to know basis. Even though Nurse Leach was not looking at the names, the presence of the names on the accessed list, according to Iowa Nursing law, is a violation of privacy rights.

The ease of access created by our computers and cell phones has blurred some lines in our high technology world. In this case, the Court and the Board of Nursing are creating a bright line boundary for the nurse to avoid crossing, or the nurse can be disciplined.
INA Conference and Annual Meeting
OCTOBER 24-25, 2019
Des Moines Marriott Downtown
700 Grand Avenue, Des Moines, Iowa 50309
EARLY BIRD PRICING ENDS SEPTEMBER 20TH

Thursday, October 24th

4:30 – 5:30 p.m. Registration Open
5:30 – 8:00 p.m. Networking, Dinner and Presentation
   “Is the Lack of Cultural Humility in Healthcare Harming Our Patients?”
   Dawn Bowker, Ph.D., RN, ARNP
   Clinical Assistant Professor of Nursing, Iowa State University

Friday, October 25th

7:00 – 8:00 a.m. Exhibitor and Poster Set-up
8:00 – 9:00 a.m. Registration Open | Breakfast with Exhibitors and Poster Presenters | Award Presentations & Iowa Nurses Foundation Scholarship Presentations
9:00 – 9:15 a.m. Welcome
9:15 – 10:15 a.m.
   Keynote: “The Future of Nursing Practice”
   Bonnie Clipper, DNP, RN, MA, MBA, CENP, FACHE
   Chief Clinical Officer, at Wambi
   As the first vice president of innovation for the American Nurses Association, Dr. Clipper created the innovation framework that inspires 4 million nurses to participate in innovation. She has spent more than 20 years in executive nursing roles. She also speaks internationally on radical collaborations.
10:15 – 10:45 a.m. Break with Exhibitor and Poster Presenters
10:45 – 11:45 a.m.
   Keynote: “Nursing Innovation and Entrepreneurship”
   Rebecca Love, RN, MSN, ANP
   Managing Director, US Markets
   Thought Leader on Nurse Innovation & Entrepreneurship, International keynote speaker, the First Director of Nurse Innovation & Entrepreneurship in the US, creator of the first Nurse Hackathon and experienced nurse entrepreneur who is dedicated and passionate about empowering nurses to be at the forefront of healthcare innovation and entrepreneurship.
11:45 – 12:00 p.m. Chair Yoga
12:00 – 1:15 p.m. Lunch with Exhibitors and Poster Presenters
1:15 – 2:15 p.m.
   “Medical Cannabis: An Overview”
   Dr. Frank J. Caligiuri, PharmD, BCPS
   Clinical Pharmacist, Unity Point Iowa Methodist Medical Center
2:15 – 2:30 p.m. Break with Exhibitors and Poster Presenters
2:30 – 3:30 p.m.
   “The Power of Immunizations”
   Shelly Jensen, RN, BSN
   Immunization Nurse Clinician, Iowa Department of Public Health
3:30 – 3:45 p.m. Break
3:45 – 4:45 p.m. Annual Meeting
4:45 – 5:00 p.m. Evaluations & Closing

Do the work you love
at one of Forbes top employers in the nation.
100% health care and dental coverage for individuals
320 hours/year paid vacation, sick, and holiday time
10% employer retirement contribution
$1000/year general benefits credit

For more information, call 319-356-2285 or visit
uihc.org/nursing/.jobs

Needs RNs, LPNs and CNAs
• Flexible hours, excellent wages and benefits
• 1 year experience required
• Contracts and per diem
• Iowa and surrounding states

Please call 1-888-519-8601
We thank our nurses for their dedicated service

Oakwood Specialty Care
We are hiring!
FT/PT 2-10pm RN or LPN
Apply Online: www.careinitiatives.org/careers

200 16th Ave E. Albia, IA 52531

PRN Staffing, Inc
We are hiring!

Care Initiatives

200 16th Ave E. Albia, IA 52531
INA Conference and Annual Meeting

OCTOBER 24-25, 2019
Des Moines Marriott Downtown
700 Grand Avenue, Des Moines, Iowa 50309
EARLY BIRD PRICING ENDS SEPTEMBER 20TH

These Hot Topics & More Featured at the 2019 Conference

Medical Cannabis

“Medical Cannabis: An Overview”
Dr. Frank J. Caligiuri, PharmD, BCPS

Dr. Frank Caligiuri is a Des Moines native and graduate of Drake’s College of Pharmacy. He spent ten years in academia before transitioning to his current position in the Critical Care Unit. He is a pharmacist board certified pharmacotherapy specialist (BCPS) and has an extensive knowledge of the pharmacology, botany, and therapeutic uses of cannabinoids and medical cannabis. He has served on a national task force for pharmacy education on the topic of Medical Cannabis and has provided education for healthcare students and practitioners as well as members of the Iowa Legislature.

Power of Immunizations

“The Power of Immunizations”
Shelly Jensen, RN, BSN

Vaccinations are one of public health’s greatest achievements. The power of immunization has significantly decreased the incidence of vaccine preventable disease across the lifespan. Despite the positive impact of immunizations, the World Health Organization has listed vaccine hesitancy as one of the top 10 threats to global health in 2019. Ms. Jensen will present history and best practices to empower nurses to provide quality immunization services as well as communicate positive vaccination messaging and education.

Lack of Cultural Humility

“Is the Lack of Cultural Humility in Healthcare Harming Our Patients?”
Dawn Bowker, Ph.D., RN, MSN, ARNP

Dr. Bowker has worked as a transcultural clinician and a consultant on cultural discordance issues in the delivery of healthcare. She has worked with a number of vulnerable populations and is an advocate to those who are underserved or whose voices are often not heard. Her research focuses on the anthropological influences on healthcare decision-making among indigenous people.
Change is inevitable...the question is: Are you ready for it? In today's fast-paced world, transformation is happening in every aspect of our lives. Evidence-based research steers healthcare through a constant state of regenerating policies to ensure that we are providing quality care to our patients. To facilitate and affect positive change, we must set the example and put this into practice. Change doesn’t need to be perceived as negative, with coaching and mentoring it can become a new opportunity to achieve greatness.

Iowa Nurses Association (INA) invites you to this year’s conference and annual meeting. It will take place Thursday October 24th & Friday, October 25th at the Des Moines Marriott Downtown, Des Moines, Iowa. For more information, visit www.iowanurses.org. If you have any questions, please contact the INA office at events@iowanurses.org or (515) 225-0495.

DEMOGRAPHICS OF THOSE WHO ATTEND

This innovative and celebratory conference is designed to support nurses in all stages of their career. The purpose of the conference is to explore the large impact of nursing not only in our own communities, but as a whole across the entire state and country.

Conference Objectives
1. Determine the relationship between cultural humility in healthcare and patients.
2. Explore the future of the nursing practice.
3. Learn what innovation and entrepreneurship means in nursing.
4. Identify the role of CBC and Medical Marijuana healthcare.
5. Be able to identify reliable sources of immunization information.

CONTINUING EDUCATION CREDITS
This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Pending approval, participants can receive a maximum of 5.25 contact hours for attending this activity. For additional information or questions on contact hours contact the INA office at (515) 225-0495.

EDUCATION EXHIBITOR & SPONSORSHIP OPPORTUNITIES
INA invites interested vendors to share product expertise with us during the conference. For more information on these opportunities, contact the INA Office by email at events@iowanurses.org or please call, phone (515) 225-0495.

To book your hotel, please contact Des Moines Marriott Downtown by October 2, 2019
Room Rate is $119 | Group Code: Iowa Nurses
To book by phone: (515) 245-5500

To register, use the fast and secure online form at iowanurses.org

STAFF RN
Floyd Valley HealthCare, Le Mars, IA
Full Time Evening/Night Shift
7a–7p and 7p–7a
Full-time opportunity for a Registered Nurse for the hospital nursing unit, rotating 12 hour shifts (7a-7p and 7p-7a), every other weekend, approximately 36 hours per week. The RN’s purpose is to provide quality nursing care to our patients and to supervise the staff working with the RN to coordinate care with ancillary staff, and to communicate effectively with the physician to ensure patient care. Must be licensed as a registered nurse in Iowa and/or meets the requirements of multi-state licensure required. ACLS/BLS a plus.

Floyd Valley Healthcare, Le Mars, IA
Full Time Evening/Night Shift
7a–7p and 7p–7a
Contact:
Mary Helen Gibson 712-546-3389
maryhelen.gibson@floydvalley.org
714 Lincoln St., NE | Le Mars, IA 51031
EOE F/M/V/D/S/O

If you are an individual with a disability and would like to request an accommodation for help with your online application, please call 712-546-3389 or send an email to maryhelen.gibson@floydvalley.org

Bonuses
This position could be eligible for a $5,000 sign-on bonus. This position could be eligible for a $500 employee referral bonus.

Contact:
Mary Helen Gibson 712-546-3389
maryhelen.gibson@floydvalley.org
714 Lincoln St., NE | Le Mars, IA 51031

If you are an individual with a disability and would like to request an accommodation for help with your online application, please call 712-546-3389 or send an email to maryhelen.gibson@floydvalley.org

To book by phone: (515) 245-5500

To register, use the fast and secure online form at iowanurses.org

STAFF RN
Floyd Valley HealthCare, Le Mars, IA
Full Time Evening/Night Shift
7a–7p and 7p–7a
Full-time opportunity for a Registered Nurse for the hospital nursing unit, rotating 12 hour shifts (7a-7p and 7p-7a), every other weekend, approximately 36 hours per week. The RN’s purpose is to provide quality nursing care to our patients and to supervise the staff working with the RN to coordinate care with ancillary staff, and to communicate effectively with the physician to ensure patient care. Must be licensed as a registered nurse in Iowa and/or meets the requirements of multi-state licensure required. ACLS/BLS a plus.

Floyd Valley Healthcare, Le Mars, IA
Full Time Evening/Night Shift
7a–7p and 7p–7a
Contact:
Mary Helen Gibson 712-546-3389
maryhelen.gibson@floydvalley.org
714 Lincoln St., NE | Le Mars, IA 51031
EOE F/M/V/D/S/O

If you are an individual with a disability and would like to request an accommodation for help with your online application, please call 712-546-3389 or send an email to maryhelen.gibson@floydvalley.org

Bonuses
This position could be eligible for a $5,000 sign-on bonus. This position could be eligible for a $500 employee referral bonus.

Contact:
Mary Helen Gibson 712-546-3389
maryhelen.gibson@floydvalley.org
714 Lincoln St., NE | Le Mars, IA 51031

If you are an individual with a disability and would like to request an accommodation for help with your online application, please call 712-546-3389 or send an email to maryhelen.gibson@floydvalley.org

To book by phone: (515) 245-5500

To register, use the fast and secure online form at iowanurses.org
THE IMPACT OF CHANGE IN NURSING

All sponsorships over $500 include a FREE exhibit booth (the fee of $250 will be waived)! As an exhibitor, you can showcase your company’s products and services for one day in a high-traffic area where attendees gather between sessions and enjoy their meals. We look forward to hearing back from you before the application deadline of September 13, 2019. For more information, visit www.iowanurses.org. If you have any questions, please contact the INA office at events@iowanurses.org or 515.225.0495.

EXHIBIT BOOTH $250
Includes: 8ft table with two chairs, two company representatives at table, continental breakfast, breaks and lunch included, exhibit space centrally located in meeting area where food will be served, onsite program and social media mentions. Exhibit Hall open on Friday, October 25.

SPONSORSHIP OPPORTUNITIES

LUNCH SPONSOR $1,250
Exhibit booth, exclusive signage at lunch, company name on mobile app and INA website with clickable link, social media recognition, podium shout outs, and one complimentary conference registration. One available.

BREAKFAST SPONSOR $1,000
Exhibit booth, exclusive signage at breakfast, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. Two available.

COFFEE OR ENERGY BREAK SPONSOR $750
Exhibit booth, exclusive signage at breaks, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. Two available.

EDUCATION SPONSOR $1,000
Exhibit booth, exclusive signage at front of general session room, company name on mobile app and INA website with clickable link, social media recognition, podium shout outs and one complimentary conference registration. Four available.

NETWORKING RECEPTION SPONSOR $1,000
Exhibit booth, exclusive signage at reception, company name on mobile app and INA website with clickable link, social media recognition, podium shout outs, and two complimentary tickets to the reception. One available.

ATTENDEE GIFT SPONSOR $1,250
Exhibit booth, company logo on attendee conference gift, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. One available.

MOBILE APP SPONSOR $750
Exhibit booth, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs and one complimentary conference registration. One available.

A/V & WI-FI SPONSOR $500
Exhibit booth, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. Two available.

LANYARD SPONSOR $500
Exhibit booth, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. One available.

FITNESS SPONSOR $500
Exhibit booth, company name on mobile app and INA website with clickable link, social media recognition and podium shout outs. One available.

Visit www.iowanurses.org for Sponsor and Exhibitor application.

NursingALD.com can point you right to that perfect NURSING JOB!
Former INA President, Judy Collins, Has Passed Away

Former INA president Judy Collins passed away on Tuesday, July 30th, 2019. Judy was an essential part of not just INA, but all of nursing. Her dedication and tireless efforts to advocate for healthcare on behalf of Iowa nurses were admired by all.

She will be missed by so many, but her impact will continue to be seen. Sending our thoughts to all of Judy’s family and friends during this difficult time.

INA Merchandise Store

Be sure to check out the INA apparel and merchandise store at Lands End at https://business.landsend.com/store/ina/. Choose the item you want, then make it your own. Pick where you want the logo to be placed and what color you want it to be.

Branded Apparel & Merchandise

Create a unique design, for you.

Customize:
Item Color | Logo Color | Placement

https://business.landsend.com/store/ina/

NOW HIRING NURSES!
Immediate positions available for RNs and LPNs

Please contact us to learn about our benefits!
Send resume or apply online at titonkacarecenter.com

You'll feel at home at Titonka Care Center
2701 1st Ave NW
Titonka, IA 50480
515-928-2600

West Ridge Care Center
Immediate positions available for RNs and LPNs

You'll feel at home at West Ridge Care Center
3131 F Ave NW
Cedar Rapids, IA 52405
(319) 390-3367

West Ridge Care Center is looking for dependable, compassionate nurses to join our 5 Star rehabilitation and long-term care facility. Apply today and start a fulfilling career in service to our Elders.

Apply Today
Apply online or download our employment application by visiting westridgecarecenter.com/employment/

Come be a part of an Eye Care Center of Excellence! Wolfe Eye Clinic has been providing a higher standard of care for patients for 100 years. We are looking to add full and part-time traveling Registered Nurse positions in Cedar Rapids. Also, due to continued growth and expansion, Wolfe Surgery Center in West Des Moines has immediate openings for PRN, Part Time and Full Time Pre-op/Post-op and PACU Registered Nurses. Employees receive great wages, paid travel time and mileage, along with a competitive benefit package. We are looking for motivated candidates that desire to learn in a fast-paced setting and have the ability to positively interact and help patients while providing patient education and instructions. Candidates should be detail oriented, able to provide excellent patient service, and work as a constructive team member.

Duties include rooming patients, assisting physicians with retina treatments and exams, triaging phone calls, responding to tasks, scribing for physicians, working with insurance companies, and performing other clinic duties as assigned. If you are interested in being part of a quality driven organization that has a low turnover rate, please apply online at www.wolfeeyeclinic.com/careers. EOE
Representatives approved a recommendation aimed at allowing nursing students who are Deferred Action for Childhood Arrivals (DACA) recipients to take the NCLEX in all states without facing barriers. (The DACA program provides deportation relief for eligible immigrant individuals who came to the U.S. when they were young children.) Only eight states allow DACA students to sit for this licensing exam. This action would also help increase diversity in the workforce and ease nursing shortages.

**Human Trafficking:** To help solve the public health crisis of human trafficking, they called for ANA and its member organizations to educate nurses on the use of effective screening tools when an individual comes into a health care facility. Two other recommendations focused on promoting trauma-informed care using a collaborative approach when dealing with a human trafficking victim/survivor, as well as requesting ANA to convene a national task force on this issue.

**Visibility of Nurses in the Media:** To increase the visibility of nurses in the media, Assembly representatives approved recommendations focused on improving nurses’ and the media’s understanding of each other, as well as positioning nurses as influencers. A hackathon was held and Assembly participants generated strategic ideas, which included creating an Institute of Media Ambassadors that provides intensive media training and developing a database of nurse content experts who could quickly respond to media requests.

Representatives acted on two additional timely and compelling topics:

**Medical Aid in Dying:** They approved the revised ANA position statement, The Nurse’s Role When a Patient Requests Aid in Dying. According to the revised statement, ANA supports recommendations that nurses remain objective when discussing end-of-life options with patients who are exploring medical aid in dying; have an ethical duty to be knowledgeable about this evolving issue; and have the right to conscientiously object to being involved in the aid-in-dying process, among others.

**ANA Presidential Election Engagement Policy:** Rather than continuing to endorse a presidential candidate, a new policy was adopted that includes reaching out to each declared candidate with information on ANA; educating ANA members and the public on presidential candidates’ positions on ANA’s policy agenda and priorities; and aggressive promotion of voter registration and voting among RNs. In addition, resources will be applied at the grassroots level to engage members in political activities.
The Power of Nursing Makes Itself Known on Capitol Hill

ANA Hill Day, Thursday, June 20, 2019

As part of ANA’s annual Hill Day, nurses, students and other leaders “stormed” the Hill and met with members of Congress and their staff to build support for federal legislation addressing workplace violence, funding for nurse workforce development programs, and APRNs’ ability to order home health care services. Over 400 participants from 48 states shared their perspectives and expertise with their senators and representatives. Participating from Iowa were Jann Ricklefs (INA President), Lisa Caffery (INA President-Elect), Carol Chesterman (Membership Assembly Representative, and Tobi Lyon Moore (INA Executive Director).

To kick off the day’s activities, participants attended a breakfast briefing, where they learned more about ANA-supported legislation and were welcomed by ANA President Ernest Grant, PhD, RN, FAAN. “The broader public needs you to be advocating just as much as an individual patient needs their nurses advocating for them at the bedside,” said Grant. He further stated, “Rest assured, the people with whom you’re meeting are relying on nursing’s perspective, so they can better serve you and your patients.”

Grant held ANA’s Hill Day version of a “fireside chat” with the newest nurse to join the 116th Congress, U.S. Rep. Lauren Underwood (D-IL). “Health care was the No. 1 issue in our elections, and health care is a human right,” stated Underwood, MSN, MPH, RN, who worked on implementing the Affordable Care Act while serving in the Obama administration. It was her concerns about several legislative attempts to repeal the ACA and take away protections for people with preexisting conditions that led her to run for Congress. She continues to push for efforts to protect and ensure people’s access to affordable care.

Underwood addressed the biggest challenge she sees as the Senate’s refusal to take up bills sent from the House for consideration. She encouraged nurses to...
compel Senators, both Republican and Democrat, to support the Title VIII Nursing Workforce Reauthorization Act. Underwood recommended for all nurses to “make it your business to find out who your Congress member is and meet with them. Talk about what is important to you. Talk with confidence. You are the experts.” She added that the most powerful thing nurses have is their patient stories, and all the factors that affect someone’s health.

The three key bills that Hill Day attendees addressed were:
- The Workplace Violence Prevention for Health Care and Social Service Workers Act (R. 1309/S. 851)
- The Home Health Care Planning Improvement Act (R. 2150/S. 296)
- The Title VIII Nursing Workforce Reauthorization Act of 2019 (R. 7285/S. 1399)

Additionally, participants addressed the importance of nurse staffing as ANA continues to work with federal policymakers on this critical nurse and patient safety issue.

The Iowa nursing delegation was fortunate to be able to meet with Senator Charles Grassley, and Representatives Steve King and Representative Dave Loebsack. Although not able to visit with Senator Joni Ernst and Representative Amy Finkenauer, they were able to visit with staff members.

Nursing is so much more than advocating for the patient at the bedside. Advocating for the patient and the health of the country through legislation is a duty and an honor. Those interested in becoming more involved with ANA/INA are encouraged to one day join us on “the Hill.” It is an experience of a lifetime!

Pictured from left to right: Jann Ricklefs (INA President), Lisa Caffery (INA President-Elect), Carol Chesterman (INA Membership Assembly Representative), Senator Chuck Grassley, and Tobi Moore (INA Executive Director).

INA Meeting

Pictured from left to right: Jann Ricklefs (INA President), Lisa Caffery (INA President-Elect), and Carol Chesterman (INA Membership Assembly Representative).

Pictured from left to right: Lisa Caffery (INA President-Elect), Carol Chesterman (INA Membership Assembly Representative), and Congressman Dave Loebsack.

Opportunities at Winnebago Comprehensive Healthcare System (WCHS)

Director of Nursing | Emergency Room Nurse | Inpatient Clinical Nurse | Inpatient Nurse Supervisor | Outpatient Clinical Nurse

New Graduates Welcome!

WCHS offers above market wages and salaries, competitive benefits, 401K, vacation, and paid holidays.

If interested in learning more about this excellent opportunity, and joining the Winnebago Comprehensive Healthcare System (WCHS), please apply online at www.winnebagotribe.com, click on employment, Winnebago Comprehensive Healthcare System.

Your Trusted Dentists
IN DES MOINES, IOWA

We take extra measures to ensure that you and your family are treated in a sterile and safe environment that feels welcoming.

“Quality Dentistry, Affordable Service, Compassionate Care.”

OUR SERVICES

Emergency
Restorative
Orthodontics
Implants
Preventative
Sedation

WINNEBAGO COMPREHENSIVE HEALTHCARE SYSTEM
P.O. Box 311 | 215 South 5th Street | Winnebago, Nebraska | 402.878.3310
Equal Opportunity Employer

VITERBO UNIVERSITY

STRENGTHEN YOUR SKILLSET
ONLINE OR ON-CAMPUS

BACHELOR DEGREES
- B.S. in Business Management
- B.S. in Communication Studies
- B.S. in Health Care Management
- B.S. in Management
- B.S. in Psychology

DOCTORAL DEGREES
- D.M. in Counseling
- Ph.D. in Psychology

Masters Degrees
- M.A. in Business Management
- M.A. in Health Science Management
- M.A. in Health Science
- M.S. in Clinical Psychology

www.viterbo.edu

Davidson Family Dentistry
3573 Urbandale Ave. Urbandale, IA 50322

davidsonfamilydentistry.com • 515.279.3848

Quality Dentistry, Affordable Service, Compassionate Care.
For this position, reliability and professionalism is a must, along with your unwavering commitment to providing excellent care and customer service to our residents and your fellow employees.

Brief Job Description:
- Works with the Interdisciplinary Care Plan Team in developing a comprehensive assessment and care plan for assigned residents
- Completes and files required record keeping forms/charts upon the resident’s admission, transfer, and/or discharge.
- Chart nurses’ notes in an informative and descriptive manner that reflects the care provided to the resident, as well as the resident’s response to the care.
- Prepares and administers medications ordered by the physician.
- Provides leadership to nursing personnel assigned to your shift.
- Maintains an effective, friendly, working relationship with health professionals, physicians, consultants, and family members involved.
- Monitors nursing care to ensure that all residents are treated fairly, and with kindness, dignity, and respect.

Requirements:
- High School Diploma or Equivalent
- Must have valid/current RN or LPN license in Iowa
- Current CPR training

Compensation will be based on your experience. Skilled and long term care experience is preferred. Our benefits package is beyond competitive – so don’t miss this opportunity to become a member of our team.
"I hate my body." "Where did all these ugly gray hairs and wrinkles come from?" "How could anyone find me attractive when I look like this?" "My body is such a burden.

If you’re like 97% of the American population, you’ve probably said some variation of these words, as reported by researchers in a report published in the Journal of Consulting and Clinical Psychology in 1999. The study compared responses to 2,000 women in the United States, finding that 97% of women reported having a “bad body image.”

The longitudinal Nurses’ Health Study, which began in 1976 and is one of the largest and longest-running studies of its kind, has found that nurses who feel unhappy with their body are at increased risk for depression. In a recent study, nurses who reported being unhappy with their body were more likely to experience depression than those who were happy with their body. The study also found that nurses who were unhappy with their body were more likely to engage in health-risk behaviors, such as smoking and drinking.

We often treat our bodies so poorly and then expect them to perform without fail. We don’t bother to thank them, nor do we realize the impact that our actions can have on our health.

The mirror, mirror, on the wall. Although many of us rely on mirror messages as the absolute truth, we need to be aware of the inherent distortions the mirror may hold. Even since 8,000 B.C., when the mirror made its first appearance, people have been evaluating their personal worth based on their physical appearance. Two opposite attitudes exist: Some people are fixated by their own faces, as shown by the ancient mirror-skin reflections. Others believe that their bodies are simply a tool for living the day as we often see on social media. We have a love-hate relationship with the mirror—but the mirror may not always tell the truth.

We often treat our bodies so poorly and then expect them to perform without fail. We don’t bother to thank them, nor do we realize the impact that our actions can have on our health. Without adequate vitamin intake or sun exposure, our skin may be pale and flaccid; without adequate essential fatty acids, it may be dull or dry. Stress, overwork, and lack of purpose in your life may reflect in the empty eyes that stare back at you.

Your mirror tells you

Relying on the mirror to tell you “who is the fairest of them all” may not give you the whole truth. Despite potentially negative messages people get from the mirror, it can be helpful. It can tell you a lot about both the outside and the inside of your body. Although we focus on our exterior image, the mirror can provide information about the internal health of your body.

Using your nursing assessment skills, take an objective look at your skin and hair. The skin, the body’s largest organ, can provide a lot of feedback on your sleep (or lack thereof) and nutrition. Without adequate vitamin intake or sun exposure, your skin may be pale and flaccid. Without essential fatty acids, it may be dull or dry. Stress, overwork, and lack of purpose in your life may reflect in the empty eyes that stare back at you.

The mirror doesn’t tell you

Shakespeare’s Hamlet exclaimed, “What a piece of work is man! How noble in reason, how infinite in faculty! In form and moving how express and admirable! In action how like an angel! In apprehension how像 a god!”

The mirror doesn’t tell you about the amazing functions of your body systems, or that you and your body are the most brilliant creations in the universe. For instance, your endocrine system is an amazing creation of numerous autonomic functions working through feedback loops of chemicals to regulate many systems. It also balances your energy levels through the thyroid gland. When is the last time you thanked your thyroid gland for regulating your metabolism? Or your adrenal glands for helping regulate your blood pressure via cortisol and aldosterone?

Thanks to auto-regulation, your body can maintain its temperature within the same general range even when the environment around it changes constantly. Breathing is controlled by the brain and controlled by chemicals that track carbon dioxide (CO2) concentration and send messages to the brain’s respiratory center. Your body breathes faster or slower to eliminate CO2 as needed, all without your conscious awareness.

Your pancreas produces both insulin and glucagon, which naturally oppose each other, but work in harmony to balance blood glucose levels. These levels affect the function of all three trillion cells in your body. Your glucose level rises in the morning to awaken you and give your cells energy to start the day. Somatostatin regulates the endocrine system, balancing insulin and glucagon to work in complete balance without your attention. When is the last time you thanked your pancreas?

The mirror also doesn’t tell you how well your liver detoxifies drugs and chemicals and maintains your blood glucose level when you’re asleep. Nor does it reveal that your immune system constantly monitors and protects your body from foreign pathogens, which it then kills through a complex chemical cascade. Does the mirror tell you that your spleen has been working hard to store white blood cells and recycle red blood cells? When did you last thank your spleen?

What the mirror doesn’t tell you about your magnificent self is far more interesting and exciting than the cellulite you may glimpse in the mirror. It doesn’t let on that your body has innate abilities, such as auto-regulation, self-healing, and self-homeostasis. Your body has the ability to detect harmful substances and immediately goes into repair. Your natural self-healing includes the inflammatory process and movement of white blood cells to the site of damage to destroy or contain harmful bacteria or invaders that may have damaged or entered the body. When the body moves gracefully through tissue repair and healing automatically, usually. We often treat our bodies so poorly and then expect them to perform without our gratitude. An example of giving your body Styrofoam (such as poor food choices) and expecting it to repair like steel.

The mirror’s reflection

Ironically, some nurses who care for sick patients and help promote health and healing are unhealthy themselves. Research shows that occupational stress, poor coping behaviors, and lack of support create anxiety and depression in nurses. The longitudinal Nurses’ Health Study, which began in 1988, examines relationships among hormone replacement therapy, diet, exercise, and other lifestyle practices and chronic illnesses. It found female nurses’ health was no better than that of the general populace. Ideally, a nurse’s health should reflect their education and knowledge of the human body. Unfortunately, knowledge alone doesn’t create vibrant health. We should sing along with the Disney character Mulan, who asks, “When will my reflection show who I truly am?”

You’re invited to join the American Nurses Association campaign for action improving nurses’ health and wellness. For more information please visit http://www.healthynurseshealthingateway.org/ and view the free webinar on the grand health challenge for nurses at https://campaignforaction.org/webinar/improving-nurses-health-wellness/

As nurses, we can do better to reflect the true inner beauty of our bodies—and project that beauty in our lifestyles. Balancing the mirror’s messages is the key. What the mirror doesn’t tell you can inspire you to honor your body. What it does tell you can motivate you to care for yourself, so you can better model healthy behaviors for patients.

Fixing the mirror’s reflection

In our society of quick fixes and limited warranties, it’s easy—and often necessary—to replace just about everything. Most material objects can be replaced when they’re worn out.

The only thing that can’t be replaced is the human body. We can misuse and abuse it or treat it with loving care. Despite the amazing advances of medical science (and plastic surgery), your body is still your physical essence.

Although it comes with a lifetime warranty, its quality isn’t guaranteed; that’s why we need to evaluate the messages the mirror is sending to us.

What does your mirror say to you? Will you listen?
WELCOME NEW INA MEMBERS!

Northwest Region—Region 1
Tatum Joy
Donette Tilley
Lori Poppes
Rebecca Mooney
Jade Williams

Northeast Region—Region 2
Nicole Curran
Tricia Hansen
Malory Larson
Deborah Abben
Emily Swartley
Maureen McDonagh
Susan Smelden
Colombia Ptacek
Kimberly Nolte
Sheila Markham
Tina Willson
Kaitlyn Wedman

Southwest Region—Region 3
Susan Wurtz
Penny Lilly
Dana Van Scoy
Melissa Witt
Jeffery Martin
Carissa Kelley
Stephanie Miller
Brenda Duree

Central Region—Region 4
Grasheila Laxamana
Kelle Bruess
Anne Bromert
Winston Cephas
Jeanette Van Liew
Dawn Jensen
Karen Maggard
Allison Schoenthal
Kathy Goetz
Megan Baldwin

Southeast Region—Region 5
Chelsea Barnes
Julie Davis
Eve Menzel
Angela Ring
Dean Vantiger
Rachel Miller
Sydney Mohr
Dawn McMillan
Mary Clark
Cassie Jones
Monica Anderson
Jessica McDaniel

Christine Heroff
Karla Kerkove
Stacy Larreau
Molly Allen
Pamela South
Julie Reed
Holly Jacobsen
Deanna Lutter
Muriel Kopf
Ashley Kupka
Janet Rucker
Alcia Freese
Theresa Moore
Nicole Olson
Kim Bair
Daniel Neppel
Makenzie Kreber
Jennifer Siemering
Jennifer Wittman
Rachel Taves
Kristina Gates
Hannah Dolezal
Tonya Naughton

INA and ANA are empowering nurses with resources, programs, and standards that help you advance your career and your profession.

ANA NURSING KNOWLEDGE CENTER
• Hundreds of discounted online independent study modules for every career need.
• Earn contact hours at significant savings
• Independent Study Modules formats include articles, audio, multimedia, slides and video.

NAVIGATE NURSING WEBINARS
• Attend monthly Navigate Nursing webinars for FREE!
• Option to earn contact hours with most webinars
• Archives of past webinars available on NursingWorld.org

ANCC CERTIFICATION DISCOUNTS
• Save $125 on ANCC initial certification and up to $150 on ANCC certification renewal

CAREER CENTER
• Both ANA and INA have a career center that can help you find your dream job.

Support ANA and state Advocacy efforts, which help protect your job, your safety and your rights as a nurse. The voice of nursing grows stronger when INA and ANA together speak out on today’s crucial issues.

New Lower Dues – Only $15/month or $174/year!
Joint members in the Iowa Nurses Association (INA) and the American Nurses Association (ANA) is now just $15 a month – less than the price of a specialty coffee per week!
You owe it to yourself and to your career to join the largest and most inclusive group of registered nurses in your state and country.
Join today at www.JoinANA.org!

Now is the perfect time for you to join ANA and INA
www.joinana.org

Join our caring circle
Our MercyOne team is a support circle more than 20,000 strong. You provide excellent care and treat your patients like family. Our MercyOne team can surround you with highly rated specialty care services to fuel your passion and improve outcomes for the patients in and around Iowa.
Statewide opportunities are available now. Join our caring circle at MercyOne.com/careers.
The Iowa Nurses Foundation (INF) is the charitable and philanthropic arm of the Iowa Nurses Association. It promotes and supports the professional and educational development of registered nurses in Iowa.

Support INF in our efforts to create a positive future for nurses in Iowa. A tax-deductible contribution to INF can be made online, by phone, or via mail.

Visit our website to learn more about INF.

North American Medical Porter

South Lake Hospital

South Lake Hospital is currently recruiting for day and night RN and LPN healthcare positions in the following clinical areas: 8 hour, 12 hour and intermittent shifts available.

- Long-Term Care (RN & LPN)
- Med/Surg (RN)
- Primary Care (LPN)

Visit www.southlakehospital.com for application information and opportunities.

RN2LEADER

Thought Focus

So how is your day going? What are you thinking about at the moment? Is the self-talk going through your mind right now about your work day moving you towards your goals or is it taking away your energy and passion?

A lot of questions to get you to this point. What you focus on and repeat to yourself about your situation is what you invest your energy in and ultimately what you accomplish. So, where is your job going today, or last week, or this past year?

It may surprise you to know the focus you have in your daily work, the way you approach your job impacts your performance and leadership, negatively or positively. And the power is yours.

Leaders continuously struggle with their Thought Focus. We have become patterned into this constant talk to ourselves about our job, our boss, the work, the patients or subordinates, and we continually play the same old record. We focus on the negative. Like a self-fulfilling prophecy, what we think we get. And we justify our attitude and thought based off what we expect to see.

So who’s to blame? As leaders, we need only to look in the mirror. I have seen great leaders spiral down into complete ineffectiveness due to their Thought Focus. For some, there is not even a speed bump between thinking a negative thought and then totally focusing on it. When that “thing” happens, and life becomes challenging, negative thought and then totally focusing on it. When that “thing” happens, and life becomes challenging, some leaders take the easy road to reinforce with themselves that this is life. That it’s the way of this organization. They repeat and discuss with others the continuous negative and demeaning thoughts that this is how a leader is to experience life. Soon, and very soon, they’ve created the habit of a negative Thought Focus; and they believe it all to be true. Busted!

We now need to identify the focus of our thoughts…

For questions on becoming part of our proud tradition, contact:

Jackie Barber, Dean of Nursing | barberj@morningside.edu 712-274-5297

For assistance, please contact Human Resources:

Joe Faller, MPA, Human Resources Director | Regional Medical Center | RegionalMedicalCenterCareers@iw.edu

For more information, visit morningside.edu.
100% ONLINE

EDUCATION YOUR WAY

St. Luke’s College
UnityPoint Health

It’s easier than ever to advance your career. For more information, visit www.stlukescollege.edu or call (712) 279-3149.

RN-BSN Degree Completion Program
- Seamless transition from RN to BSN
- Design your own schedule
- 100% online program

Bachelor of Health Science Degree Completion Program
- Opportunities for allied health care professionals
- Flexible full and part time scheduling
- 100% online program

100% ONLINE

H E L P

isn’t a four-letter word.

SUPPORT IS SOMETHING WE ALL NEED. That’s why the Iowa Department of Public Health created YourLifeIowa.org. So you can get help for alcohol, drug and gambling problems, suicidal thoughts, and more from experts dedicated to the health of Iowans. It’s where you can chat live, get reliable information and treatment options, and find help near you. It’s where you can get the support you want, 24/7.

WE’RE YOUR EVERYDAY LIFE SUPPORT.

YourLifeIowa.org 1.855.581.8111

Maharishi University of Management

What is Ayurveda?

“Ayurvedic medicine (also called Ayurveda) is one of the world’s oldest medical systems. It originated in India and has evolved there over thousands of years. In the United States, Ayurvedic medicine is considered a complementary health approach.”

Is Ayurveda effective?

“Ayurveda can have positive effects when used as a complementary therapy in combination with standard, conventional medical care.”

“"The way the program is delivered is very intuitive for a medical professional. It’s very easy to learn those principles and apply them right away.”

- Sarah Michaluk, Clinical Nurse Specialist

Online MS in Maharishi Ayurveda and Integrative Medicine

- Integrate Ayurvedic knowledge with modern health science
- Study online part-time with expert professors
- Federal aid for full tuition is available
- Graduate as an Ayurveda Practitioner

MUM is the only accredited U.S. university offering an online Master’s in Ayurveda.

Learn more and inquire at mum.edu/iowa-nurses

Complement your practice

Online MS in Maharishi Ayurveda and Integrative Medicine

- Integrate Ayurvedic knowledge with modern health science
- Study online part-time with expert professors
- Federal aid for full tuition is available
- Graduate as an Ayurveda Practitioner

MUM is the only accredited U.S. university offering an online Master’s in Ayurveda.

Learn more and inquire at mum.edu/iowa-nurses

Complement your practice