Patrick Reed, RN, DNP
Since 2016, LSNA has experienced tremendous growth in membership, program development, and organization advancements. Significant credit for this growth lays with our Executive Director, Dr. John Wyble. John has been an indispensable asset to LSNA. John is not a nurse but has a passion for the nursing profession. During his time with us, that passion has grown as he would tell you himself. It is with profound regret we will be saying farewell to Dr. Wyble as he moves on to new and exciting career adventures. We wish him the very best.

LSNA is in the process of publishing a call for nominations for a new Executive Director. Watch your email and our webpage for more information.

Change is inevitable. As the axiom goes, change is the only constant. Some changes are better than others. In nursing, change can be (and often is) a process of moving forward. Expanding our knowledge base through research and practice, understanding the nursing role within the health care system, and building on the nursing metaparadigm continues the forward motion of our profession. Public perception of nursing is often still limited to actions of nurses in the role of a direct caregiver. But we know there is so much more to nursing. Bedside care or care provided in a clinic is the tip of the iceberg while the foundation is miles below the surface. In a recent article in the Journal of Nursing (2019) a study of the perception of nursing states, “The science of nursing is a dynamic entity evolving with time. Hence, it is important to develop a systematic and scientific methodology to assess public or patient perceptions about nursing. It is also important for the nurses to understand the perceptions of the public to achieve their professional goal of quality nurse care” (conclusion).

While the majority of us are not researchers, we all have a responsibility to help society understand the actual and critical role of nurses. We have an essential role in building a health care system that is holistic and caring. Demonstration of our caring profession begins with nurses caring for nurses. Together, we can change the face of health care. We say farewell to John and set our eyes and hearts on LSNA, Leading the Way.
Executive Director’s Message

Your Voice... Your LSNA

This column is my final one as your executive director. While it was a very difficult decision to leave this organization, and its people whom I will miss dearly, I am especially proud of some incredible accomplishments over our three plus years together. Here are just a few:

- More than 15% growth in membership
- Financial stability by growing membership and increasing revenue for LSNA
- LSNA was a key leader and partner in successfully getting legislation passed to have Louisiana join the Nurse Compact
- Record breaking attendance, revenue and nominations for the annual LNF Nightingale Awards Gala
- Completely redesigned website, increased social media presence, and a redesign of this publication to better communicate with all RN’s and stakeholders statewide and beyond
- A revamped Board of Directors who reflect the diversity of RN’s in Louisiana from practice to community and beyond. LSNA has an INCREDIBLE board of directors through 2021 that I am completely confident will continue this path to prosperity and growth
- The FACES OF NURSING campaign which is spotlighted in this edition of The Pelican

There are many, many more successes over the past three years but it’s important that we continue with our forward-thinking vision of engaging RN’s and stakeholders. While I work with the Board to facilitate the search process for the next executive director, I ask you to please consider supporting your own profession. Membership into LSNA is the best, and most economical way, of supporting your nursing profession and health care of Louisiana LSNA, its members, and its work to advance the nursing profession and health care of Louisiana citizens.

It has, indeed, been an honor. All the best,

John E. Wybale
PhD
Certified Association Executive (CAE)
District News

Baton Rouge District Nurses Association –
Calling All Registered Nurses

Lisa Deaton, BSN, RN – President

It is hard to believe that summer is coming to an end, football season has begun and holidays are just around the corner. In January, a transition meeting was held with the outgoing and incoming Board members to explore ideas and develop strategies to engage our current 370 members and become more visible in our communities. Over the last few months, I have met with several Chief Nursing Officers of the hospitals in our District and plan to meet with the others before the end of the year. The purpose of these meetings was to begin a dialogue with large employers of Registered Nurses to examine the role of the BRDNA in our communities.

The BRDNA was founded in 1918 and we have strived to be the voice for all professional Registered Nurses no matter their educational preparation or their area of employment. As a constituent member of the State Nurses Association, we are positioned to advocate for the profession of nursing. The goals are to promote professional development, the image of nursing and foster high standards of nursing care to improve the health of our citizens.

The District currently holds monthly professional and social meetings with educational programs. We recognize that these meetings may not be the best way to meet the needs of all of our District. There are more than 9500 licensed Registered Nurses in the District of which 370 are currently members. We need to hear from you, both member and non-member Registered Nurses, within the District on what you believe is the best method of meeting our goals and strengthening our professional voice. I am calling on all Registered Nurses who live in the seven parishes that make up our District. We need your help to achieve the vision of the District. What would motivate you to become engaged in the District?

Please contact us at presidentbrdna@gmail.com or feel free to contact me, Lisa Deaton, at 225-933-3242. You can also visit our website at www.brdna.org to keep up to date on what is happening in the District. Also, make sure you like us on Facebook.

The Baton Rouge District Nurses Association held its August 8, 2019 meeting at the Baton Rouge General Medical Center, Picardy campus. Guest speaker was Coletta C. Barrett, RN, MHA, FAHA, FACHE, Vice President of Mission at Our Lady of the Lake Regional Medical Center and Chairman of the Board – Mayor’s Healthy City Initiative, “Zip Code greater than Genetic Code, Building a Culture of Health in Baton Rouge.” Over 25 Registered members and guests attended.

Pictured from the left are Anastasia Wynn, Vice President/Program Chair, Coletta Barrett, speaker, Monica Nijoka, BRGMC Chief Nursing Officer, and Lisa Deaton, BRDNA president.

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New Orleans District Nurses Association (NODNA) most recent programs focused on “Cultural Humility and LGBTQIA Populations: What Nurses Need to Know,” “Mindfulness and Self-Care,” and “Nurse Peer to Peer Coping Skills Shared.” As an organization, NODNA strives to bring nurses together, empower one another, and promote healthy dialogue around important topics. Our programs provide nurses with the opportunity to earn CE Credit and network with other nurses throughout the New Orleans Metro Area. NODNA has a few exciting programs on the horizon and we look forward to you joining us!

To learn more about NODNA and our activities, go to www.nolanurses.org and follow us on LinkedIn, Twitter, Facebook, and Instagram.

Student Nurse Night

Student Nurse Night exposes new graduate nurses to the benefits of participation in our professional nursing organization, the American Nurses Association (ANA) and its local chapter, NODNA. This night is also an opportunity for potential employers to meet new nurse graduates, network with nursing faculty, and explore future participation with NODNA.

NODNA is inviting health care leaders in Southeastern Louisiana to partner and participate in our 2019 Student Nurse Night celebration. By becoming a sponsor of NODNA’s Student Nurse Night, you can support our newest and brightest nurses by creating excitement and energy as they enter their careers.

To become a sponsor, please contact Denise Hancock via email: studentnursenight@nolanurses.org or via phone: 504-296-2087

Date: November 7, 2019
Time: 7pm-9pm
Location: Chateau Country Club
3600 Chateau Blvd, Kenner, LA 70065

Additional Upcoming NODNA Meetings and Programs

- October 17 5:30-7pm Meeting and Program: What Nurses Need to Know About CBD, Cannabinoids and Louisiana Law. Adjuan Edgerson, RN, Entrepreneur, Co-Owner/Founder of Twisted Blendz, Hosted by: BCM Congregational Wellness NOBA Assembly Hall, 2222 Lakeshore Drive, New Orleans, LA 70122
- November 21 5:30-7pm — ZOOM Meeting
- November 27 6pm-8pm — Nurse Peer to Peer Coping Skills Shared, Facilitated by Sophie Lenoir, RN, Community Room, 300 N. Broad Street, above Whole Foods.
- December 19th 5:30-7pm Meeting and Program: Exploring the impact of Emotional intelligence (EI) interventions on academic success: A pilot study, Rose Schaubhut, DNP, MN, MPH, NEA-BC, LSU School of Nursing, Hosted by: TBD
2020 SPONSORSHIPS

Champion $10,000
- Two (2) tables of 10 with the best seats in the house
- All promotional materials to be co-branded with your logo
- Inclusion in media releases
- Recognition by event organizers from the podium
- Logo prominently featured on event website and LSNA Pelican News
- Year long digital ad on LSNA website
- Social media shout outs
- Opportunity to make welcoming remarks at gala

Guardian $5,000
- One table of 10 with prominent seating
- Logo listed as a Guardian Sponsor on all promotional materials
- Recognition by event organizers from the podium
- Logo prominently featured on event website and LSNA Pelican News
- Quarter long digital ad on LSNA website
- Social media shout out
- Opportunity to be an awards presenter

Caregiver $2,500
- Five (5) tickets
- Logo listed as a Caregiver Sponsor on all promotional materials
- Recognition by event organizers from the podium
- Logo prominently featured on event website and LSNA Pelican News
- Social media shout out
- Opportunity to be an awards presenter

Advocate $1,000
- Two (2) tickets
- Name listed as an Advocate Sponsor on all promotional materials
- Recognition by event organizers from the podium
- Name featured on event website and LSNA Pelican News
- Opportunity to be an awards presenter

Exclusive Underwriting Opportunities

Nominee Reception $6,000
- One table of 10
- Logo listed as the nominee reception sponsor on all promotional materials
- Signage at bars listing company as nominee reception sponsor
- Logo branded cocktail napkins
- Opportunity for a signature cocktail
- Logo prominently featured on event website and LSNA Pelican News
- Social media shout out

Floral/Party Favor $5,000
- One table of 10
- Logo listed as the floral/party favor sponsor on all promotional materials
- A place card on each table listing company as floral/party favor sponsor
- Logo prominently featured on event website and LSNA Pelican News
- Social media shout out

Music $2,500
- Five (5) tickets
- Logo listed as the music sponsor on all promotional materials
- Logo featured on event website and LSNA Pelican News
- Social media shout out

Photography $1,000
- Two (2) tickets
- Name listed as the photography sponsor on all promotional materials
- Name featured on event website and LSNA Pelican News

On March 21, 2020, join more than 600 supporters from across the state to celebrate excellence in nursing.

If you haven’t attended a Nightingale Awards and Gala before, prepare yourself for shouts of joy as awardees are announced in an awards show style presentation—sealed envelopes and all.

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Thank you for your investment in our state’s nurses.

2020 SPONSORSHIP FORM

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Sponsorship Level Direct Underwriter
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_____, Caregiver - $2,500 ______, Music - $2,000
_____, Advocate - $1,000 ______, Photography - $1,000

Additional Tables/Tickets
Early Bird (before January 31) ______ x $900/table ______ x $90/ticket
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Late Rate (after March 1) ______ x $1,250/table ______ x $125/ticket

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Please mail form and payment to Louisiana Nurses Foundation
643 Spanish Town Road, Baton Rouge, LA 70802

A portion of your sponsorship is tax deductible as the Louisiana Nurses Foundation is an exempt organization as described in Section 501(c)(3) of the Internal Revenue Code: EIN 58-1647566
All submissions may include up to three (3) supporting documents such as a Resume, Letters of support, Media coverage of achievements, etc.

Please comment on and give examples of the nominee’s achievements/accomplishments related to the SPECIFIC AWARD CRITERIA for which he or she is nominated. A nominee’s application must be complete as it shall be the sole source for determination of honorees.

Hall of Fame
This prestigious award recognizes a Registered Nurse’s lifelong commitment to the profession. The Registered Nurse must have practiced in Louisiana for at least 10 years and has achieved national prominence. This award may not be given every year and is limited. The nominee should not be presently serving on the LSNA or LNF boards.

Award Criteria — please address the following:
1. preparation in a formal nursing program,
2. activities related to lifelong learning, and significant length of practice as a registered nurse,
3. contributions to professional nursing and/or community organizations,
4. demonstrated leadership which has affected Louisiana citizen’s health and/or nursing’s social history,
5. contribution to nursing practice, education, administration, research, economics, or literature,
6. achievement of national recognition, and
7. enduring achievement, having value beyond the nominee’s lifetime.

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

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

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

Award Criteria — please address the following:
1. ability to demonstrate use of clinical expertise and interpersonal/communication skills to deliver excellence in patient care,
2. Impact on clinical outcomes and patient satisfaction through application of nursing knowledge,
3. ability to use leadership skills and quality measures to initiate improvement in patient care processes,
4. ability to demonstrate use of critical thinking and problem solving skills to deliver excellence in patient care,
5. ability to use leadership skills and quality measures to initiate improvement in patient care processes,
6. ability to use leadership skills and quality measures to initiate improvement in patient care processes,
7. ability to use leadership skills and quality measures to initiate improvement in patient care processes.
4. evidence of participation in professional/community organizations, and
5. evidence of mentoring nurses to the profession of nursing at an organization, including measurement outcomes related to nursing retention and turnover.

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

Contribution to Quality Award
This award recognizes a registered nurse who serves in the roles of quality, assurance, informatics, performance improvement, evidence-based practice nurse/nurse researcher, and/or public health nurse/community nurse.
Award Criteria — please address the following:
1. reviews quality metrics and implements action plans/programs to positively impact patient outcomes, clinical quality or the community. (Please elaborate on action and direct results),
2. evidence of lifelong learning. Please provide examples of ways you have completed continuing education to improve your skill and/or scope,
3. demonstrates the ability to collaborate with multiple disciplines to better serve populations. (Please provide examples of collaboration and positive outcomes, if applicable to your practice),
4. evidence of participation in LSNA/ANA and other professional organizations.

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

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

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

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

Nursing School of the Year — Graduate Degree Programs
This award recognizes a school of nursing offering formal education to registered nurses seeking a graduate degree for advanced clinical practice roles as well as nursing administration, nursing education and research.
Award Criteria — please address the following:
1. description of the advanced practice and higher degree programs of the school,
2. number of graduates in each offered program during the past two-year period,
3. advanced practice certification first-time pass rates for immediate two-year reporting periods, if applicable to type of program,
4. examples of innovation in nursing education, and
5. percentage of students and faculty who are members of LSNA/ANA and other professional nursing organizations and related activities.

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

Organizational Award Criteria:
Please comment on and give examples of the organization’s achievements/appointments in relation to the specific award. Each organization’s nomination shall include a high-resolution image of the organization’s official logo.

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

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2. number of graduates in each offered program during the past two-year period,
With nearly 40% of our legislators in the Louisiana House and Senate terming out of their offices, there was a lot of activism taking place this Fall with candidates qualifying for various seats, and LANPAC (Louisiana Nurses Political Action Committee) was heavily engaged in the process. Once all qualified candidates were identified, the Board of Trustees began the vetting process, as directed in our Bylaws.

After a June meeting with Southern Strategy Group (SSG), the Board of Trustees began development of a five-item candidate questionnaire which was the first effort of this kind by LANPAC. In August, the Board of Trustees electronically distributed questionnaires to all candidates for whom email addresses were available. Questionnaires were sent to 165 House of Representative candidates, and efforts were made to obtain contact information for 35 additional Representative candidates. In Senate races, 74 questionnaires were sent, with an additional 12 candidates to whom calls were made seeking email addresses.

Another important milestone occurred when LANPAC leadership invited leaders and lobbyists representing the Louisiana Association of Nurse Practitioners (LANP) to participate in the two sessions spent reviewing returned questionnaires. This is a key collaborative effort that has opened dialogue to explore other potential opportunities for collaboration between LSNA, LANP, and LANPAC. Next, the LANPAC Board of Trustees determined which candidates to support and at what level — 1) endorsement/support letter; or, 2) endorsement/support letter along with a financial contribution. LANPAC engaged in their own decision-making regarding candidate support activities. LANPAC support outcomes are listed below.

With over 58,000 registered nurses residing in Louisiana, we can speak as one strong voice for our patients and protect our profession by engaging in political activism. Contributions are voluntary and may be made by nurses and friends of nursing. All donations are welcome, and any amount of $50.00 or more qualifies the donor as a voting member of LANPAC. Please go to https://www.lsna.org/lanpac, make a donation, and join our efforts to help us grow our strength.

LETTERS OF SUPPORT AND FINANCIAL CONTRIBUTIONS - House of Representatives

- Bossier 1 - James Harper, APRN
- Shreveport 5 - Alan Seabaugh
- Opelousas 40 - Dustin Miller, APRN
- Houma 51 - Beryl Amedee
- LaPlace 57 - Randall Gains
- Vacherie 58 - Ken Brass
- Baton Rouge 67 - Dr. Leah Cullins, APRN
- Harvey 87 - Rodney Lyons
- Belle Chase 105 - Chris Leopold
- Gonzales Senate 2 - Ed Price
- New Orleans Senate 5 - Karen Carter Peterson
- Kenner Senate 10 - Kirk Talbot
- Franklinton Senate 12 - Beth Mizell
- Baton Rouge Senate 14 - Patricia Smith
- Baton Rouge Senate 15 - Regina Barrow
- Alexandria Senate 29 - Gerald Boudreaux
- Bossier Senate 36 - Jay Luneau
- Shreveport Senate 37 - Ryan Gatti

LETTERS OF SUPPORT ONLY

- Minden 10 - Wayne McMahon
- Lake Charles 34 - Wilford Carter Sr.
- Baton Rouge 66 - Morgan Lamand
- St Tammany & Tangipahoa 74 - Cindy Renee Winn
- Slidell 70 - Robert “Bob” Owen
- Albany 95 - Sherman Mack
- Shreveport Senate 38 - John Milkovich

THANK YOU LETTERS TO CANDIDATES RESPONDING TO LANPAC QUESTIONNAIRES - House of Representatives

- Minden 10 - Cresthton Wilson
- Monroe 15 - Drak H. Graves
- Monroe 16 - Daryl Berry
- Alexandria 28 - Daryl Deshotel
- Alexandria 28 - Donald Milligan
- Allen/Calsieau 32 - Kristian Poncho
- Sulphur 53 - Les Farnum
- Jackson 62 - Derald Spears Sr.
- Baton Rouge 68 - Laurie White Adams
- Baton Rouge 68 - Tommy Dewey
- Denham Spgs 71 - Belinda Davis
- Ponchatoula 73 - Lori Callais
- Bogalusa 75 - Malinda B. White
- Metairie 82 - “Trey” Mustian
- Mandeville 89 - Richard Nelson
- New Orleans 91 - Carling Dinkler
- New Orleans 91 - Robert McKnight
- Metairie 94 - Kirk Williamon
- Metairie 94 - Tommy Savioe
- New Iberia 96 - Robert H. “Bob” Titus II
- New Iberia 96 - Marcus Bryant
- New Orleans 98 - Aimee Adatto Freeman
- New Orleans 98 - Carlos Zervigon
- New Orleans 98 - Kiesa Sherman
- New Orleans 99 - Jameel Shaheer
- New Orleans 99 - Adonis C. Expose’
- New Orleans 99 - Mack Cormier
- Belle Chase 105 - Christopher Schulz
- San Diego Senate 3 - Joe Bouie
- Terrebonne/Lafouche Senate 20 - Damon Baldone
- Columbia Senate 32 - Glen Womack
- Bossier Senate 37 - Debbie Hollis
- Shreveport Senate 38 - Barry Milligan

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The unforgotten call bell alarm, the insistent ringing of the phone, a faint bed alarm with the associated sinking feeling of a possible patient fall, the sudden admit, 214 needs her pain medication, 218 needs two units of packed cells and a CVP line, 230 is lamenting over her son’s unexpected and irreversible illness; sound familiar? It’s no surprise that nurses frequently feel depleted, stressed out, and emotionally taxed, perpetuating a global peril to the health and wellbeing of nurses and threaten the collective enthusiasm of the nursing workforce. To contend with the unfavorable consequences of burnout and compassion fatigue, one must first understand the nuances of burnout and compassion fatigue and take prompt action to promote impactful vitality and overall wellbeing. Can mindful meditation enhance wellbeing and mitigate burnout?

Although burnout and compassion fatigue, diverge in various fashions (Gentry, 2018), Burnout is physical symptoms that arise as demanding, stressful, and overwhelming among nurses who report their practice settings as challenging, stressful, and overwhelming (Gentry, 2018). Burnout does not occur instantly; instead, it is a zenith of expansive periods of susceptibility to stress (Gentry, 2018). Typical physical manifestations associated with burnout include physical exhaustion, adverse stances regarding one’s role in their setting, and sometimes a dearth of concern for the patients they interact with regularly (Gentry, 2018). Compassion fatigue begins with burnout and develops as a response to prolonged exposure to patient suffering, engendering a feeling of helplessness, and inducing an array of physical, psychological, and emotional challenges (Gentry, 2018). Compassion fatigue can lend itself to unfavorable health difficulties, including pain, sleeplessness, fatigue, anxiety, depression, and lack of concentration (Gentry, 2018).

Statistically speaking, nurses who encounter burnout related illness, which comprises four out of every five nurses, remain in clinical practice indicating an overarching and commonplace quandary, indicating that nurses are not great at self-care (Gentry, 2018).

Some nurses link self-care to grand gestures of self-indulgence, such as dream vacations or elaborate spa days, often associating self-care with opportunities to spend money, which leads to frequent avoidance. In reality, self-care is the small daily gestures that afford a brief but much obliged time out, and in doing so, studies indicate that burnout and compassion fatigue slowly wains. Small periodic gestures demand less time and even require no monetary spending. Mindful meditation regularly surfaces in the literature as a technique that nurses can exercise, which takes little time, is flexible, and has promising results linked to stress and compassion fatigue mitigation. Evidence points to this concept that nurses are unable to express empathy and compassion without first being permitted to formulate self-compassion through self-care methods (Kelly & Tyson, 2017). Mindfulness-based stress reduction (MBSR) is the practice of taking mindful moments allowing thoughts to focus on the surrounding environment, which leads to relaxation and exhilaration. According to Cohen-Katz et al. (2005), who first studied nurses and MBIR, reported that after a two-part study, a statistically significant increase in mindfulness was reassuring and sustained three months following the intervention. Various other studies generate nearly the same results. Now that we know mindful meditation works, how do we incorporate this practice into our hectic lives as nurses?

Make time to practice mindful moments regularly. Use reminders on your mobile phones to keep you accountable until it becomes an everyday habit. Mindfulness is a tricky skill that warrants time and practice to gain proficiency. Use technology to aid your learning with the basics, such as applications on your mobile phone or using artificial intelligence (AI) such as the Amazon Echo or Google Home. There are several cost-free possibilities, such as the mindfulness app and free application Headspace and Calm. Take five minutes before your shift while sitting in your car or five minutes before you go to bed to practice mindful moments, to destress, detox, and watch your stress and compassion fatigue gently wither away. These small everyday practices can save your life, better your health, and fosters safe and effective patient care practice and outcomes. Your family and even your employers will thank you.

References:

Continuing Nursing Education Corner

Kim V. Cheramie, MSN, RN-BC
crne@lsna.org

What a great few months we are experiencing in CNE (branding change to NCPD – keep reading)! More of you are inquiring about providing quality content and clarifications for your nursing target audience and awarding contact hours. This just attests to the value and need to ensure our Louisiana nurses are performing at the peak of their practice and we are ensuring their professional development.

In August we implemented monthly provider calls to be held on the fourth (4th) Tuesday of each month at 12noon ($2 of your colleagues attended the first call in August!). These monthly calls will allow providers the opportunity to discuss issues and questions that you have and receive clarification from the Approver unit. If you are a provider of nursing continuing (NCPD) and would like to join the calls, please email me (crne@lsna.org) to be added to the appointment notifications.

In the month of September, we launched draft revisions to the CNE (NCPD) website. Effort was placed on clarifying the processes to applying individual activities as well as providing the criteria that provides clarity of criteria as well as removing redundancy. As an approver and provider of NCPD, LSNA has chosen to implement these revisions immediately opposed to delaying the changes for another year. You will see less of the term CNE and more promotion of NCPD. For providers who have not received direct communication or were not on the August Provider call, please contact me at crne@lsna.org for more information. Also, the website will contain the revisions in the updated documents and resources.

I continue to welcome valuable feedback and suggestions from providers and nurses on the LSNA NCPD unit. I also would like to invite providers to contact me directly via email on any items they are seeking clarification as well as suggest improvements needed. This input is vital as we continue to look for opportunities for continued improvement.

Thank you again for all the work you do in providing quality, professional development opportunities for Louisiana nurses. It is an honor to support and work with you!
Thank you to all outstanding nurses who consistently go above and beyond their call of duty to provide compassion and comfort to those who need it most.
Healing

LOUISIANA’S NURSES —
The idea for a statewide simulation event was prompted by two (2) years of prior statewide simulation focus by Mrs. Tabitha Jones-Thomas of Franciscan Missionaries of Our Lady University (FRANU) and Wendi Palermo, PhD, RN; LTCES Executive Director of Nursing and Healthcare Initiatives. They partnered together in 2016 and set out to specifically bridge classroom to clinical using simulation. The first year of partnership was focused on identifying best practice and in 2018, they traveled the state disseminating best practices to various institutions of higher learning. Funding to support the 2019 Simulation Expo was awarded to Mrs. Jones-Thomas, MSN, RN and Dr. Palermo by the Louisiana Board of Regents. In addition, the SMTEC-LA council was instrumental in the success of the event as committee members strive to enhance effective use of simulation for students, faculty, and practitioners throughout the health professions statewide. The planning committee for the event were Tabitha Jones-Thomas, Wendi Palermo, Lisa Broussard, Nicole Coarsey, Alison Davis, Sue Davis, Pam Hellums, Daryl Lofaso, Manda Moore, Martha Moore, Kim Conway-Pennick, Lisa Rogers, Nicole Scott, Kellie Taylor-White, Trudy Williams, Terri Talbot and Nancy Winship.

As a result of statewide partnerships funding from the La. Board of Regents and support from the SMTEC-LA council, the Louisiana State Wide Simulation Expo was planned and held on Monday, April 29, 2019 from 7:30 a.m. to 4:00 p.m.

The primary purpose of the Simulation Expo was to provide simulation education development opportunities to faculty and the health professions. Therefore, a comprehensive agenda was developed by the planning committee to allow to all participants an opportunity to learn about key components of simulation education. The sessions presented in the morning were repeated during the afternoon session to provide participants with an opportunity to attend their top two priority sessions.

There were 194 participants with various healthcare backgrounds in attendance. Twenty-nine (29) Louisiana parishes were represented, along with four participants from Texas and Mississippi; all attended free of charge.

The Keynote address was provided by the renowned Dr. Pamela Jeffries of George Washington University. Dr. Jeffries contributed to simulation scholarship, creating a framework, and monograph now known as the NLN Jeffries Simulation Theory. She facilitated both opening and closing remarks during the event and was sure to include content that could be utilized by all disciplines.

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The 2019 Gubernatorial General Election is Saturday, November 16th. The deadline to register to vote in person or by mail is October 16th; the deadline to register online is October 26th. The early voting period is November 2nd through November 9th from 8:30 a.m. to 6:00 p.m. The deadline to request an absentee by mail ballot is November 12th by 4:30 p.m., which must be received by the registrar of voters by 4:30 p.m. on November 15th. Voting hours for the general election are 6:00 a.m. to 8:00 p.m.

Expect a lengthy ballot. Many of the races have several candidates: six for governor; two for lieutenant governor; four for secretary of state; two for attorney general; three for treasurer; five for commissioner of agriculture and forestry; and two for commissioner of insurance. The Louisiana Senate has thirty-nine members. Twelve candidates ran unopposed and seventy-four candidates remain. The Louisiana House of Representatives has one hundred five members. Forty ran unopposed and 194 candidates remain. Voters will also see four proposed constitutional amendments and numerous local candidates and propositions.

In more pertinent news, New York banned the sale of flavored electronic cigarettes, becoming the second state, after Michigan, to ban the candy flavored products amid a surge of vaping-related illnesses and deaths across the country. On the federal level, Senate Majority Leader Mitch McConnell introduced legislation to raise the legal age to buy tobacco from 18 to 21, and President Trump also recently announced efforts to band flavored e-cigarettes. This coincides with the rise of cannabidiol ("CBD") in e-cigarettes and recent reports of CBD products being "spiked" with synthetic marijuana, unbeknownst to the buyer. The use of e-cigarettes and CBD will be closely monitored and will likely result in legislation being introduced in the 2020 Regular Legislative Session. The new legislators at the Capitol will need your expertise and input to ensure the health, safety, and welfare of citizens around Louisiana are protected.

Nurse Fellow selected from the State of Louisiana for the first Cohort of Alliance of Nurses for Healthy Environments (ANHE) 2019-2020

Antionella “Shelley” Upshaw, PhD, BS, RN was recently selected to represent the State of Louisiana in the first cohort of Fellows for the Alliance of Nurses for Healthy Environments (ANHE) 2019-2020. During the convening meeting at Pendle Hill Retreat Center in Philadelphia, Pennsylvania, Dr. Upshaw was invited to be a part of the organizing committee on ANHE’s Diversity, Equity and Inclusion (DE). Shelley has been a registered nurse for over 18 years and is currently an Assistant Professor at Southern University and A&M College in the Nursing & Allied Health program. She focuses on teaching basic nursing skills to graduating seniors and advance practice registered nurses for Healthy Environments. Shelley will have an opportunity to develop a project that addresses an identified environmental health need in partnership with a community-based organization and build support for community-driven solutions. In addition, Shelley will hold educational sessions for health professionals on critical environmental health issues. ANHE launched the first of its kind Environmental Health Nurse Fellowship program to train nurses to work with communities in tackling serious environmental health threats, including toxic chemical pollution, water contamination, climate disruption and related health impacts, and more. Funded by the Kresge Foundation, the program has a focus on environmental health equity and justice and addressing the disproportionate impact of environmental exposures on vulnerable groups. ANHE fellows and mentors are grouped by the ten regions. Click a region below to learn more about the 30 fellows and 10 mentors that are part of the 2019-2020 fellowship cohort https://envirn.org/anhe-fellowship/
Membership

Sharon V Porter LA01
Danielle Kathleen Smyth LA01
Shannon Nicole Amacker LA02
Victoria T Danagogo LA02
Lisa Dunn LA02
Tebishta Ann Dunn LA02
Laura Gomez LA02
Tifani Guillory LA02
Bertha S. Howard LA02
Patricia Jackson LA02
Debra D Khalid Abas LA02
Vinnie N Marcell LA02
Jennifer Maxanz LA02
Gehan Mohsen LA02
Ona Carson Robbins LA02
Allison Jane Ronie LA02
Nicole Scott LA02
Suzanne Sikes LA02
Ashton Vidrine LA02
Tori J Vincik LA02
Laura V Blue LA03
Sharon Elizabeth Celestine LA03
Clelie Dugan LA03
Jason Todd Hatchett LA03
Leslie McDaniel LA03
Teresa R Mura LA03
Jennifer Shields LA03
Fiona Anne Winterbottom LA03
Edie B Boudreaux LA04
Sonia A. Briggs LA04
Crystal Broussard LA04
Lori Broussard LA04
Mary M Duncan LA04
Crystal S Fontenot LA04
Danitra Hilliard Lambousy LA04
Megan Renee Mayon LA04
Crystal Noel LA04
Dense T Noel LA04
Uchechi M Ogw LA04
Rachael Callaway Rabalais LA04
Regina Louise Bougie LA05
Gerald W. Bryant LA05
Amanda Deshotel LA05
Julie Dyrek LA05
Jessica Francis LA05
Sherry Lynn Guaraldo LA05
James Jean LA05
Samantha E Trahan LA05
Emily Trahan LA05
Douglas R Council LA06
Mary Johnson LA06
Rhonda Terese Rushing LA06
Mary Wilcox Acy LA07
Adrienne Alexander LA07
Andrea Williams Arceaux LA07
Quiana Monique Augustin LA07
Bindle Bansal LA07
Jada T Boyd LA07
Theresa Brazile LA07
Elizabeth Pollet Cusimano LA07
Andrew Davenport LA07
Laquana Davis LA07
Dulce A. Favor LA07
Deborah Ford LA07
Bridget Hemstreet LA07
Adrienne Hyml Holdridge LA07
Daykey Wave Jasingh LA07
Zenesha Joseph LA07
Tanya Joseph LA07
Scharmaine Lawson Baker LA07
Ruth Franzy Montgomery LA07
Heather Ney LA07
Kimberlin Pittman LA07
Kimberly Marie Pounds LA07
Pamela Ann Pourciou LA07
Price LA07
Andrallia Slaton LA07
Beverly Stewart LA07
Virginia Warren LA07
Penny M Winfield LA07
Vickie Anderson LA07
Emma Prater LA07
Susan Brown LA07
Darla Corley LA07
Julie R Craig LA07
Emily Demoss LA07
Tal Tinishi Hardman LA07
Patience Sydney Harvey LA08

LSNA Membership Application

Membership Category (Please check one)

- Full Membership Dues: $24.75 per month
- $244.50 annually
- Includes membership in the American Nurses Association, Louisiana State Nurses Association, and LSUHSC-LA District Association.

- Employed Full-Time
- Employed Part-Time

- State only
- Louisiana State Membership

Membership Application

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(318) 212-8919
Following the tragedy of Sandy Hook in 2012 along with several other significant incidents in the following years, leaders from the federal government, medical communities and law enforcement agencies formed a coalition to determine how to best control the identified threat of death due to hemorrhage. Norman McSwain, a Louisiana icon in the world of trauma, joined the group that formed the Hartford Consensus. Based on evidence from several high profile mass casualty events the group set out to address preventable death; specifically, preventable death from uncontrolled bleeding. The group began by asking themselves questions. What could have been done to prevent these deaths after the injury? What can the medical professional do to help in situations when they are not on scene to see a person dying a preventable death? As healthcare professionals, what can we do to teach the community about these kinds of injuries? In answer to these questions, Stop the Bleed was born.

The idea was to teach members of law enforcement, and civilians simple bleeding control techniques to bridge the gap between the time of injury and the arrival of first responders. These crucial moments influence the outcome of a life saved and a preventable death. The class focuses on quickly recognizing life-threatening bleeding, locating the source and applying a source of pressure directly to the wound. The group is working to educate the public and empower them to control bleeding with automated defibrillators in place. Because of the grant and collaborative efforts, Stop the Bleed wall mounted kits are now in many churches and schools. In addition to a broad based approach aimed atblanketing the area with education, these supplies for these organizations, the Cajun Navy has adopted a grassroots spread of the project. Northeast Louisiana is not the only area with a strong push to ensure wide spread use of the Stop the Bleed education. Throughout the state, there are opportunities to get involved with the project.

Stop the Bleed is a simple concept but could have a huge influence on the health and well-being of our communities. The motto used by Stop the Bleed is “The only thing more tragic than death... is a death that could have been prevented.” Please join the initiative. You can start by asking yourself if you are prepared to stop a preventable death from bleeding, and have you done your best to ensure that this knowledge spreads to all corners of our communities. LERN has ensured that every region in the state has at least three training kits strategically placed in the community for use by educators and the Louisiana Hospital Association is equipping members with training materials. More information on Stop the Bleed can be found at: www.stopthebleed.com

Can You STOP THE BLEED?

Jamin Rankin, RN

It is an exciting time of the year for the Louisiana Association of Student Nurses (LASN) as our 65th annual convention is quickly approaching. Each year in October, the organization holds a convention for its members. This year, students in Louisiana that aims to open their eyes to the opportunities that await them as a nurse. The 65th annual convention will be held between October 3-5 at the Lafayette CAJUNDOME and Convention Center. We hope that students to embrace the potential this annual event has in the lives of their patients as a nurse through this year’s theme, “I’m a nurse. What’s your super power?”

From focus sessions to a mini HURST review, from House of Delegates meetings to a council of student nurses, leaders, forum and open opening night party to exhibitor halls, this year’s LASN convention has much to offer. Our keynote speaker this year is Stanley Guillot, BSN, RN, CCRN-K, PCCN-CMC-CSC, PA-C, the President of the Lagniappe Chapter in Alexandria of the American Association of Critical Care Nurses (AACN). We are very excited to hear him as the closing session for the convention that will extend upon the AACN’s topic of the year “UNSTOPPABLE.”

LASN provides four $500 scholarships each year at convention in the categories of Financial Need, Academic Excellence, Breakthrough to Nursing, and Student Nurse of the Year. The Applications can be found on our website, https://www.lasn.org/convention, and are due by September 14. An interview at convention is also required to be a candidate for any of these scholarships. In addition to scholarships, LASN offers 14 awards at convention that students and schools can apply for by September 14 through the applications found on our website.
Ochsner Medical Center Achieves Fourth Magnet® Recognition

Only one percent of U.S. hospitals have achieved designation four times

Ochsner Medical Center an additional honor for its exceptional nursing care.

“In addition to the Magnet Accreditation, the Commission on Magnet granted one exemplar, or recognition of a significant example of nursing excellence, for reducing unplanned extubation rates in the Pediatric Intensive Care,” said Deborah Ford, MSN, RN, chief nursing officer, Ochsner Medical Center. “Through these designations, Ochsner nurses are truly changing healthcare for the better.”

Health care organizations must reapply for Magnet recognition every four years based on adherence to Magnet concepts and demonstrated improvements in patient care and quality. An organization reapplying for Magnet recognition must provide documented evidence to demonstrate how staff members sustained and improved Magnet concepts, performance and quality over the four-year period since the organization received its most recent recognition.

“We’re a better organization today because of the Magnet recognition we first achieved 16 years ago,” said Tracey Moffatt, MHA, BSN, RN, Chief Nursing Officer and Vice President of Quality, Ochsner Health System. “Magnet recognition raised the bar for patient care and inspired every member of our team to achieve excellence every day. It is this commitment to providing our community with high-quality care that helped us become a Magnet-recognized organization, and it’s why we continue to pursue and maintain Magnet recognition.”

Ochsner Medical Center employs more than 1,400 nurses and is currently hiring. For more information about career opportunities at Ochsner, please visit www.ochsner.org/nursing.

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About Ochsner Health System

Ochsner Health System is Louisiana’s largest non-profit, academic, healthcare system. Driven by a mission to Serve, Heal, Lead, Educate and Innovate, coordinated clinical and hospital patient care is provided across the region by Ochsner’s 40 owned, managed and affiliated hospitals and specialty hospitals, and more than 100 health centers and urgent care centers. Ochsner is the only Louisiana hospital recognized by U.S. News & World Report as a “Best Hospital” across three specialty categories caring for patients from all 50 states and more than 70 countries worldwide each year. Ochsner employs nearly 25,000 employees and over 4,500 employed and affiliated physicians in over 90 medical specialties and subspecialties and conducts more than 700 clinical research studies. Ochsner Health System is proud to be a tobacco-free environment. For more information, please visit ochsner.org and follow us on Twitter and Facebook.

About The Magnet Recognition Program

The Magnet Recognition Program — administered by the American Nurses Credentialing Center, the largest and most prominent nurses credentialing organization in the world — identifies health care organizations that provide the very best in nursing care and professionalism in nursing practice. The Magnet Recognition Program serves as the gold standard for nursing excellence and provides consumers with the ultimate benchmark for measuring quality of care. For more information about the Magnet Recognition Program and current statistics, visit www.magnetprogram.org/magnet.
Karen Kiefer, APN, NP-C, RN-BC

Reprinted with permission from the New Jersey Nurse, October 2019, Volume 49, Number 4.

As nurses we see and assist people during the most vulnerable and private times in their lives. We are physically and emotionally present often feeling the burden, honor and spirit of walking them through painful and frightening experiences. We guide them through understanding, acceptance and participation in their healthcare (Sommaruga, et al. 2016). The impact we (knowingly or unknowingly) impart does not end with the transition of patient to home, other health facilities or even death. We can do so much more for ourselves, our patients and families.

I challenge you to join public advocacy groups and use your experience, knowledge and desire that you choose and continue to work in nursing. Nurses are one of the most trusted professions interacting with the public (Sommaruga et al., 2016). The American Nurses Association Code of Ethics addresses advocacy, education and affects change in public policy and legislation (ANA, 2019). Participation includes public advocacy organizations, professional organizations, participation in public hearings regarding health issues and national work groups for healthcare issues (Taylor, 2016). Nurses can and do lead on boards of public advocacy organizations and Nightingale, continuing through the present day. A contemporary example is NJ Assemblywoman Nancy Munoz who is impacting healthcare policy and legislation.

I challenge nurses to become involved in public concerns that are present and concrete. Examples include the opioid epidemic, chronic diseases, the rise of elderly population and access to insurance and healthcare (Office of Disease Prevention and Promotion, 2019). There is a need to assist the public in understanding the impact of chronic conditions with actions of education, and inclusion within the healthcare team resulting in increased daily function and decreased hospitalizations (MacLeod et al., 2017). I have chosen to become involved in groups such as the American Pain Foundation and the pain community (thepaincommunity.org) It provides an opportunity for professional and personal growth honoring the oath for education, advocacy and the inferred promise of disruptive change to advance health, promote comfort, and provide emotional support (CDC, 2019). The non-profit website provides virtual support groups, education, an opportunity for expression via blogs, research and tools for patients and caregivers. The information provided increases healthcare literacy, patient centered care using research and credible information. As a board member I implore you to look at public advocacy organizations and find your place, and impact many people who benefit from your experience, knowledge and vocational mission.

References

ANA Membership Assembly
Ensuring the Best Available Evidence is Implemented in Practice

Marie Adorno, PhD, APRN, CNE and Marsha J. Bennett, DNS, APRN, CNE

As a busy nurse and clinician, you need access to the best available evidence when you attempt to implement any change in practice. After asking a clinically focused question, the next step is to find the evidence that supports the change you wish to make. Usually, only one or two databases are searched, yielding several research reports, and these articles are then used to frame and support your intervention. But how do you know you have located and retrieved an adequate amount of current and high-level evidence? Too often, only a handful of research articles are retrieved, from a limited number of databases, and the results of the search are not comprehensive and thorough. The resultant articles seem relevant, contain data that confirms what you already suspected, and may or may not be high quality evidence. This is becoming even more important as the volume of primary research studies increases.

How is this problem resolved? Locating evidence-based clinical practice guidelines and systematic reviews constitutes one approach. However, these may not be current and need to be critiqued. Another approach uses streamlined and timely resources called evidence summaries. Evidence summaries are pre-appraised by expert reviewers containing condensed information gathered via a systematic appraisal and analysis of international evidence. These evidence summaries efficiently summarize best available evidence on a specified clinical problem or question in order to manage practice, update professional knowledge, and implement change in practice. Evidence summaries are available from several subscription and free resources: for example, the Center for Evidence-Based Management; DynaMed®; and the Joanna Briggs Institute, to name a few.

The Joanna Briggs Institute (JBI) has over 3200 evidence summaries based on structured searches of international research literature and healthcare databases. A JBI evidence summary contains title, date, author, clinical question, clinical background, characteristics of the evidence used, best practice recommendations, and references. The JBI evidence summaries undergo critical appraisal and peer review. The JBI uses evidence summaries as the basis of its implementation program, the Evidence-Based Clinical Fellowships Program (CFP). The implementation process proceeds using the best practice recommendations, formulated into audit criteria, so that you can measure the changes in practice and patient-related outcomes. The JBI CFP recognizes that new knowledge does not translate immediately into practice and organizational change due to many barriers and gaps between recommended practice and routine care. The JBI CFP employs a number of effective strategies and models to promote evidence use and getting research into practice (GRIP), including situational analysis, clinical leadership, tailoring of strategies to overcome barriers, and methods to sustain change on both individual and systems levels. If you are interested in learning more about becoming a JBI Clinical Fellow, contact the Louisiana Center for the Promotion of Optimal Health Outcomes at the Louisiana State University Health New Orleans, School of Nursing, via the Center Director, Dr. Marsha Bennett (Mbennel@lsuhsc.edu or 504-568-4220).

LNF Seeks Applicants for the Prestigious Joe Ann Clark Graduate Nursing Education Award

Cynthia Prestholdt, PhD, RN, Chair, LNF Scholarship & Awards Committee

The Louisiana Nurses Foundation (LNF) is again pleased to offer the Joe Ann Clark Graduate Nursing Education Awards. The LNF was named a recipient of two American Nurses Foundation (ANF) scholarship grants of $1,000 each: Anna Gallagher/ANF and Fresenius Kabi/ANF Scholarship Awards. These grants were provided over the second year of a three-year grant cycle for these ANF awards. Last year’s recipients were Heidi Dubreuil from Southeastern Louisiana University and Crystal Rollins from McNeese State University.

The Louisiana State Nurses Association established the Joe Ann Clark Graduate Nursing Education Award in 2012 in honor of Joe Ann Clark for her distinguished career in professional nursing in Louisiana. It is offered on an annual basis, as funds permit. This year, LNF is providing an additional $1,000, to be equally divided between two J.A.Clark recipients. The goal of this award is to recognize and provide limited financial support to nurses who have demonstrated advocacy for persons (individual, group, population or society) or for an issue, are especially encouraged to apply. Financial arrangements for this award are managed through the Louisiana Nurses Foundation (LNF) for $1,500 scholarships are available for Spring, 2020. Complete 2019 information is available under “Apply” at: www.lsna.edu or 504-568-4220. 2 DynaMed at https://www.dynamed.com/ 1 Center for Evidence-Based Management at https://cebm.org/resources-and-tools/database-of-evidence-summary2000 3 Joanna Briggs Institute at https://jainstitute.org/

The Louisiana Action Coalition Presents Nurse Leader Institute 2020

Designed for current and emerging nurses leaders

NOTE: The final day of instruction will be held at Our Lady of the Lake Children’s Hospital.

The Nurse Leader Institute is a five-day, intensive program to help registered nurses develop long-lasting, effective leadership skills. Whether it’s human resource issues, customer service concerns, implementation of quality and patient safety initiatives, budget analysis, cost-saving mandates or building influence as a leader, program participants will gain new perspectives and solutions for the difficult challenges they face on a daily basis. Individuals completing the Nurse Leader Institute will be eligible to participate in a nine-month mentorship program during which each will be matched with an experienced nurse leader in their area of practice/interest. Those nurse leaders successfully completing both the Nurse Leader Institute and the mentorship program will be recognized as LAC Nurse Leader Institute Fellows at the annual Louisiana Nurses Foundation Nightingale Gala.

Who should attend?

The Nurse Leader Institute is a widespread program of the Louisiana Action Coalition, is designed for emerging nurse leaders and those aspiring to leadership working in all sectors of health care, including acute, ambulatory providers, long-term care, home/community health, public health and schools of nursing.

Cost for five-day program: $1,000 Registration Deadline: January 17, 2020.

Inquiries or completion of application should be sent to: Nurse Leader Institute 2020, Suite 801, 2525 Napoleon Avenue, Baton Rouge

October, November, December 2019

Page 18  •  Pelican News

NursingALD.com can point you right to that perfect NURSING JOB!
The premise of Rapid Response Systems (RRS) is to provide a safety-net for critically deteriorating patients. This article will describe the staged reengineering of the RRS at Ochsner Medical Center, New Orleans. The Critical Care Medical Center, New Orleans. The Critical Care Medical Director, Dr. David Taylor and ICU Unit Director, Anita Campbell MSN, CCRN, led implementation of the nurse-led Rapid Response consultant team. The team included an ICU nurse and a Respiratory Therapist who responded to all nurse calls for help. Consult triggers were based on standard criteria established at a medical emergency team consensus conference (DeVita, Bellomo, Hillman, et al., 2006). The first Rapid Response Nurse (RRN) conducted an initial patient assessment, escalated clinical concerns to physician teams, and documented response information. The system was named the Critical On-demand Rapid Evaluation (CORE) and the team slogan was “nurses helping nurses.”

Despite the aftermath of Hurricane Katrina, the CORE team (now RRS) was launched in January 2006. Within one year, 231 nurse consults were completed. Rapid Response consults increased 128% from 5.4 prior to implementing the CORE team. The CORE team continued to rise as physicians reported valuing the system and its confidentiality. The overall incidence of codes outside of the ICU decreased by 86% from 7.56 to 1.07 per 1000 discharges. The overall mortality decreased from 2.35% in 2005 to 2.13% in 2006.

In 2015, nurse leaders redesigned the rapid response team to respond to the demand for RN consultations. In 2016, rapid response consults had skyrocketed to 44.8 per 1000 discharges, the rate of codes outside the ICU had increased along with an increase in ICU bed capacity and acuity of patients. Nurse leaders recognized a need to redesign the RRS to provide an additional layer of support following consultation by the RRs.

In 2017, nurse leader review of emergency systems resulted in resuscitation program reengineering. In addition to decreasing rates of cardiac arrests outside ICU, studies show that RRS outcomes can include expert clinical support to novice staff, prevention of adverse events, identification of illness improvement opportunities. Considering the many benefits RRS teams offer, the nursing leadership team, in collaboration with the Critical Care and anesthesia physicians, created a new resuscitation infrastructure. The entire system was renamed and rebranded as the Rapid Response System (RRS).

One element of program reengineering was the development of a 24/7 nurse-led Rapid Response Nurse (RRN). The ANA End Nurse Abuse Professional Panel (2019) recommends an innovative approach to prevent workplace violence using the three levels of prevention:

1. Primary prevention through education and prompt identification of the occurrence of workplace violence, such as a Zero-tolerance employee education program.
2. Secondary prevention through screening, ongoing surveillance, and treatment of employees of workplace violence incidents with swift intervention to mitigate the potential negative consequences, such as a reporting and a systematic improvement program.
3. Tertiary prevention to provide rehabilitative services and support needed to minimize the long term post-violence employee limitations; such as Employee Assistance Programs and After-care.

More research is needed to cultivate and sustain effective, evidence-based programs to prevent workplace violence through the use of realistic policies and ongoing monitoring of violent incidents and prompt remediation.

References:

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