Yes 2020 has been declared the Year of the Nurse. I think that message should be shouted from the rooftops. Why? Year after year nursing is rated “the most trusted profession.” But I do not believe most people understand what it takes to be a nurse.

Few people recognize the education which continues for the career, the hours, schedules, and commitment required to treat every patient as special in every situation. At some point in our lives, every single one of us is going to be a patient under a nurse’s care. The overwhelming majority of health care providers are nurses, with three million in America.

I recently received a book from a dear friend, the book titled “The American Nurse” by Carolyn Jones tells the stories of 75 nurses from around the country. The diversity of roles was huge. That diversity can be seen across South Dakota as well.

As part of the most trusted profession nurses are identified as having the highest level of honesty and ethical standards among the professions. The Journal of Advanced Nursing surveyed nurses on the ethical issues they face daily in their work.

Respondents cited the following as their most frequently experienced dilemmas:

- Protecting patients’ rights (64%)
- Autonomy and informed consent to treatment (61%)
- Advanced care planning (41%)
- Staffing patterns that negatively impact work (37%)
- Surrogate decision making (32%)
- End-of-life decision making (26%)

Other responses include breaches of confidentiality, conflicts of interest and organ donation and transplantation.

So as we begin to celebrate the Year of the Nurse (which I hope you do at every opportunity) congratulate one another for being a member of the Most Trusted Profession. Thanks to each of you for the work you do every day. I look forward to seeing many of you at Nurses Day at the Legislature, February 10-11.

Deb

Please Save the Dates

2020 South Dakota Nurses Association Annual Convention

YEAR OF THE NURSE

LEAD • INNOVATE • EXCEL

Sunday, October 4, 2020 & Monday, October 5, 2020

Ramkota
Rapid City, South Dakota

Please mark your calendars today for the annual South Dakota Nurses Association’s Convention where you will have the opportunity to hear from nursing leaders and clinical experts on leadership, clinical and self-care topics.

The convention also provides you an opportunity to network and build professional relationships with nurses from throughout South Dakota.
### President
Term: 2019-2021
Deb Fischer Clemens
District 10
deb.fischerclemens@avera.org

### Vice President
Term: 2019-2021
Kay Flandt
District 1, 2, 3
kay.flandt@sdstate.edu
Office: 605-394-2878

### Secretary
Term: 2018-2020
Dawn R. Warren
District 2
Office: 394-5481
dawn.warren@usd.edu

### Treasurer
Term: 2019-2021
Christina Plemmons
Term: 2019-2021
Treasurer
Dawn R. Warren
District 2
Office: 394-5481
dawn.warren@usd.edu

### Government Relations Committee (GRC) Chair
Term: 2018-2020
Carrie Clausen-Hansen
District 4
Cell: 307-320
Home: 877-3766
carrie.clausenhansen@yahoo.com

### President, District 1-3
Term: 2018-2020
Michelle Salazar
Home: 605-490-8532
michdraine@gmail.com

### President, District 4
Term: 2018-2020
Marlys Volzke
Cell: 605-216-0256
volzke@abe.micd.net

### President, District 5-7
Elizabeth Paul
Phone: 605.216.9154
liz.e.paul@hotmail.com

### President, District 8 & 9
Term: 2019-2021
Heidi Pelzel
605.949.1528
heidi.pelzel@sdstate.edu

### President, District 10
Term: 2019-2020
Taylor Rehfelt
taylor.rehfelt@yahoo.com

### President, District 11
Term: 2017-2019
Kathy Jorgensen
Home: 605-2426
Cell: 605-6763
kathy.jorgensen@usd.edu

### SDNA Staff
Eric Ollila
Executive Director
PO Box 1015
Phone: 271-7708
Fax: 888.600.1232
contactus@sdnurses.org

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### SDNA 2020 Calendar of Events

#### May 2020
- **MAY 2020**
  - **May 6-12**
    - National Nurses Week
  - **May 6–12**
    - SDNA Nurses Week Celebration
  - **May 25**
    - Memorial Day, Observed

#### June 2020
- **JUNE 2020**
  - **June 19-20**
    - 2020 ANA Membership Assembly

#### July 2020
- **JULY 2020**
  - **July 4**
    - Independence Day
  - **July 1**
    - SD Nurse Article Submission Deadline
  - **July 3**
    - SD Nurse Article Submission Deadline

#### August 2020
- **AUGUST 2020**
  - **August 1**
    - Awards Nominations Due
  - **August TBD**
    - SDNA BOD Meeting

#### September 2020
- **SEPTEMBER 2020**
  - **September 7**
    - Labor Day
  - **October 4**
    - SDNA Board of Directors Meeting (Rapid City)
  - **October 4 & 5**
    - SDNA Annual Convention (Rapid City)

#### October 2020
- **OCTOBER 2020**
  - **October 12**
    - Native American Day
  - **October 12**
    - SD Nurse Article Submission Deadline
  - **November 11**
    - Veterans Day
  - **November 26**
    - Thanksgiving

#### December 2020
- **DECEMBER 2020**
  - **December 25**
    - Christmas Day
  - **December 13**
    - District Leadership Reporting Form Due to SDNA Office
  - **December 10**
    - SD Nurse Article Submission Deadline

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**Contact SDNA**
- **E-mail**: contactus@sdnurses.org
- **Fax**: 1-888-600-1232
- **Phone**: 605-945-4265
- **Website**: www.sdnursesassociation.org

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**Submission of Articles**
- Articles of 1,500 words or less typed and double spaced and signed letters of 300 words or less. All materials should be mailed to South Dakota Nurses Association, P.O. Box 1015, Pierre, SD 57501 or e-mailed to contactus@sdnurses.org.

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**SDNA Staff**
- **President, District 5-7**: Carrie Clausen-Hansen
  - Term: 2018-2020
  - Committee (GRC) Chair: Government Relations
  - Home: 605-216-0256
  - Email: carrie.clausenhansen@yahoo.com

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- **PO Box 1015, Pierre, SD 57501**
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**‘Like’ us on Facebook!**
- www.facebook.com/sdnurses
She is a “big city” Aberdeen (pop 28,388) gal happily living in the small “Caretown-City” of Faulkton (pop 725), South Dakota. Lea Niederbaumer is South Dakota Nurses Foundation 2019 SDNF Scholarship recipient dauntlessly working on her Doctor of Nursing Practice (DNP) with anticipated degree completion in 2021 at South Dakota State University College of Nursing. Niederbaumer is an RN at the small rural community Faulkton Area Medical Center (FAMC) that serves a population of 2,600 in Faulkton and the surrounding area. She works with inpatients, in the Emergency Department, and occasionally in the outpatient center doing various procedures or cardiac rehab. She assisted in the implementation of a new electronic medical record and serves on the Infection Control committee. “I also have the opportunity to help with some clinical, labs, and simulations with the SDSU undergrad nursing program.”

FAMC is a remarkable ten-bed critical access hospital in north-central SD. It remains community-owned, unlike many small towns that have joined with more extensive health facilities. “I think this is such a win for our small community as we continue to focus solely on the needs of the people that we serve. From top to bottom, FAMC is teeming with talented, caring professionals,” says Niederbaumer. “There is a large focus on being able to provide services to the same quality of people as possible, while still maintaining a small-town feel.”

She relates a standard-of-care rather than the occasional special treatment at the FAMC incident. “I remember a few years ago calling and checking on a patient that had recently been discharged from the hospital. We had some bad weather, and I just wanted to make sure that the person was able to get their medications and was doing OK. Everyone is willing to go above and beyond for our patients.”

Slovensky said Niederbaumer chose rural over the metropolitan where she grew up with family and friends? In 2006 she married her high school sweetheart Paul Niederbaumer who had undertaken farming just a few miles from FAMC. “When I moved to the farm, I was nervous. I didn’t know anyone in the area, and I was very close to my family in Aberdeen,” she remarks.

“It sure didn’t take long for this community to be our ‘home’. I love pretty much everything about Faulkton: the 4th of July, the small-town feel, everyone helps each other, the friends that are more like family, and the betterment of the community. I can’t see that [our family] would ever be anywhere else.”

The Niederbaumer family includes twelve-year-old son Tom, eight-year-old son Cody, six-year-old daughter Kali, two dogs, and a cat. “I love to watch my kids in their activities, and help with the church and volunteer opportunities as I am able. I read medical journals or read to my kids, and watch murder mysteries on TV.” Nevertheless, with her medical career and the DNP studies, in this small community, she relies on help from family, neighbors, and friends assisting with children and their school activities.

Having a degree in biology/chemistry from Presentation College in Aberdeen in 2008, Niederbaumer originally applied to medical school for her post-graduate degree. “It wasn’t in the cards for me to be married to a farmer and get into school several hundred miles away.” She was a full-time parent. She then enrolled in the South Dakota State University accelerated nursing option in 2015, “I fell in love with the profession under the amazing influence of my SDSU instructors. I learned that I could combine a fascination for science, healthcare, and caring for the human spirit into one role.”

A DNP fits Niederbaumer perfectly because it allows both the practice role of the nurse practitioner and cultivates the part of the professional. “The flexibility of the position is something I hope to enjoy someday fully. Of course, I am excited to practice as an NP, but I am also interested in education and policy/administration.” Throughout her medical career, Niederbaumer identifies her “wonderful parents, a wonderful husband, and countless co-workers and bosses [as her inspiration] to work hard.” Also, three educators instilled the love of science and nursing in her soul. One is Aimee Sippel, Assistant Professor in the Division of Health and Natural Science Presentation College. The other two are Dr. Lori Hendrickx and Anne Buttolph. SDSU accelerated nursing BSN. “These three women exemplify a strong commitment to evidence-based practice, and that is something I have always appreciated.” She adds, “I genuinely admire those who step beyond the idea of ‘this is the way we have always done something.’”

Assistant Professor Sippel characterized Niederbaumer as “a passionate lifelong learner. She is intelligent, creative, compassionate, tough, no-nonsense, and one of the funniest people you will ever meet.”

“I met Lea when she was a student at Presentation College; her wit and intelligence made her stand out from her classmates. She did not back down until she understood the information and evaluated ideas from all angles. During her time at PC [Presentation College], Lea was a full-time student and worked nights. She worked as a Telemetry Technician in the ICU, was newly married, and a first-time room. Also, she found time to tutor other students. Her no-nonsense approach encouraged students to succeed and take responsibility for themselves. Still, she did it in such a way that students responded to her with respect and trust. I knew even then; Lea was someone you wanted in your corner.

“As a healthcare provider, I do not doubt that Lea uses the same grit, wit, compassion, and skill to give her patients the best care, and the knowledge to live a healthier life!”

“She can function safely and independently in a rural facility where many ancillary services are not available after hours. It is the nurse who has to perform in the roles,” remarks Anne Buttolph. Accelerated Nursing BSN instructor. She shares an example of Niederbaumer’s application of safe medication calculations by the use of dimensional analysis.

“Not long after graduating, Lea reached out to me after having worked a hectic and challenging night in Faulkton to thank me for teaching her dimensional analysis. A couple of trauma patients had presented to the emergency room and time was lost of the essence. She was one of the two staff available to provide all the care to these patients. In the process of stabilizing the patients, the emergency ordered a medication that Lea, with the pharmacy closed, had to reconstitute and then calculate the appropriate dosage and rate of delivery. Lea told me...
As a medical professional here’s what you need to know...

Despite evidence of its effectiveness, there are still a number of misconceptions about MAT that could be preventing people from receiving life-saving treatment and recovering from their addiction. Here are the facts:

1. It’s not trading one addiction for another.
   Prescribing medication for Opioid Use Disorder (OUD) is the same as prescribing medication for any other chronic disease. It is safe, effective, and will not create a new addiction.

2. MAT is more effective than abstinence.
   MAT is an evidence-based, first-line treatment for OUD endorsed by:
   - American Academy of Addiction Psychiatry
   - Substance Abuse and Mental Health Services Administration
   - National Institute on Drug Abuse
   - National Institute on Alcohol Abuse and Alcoholism
   - The National Council on Public Policy

3. MAT medications save lives.
   FDA-approved and proven to reduce death rates among those living with addiction by 50% or more, up to 100% of patients who use MAT maintain sobriety at the 2-year mark.

The Government Relations Committee (GRC) consists of a geographic representation of politically active nurses from across the state. The primary functions of GRC include:

1. Studying the need for legislative action.
2. Reviewing existing programs.
3. Identifying possible legislative priorities consistent with SDNA’s Legislative Agenda and advising the Board of Directors on legislative matters.
4. Legislative Updates were e-mailed out to membership weekly during the legislative session. We hope you found these updates helpful and informative. Thank you to everybody that responded to our Action Alerts. Legislators appreciate hearing from you.

Legislative Updates for the March edition of the SD Nurse, so we have kept the content brief and general.
South Dakota Nurses Foundation Awards 2019 Scholarships

Carman Timmerman, EdD, RN
SDNF Treasurer and Scholarship Committee Chair

The South Dakota Nurses Foundation (SDNF) awards scholarships to nurses who reflect the foundation’s purposes of education, research and service. As SDNF president Tom Stenvig said, “Not long ago the South Dakota Nurses Foundation was just a dream, but we now have an established track record and are making a difference for nursing and healthcare in the state.” Since the foundation formed in 1999, our goal has been to award a scholarship to recipients who demonstrate SDNF purposes of leadership in practice, education, and scholarship. Through the generous donations of SDNA nurses, as well as friends and families of nurses, the South Dakota Nurses Foundation is honored to be able to offer these significant scholarships.

For 2019, the South Dakota Nurses Foundation awarded a total of $6,500 in scholarships, and these are the scholarship recipients:

- **SDNF Scholarship $2000**
  Recipient: Dezarae Fenski
  Program of Study: MSN (Nurse Educator), Grand Canyon University
- **SDNF Scholarship $2000**
  Recipient: Lea Niederbaumer
  Program of Study: DNP, SDSU College of Nursing
- **Rita H. Walsh Scholarship $1000**
  Recipient: Tate Scotting
  Program of Study: BSN, SDSU College of Nursing
- **Marianne M. Stenvig Scholarship $1000**
  Recipient: Patrick Koistinen
  Program of Study: FNP, Presentation College
- **Marianne M. Stenvig Scholarship $500**
  Recipient: Collin Moen
  Program of Study: MSN (FNP), SDSU College of Nursing

Impact of South Dakota Nurses Foundation Scholarships

Since the first scholarship was granted in 2005, South Dakota Nurses Foundation has awarded $42,750 scholarship money to 45 recipients. The fact that SDNF has been able to give these scholarships is because of your sustained generosity, and it demonstrates your appreciation of the SDNF purposes of education, research and service.

Supporting South Dakota Nurses Foundation

Would you consider a gift to the South Dakota Nurses Foundation? Your gift will help support the foundation’s efforts to endorse the nursing profession as SDNF promotes positive health care changes in South Dakota.

You may donate to any of these five scholarships:

- **SDNF Scholarship** – To support RNs pursuing a graduate degree in nursing
- **Rita H. Walsh Scholarship** – To support diploma or associate degree RNs pursuing a baccalaureate or graduate degree in nursing
- **Marianne M. Stenvig Scholarship** – To support male RNs pursuing a graduate degree in nursing
- **Dr. Carl and Leona Studler Scholarship** – To support unlicensed undergraduate students pursuing a baccalaureate degree in nursing and who are members of a tribal nation.
- **SDNA Undergraduate Nursing Education Scholarship** – To support unlicensed undergraduate students pursuing a baccalaureate degree in nursing

You may donate to the South Dakota Nurses Foundation Fund in two ways. You may make a check payable to South Dakota Nurses Foundation Fund and send your check to South Dakota Community Foundation ~ Box 296 ~ Pierre, SD 57501. Alternatively, you may contribute online at https://sdcommunityfoundation.org and click on Donate Now, enter the fund name on the Find a Fund page, enter the amount. Thank you for considering a donation to one or more of the South Dakota Nurses Foundation scholarships.

SDNF Donors

A special “Thank you!” to the following individuals who have donated to the South Dakota Nurses Foundation since January 1, 2019. The great support is appreciated!

**RITA H. WALSH SCHOLARSHIP FUND**
Mike & Julie Dangel
John Walsh
Paula Goddard

**SDNA UNDERGRADUATE NURSING SCHOLARSHIP FUND**
M. Kay M. Judge

**MARIANNE M. STENVIG MEMORIAL SCHOLARSHIP FUND**
Greg & Esther Preszler
Cynthia Elverson
John Jacoway & Linda Kropenske
Marlin & Joyce Fjelland
Eugene & JoAnn Goodale
Mary Claire & James May
Paula Carson
Donald & Linda Erlenbusch
Thomas E. Stenvig

**SOUTH DAKOTA NURSES FOUNDATION**
Doris Heine
Robert & Heidi Pelzel
Dr. Kay Folan
Todd & Linda Fulmer

**SDNF RESEARCH GRANT FUND**
Thomas E. Stenvig

**PHI CHAPTER MEMORIAL SCHOLARSHIP FUND**
Sylvia Pickard
Anonymous
Nicole Albert
Robert & Heidi Pelzel
Mary Ingram
Sigma Theta Tau Phi Chapter
Thomas E. Stenvig

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District 1, 2, 3 Report

District 1-3 will be hosting the 2020 SDNA Convention. The convention will be held at the Best Western Ramkota Hotel & Conference Center on October 4th and 5th. The convention theme is “The Year of the Nurse,” which ties into the World Health’s Organization designation for 2020 as “The Year of the Nurse and Midwife,” honoring the 200th birth anniversary of Florence Nightingale. ANA is also capitalizing on this theme and their logo highlights three areas: Lead, Innovate and Excel. Our plan is to base many of our presentations from these three topics. We have designated our convention committees with Jeri Culbertson as the Convention Planning Chair. Please mark your calendars now and plan to attend!

We are also encouraging our district members to attend the Legislative Crackerbarrel sessions in their respective areas. To impact change, it is important to become involved and these legislative sessions are excellent venues to do so!

Respectfully submitted,
Carla Texel, Vice-President District 1-3

---

District 4 Report

Aberdeen Sanford Medical Center was host to SDNA District 4 for the November meeting. A delicious meal was provided. Dr Sjput presented the Stop the Bleed program. After the presentation those in attendance agreed this information is important life saving training. The coordinators of the program will plan to offer Stop the Bleed education to the public during the Brown County Fair.

A “Welcome to the Profession” breakfast event was held in December and served 29 graduating SDSU accelerated program nursing students and five instructors at NSU. Best wishes to these talented future nursing professionals.

Healthy Nurse, Healthy Nation was the January topic. Nurses met at Profiling Beauty and Wellness Center where owner, Candace Briscoe, presented information on the many health benefits of Yoga and Salt Room Therapy. A few highlights of the January meeting: In 2019, District 4 nurse colleagues honored seven deceased nurses by attending prayer services and reading the Florence Nightingale Tribute. Nurses names who have passed are also submitted to be recorded in the tribute book at the National Membership Assembly in Washington, DC. Members voted to continue sponsorship of the, “A Nurse Is…” Contest. The purpose of the contest is to encourage youth to pursue a career in the nursing profession. Nurses will be staffing the First Aid Station again this year. The 2020 volunteer signup is set up and ready for volunteers on https://volunteersignup.org/JH9A8.

Discussed possibly partnering with other local organizations focusing on service to the community and increase volunteer opportunities for SDNA District 4 nurses.

Congratulations to all nurses as the #1 most ethical and honest profession, for the 18th year in a row! We celebrate each of you in “2020 The Year of the Nurse!”

Respectfully submitted,
Marlys Volzke, RN, BSN, SDNA District 4 President

---

District 5-7 Report

District 5-7 held its first “real” meeting in some time on January 20th in Mitchell! We were excited as we invited students from the various nursing schools located within our districts. We had over 20 students attend! I am hopeful that this will bridge their interest in joining the SDNA after graduation. Our meeting included sign-up options for nurses who are currently non-members. We had a guest speaker, Sandra Ruesch, from Brookings, who is a SANE nurse! We are also currently working on a type of community project that will benefit the Mitchell, Huron, and Pierre areas. Lastly, we started a Facebook page for the districts 5-7. The link follows: https://www.facebook.com/South-Dakota-Nurses-Association-Districts-5-7-10315521169901/

Sincerely,
Liz Paul, President, D 5-7

SDNA District 5-7 Restarts District Meetings in a Big Way, the SDNA Way
**District 8&9 Report**

Happy New Year and YEAR OF THE NURSE to all!

Our December meeting was held at the home of Roberta Olson, where we enjoyed a warm, hearty meal before planning our 2020 events. Our officers, who will term out in 2021 include:

- President – Heidi Pelzel
- Vice President and Program Chair – Becka Foerster
- Secretary – Sylvia Pickard
- Administrative Assistant – Roberta Olson

In an effort to see what the nurses in our district are interested in and help increase involvement/membership, we are conducting a survey through questionpro. Our meetings will then be scheduled and publicized. If you would like more information about what our district does, but did not receive the survey, please reach out to President Heidi Pelzel at heidi.pelzel@sdstate.edu. In the meantime, we are anticipating Nurse’s Day at the Legislature in Pierre, February 10/11, 2020.

Wishing you health and wellness this YEAR OF THE NURSE 2020.

Heidi Pelzel, President District 8&9

---

**District 10 Report**

District 10 meets the second Tuesday of each month from 1800-1900. We have been trying to meet in different locations throughout the Sioux Falls area. In the month of November, Gala Woitte spoke to us about the American Diabetes Association. She provided some great updates and taught us about the latest ADA recommendations.

District 10 leadership has also been busy planning for the spring workshop on April 4th, 2020. The workshop topics are centered around community advocacy programs. The workshop will answer questions such as: How can we help our patients by utilizing community resources? What kind of programs are available throughout the state? The workshop will increase awareness of South Dakota community programs so we can better serve our patients and communities. Confirmed speakers include Call to Freedom, Court Appointed Special Advocates, Feeding South Dakota, and the Helpline Center. Registration should be available after February 1st, 2020.

---

**District 11 Report**

District 11 was proud to have several members receive awards at the 2019 State Nurses Convention in Aberdeen. Several were unable to attend the convention in Aberdeen so the awards were presented locally.

Sr. Corrine Lemmer, RN, PhD was awarded the 2019 Pioneer in Nursing Award. Charlene Bierma, RN, MSN was awarded the 2019 District 11 Nurse of the Year. These two ladies received their awards at the District meeting at Mt. Marty College’s Nursing Department during the October 29th meeting.

June Larson was awarded the 2019 Distinguished Service Award. She received her award in Vermillion during November of 2019.

On November 18, 2019, District 11 members held their annual fundraiser at the Yankton Pizza Ranch for Yankton’s free clinic, the Servant Hearts Clinic. Fifteen percent of the total receipts from 5:00 PM until 8:00 PM on that date went to this free clinic. The district had containers on the tables for tips that would also go to the Servant Hearts Clinic. Guests were very generous that night and the tips total was $687.18. The total earned from the 15% of the till for that night was $273.20 totaling $960.38!!!

District 11 members as well as student nurses from USD Vermillion bussed tables, etc., and then totaled the money from the table tips containers.

USD Student Nurses “bussing” tables at Yankton Pizza Ranch during the Servant Hearts Clinic fundraiser, November, 2019.

Nurses who were at work on that particular Monday recruited SDNA members, friends and relatives to eat at Pizza Ranch on that Monday.

Frani Kieffer, Director of the Servant Hearts Clinic, gives a presentation about the Yankton Free Clinic to the members and student nurses present at the meeting.

---

Carol Peterson receives her SDNA Hall of Fame Award from District 8&9 president Heidi Pelzel.

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Carol Peterson receives her SDNA Hall of Fame Award from District 8&9 president Heidi Pelzel.

**District 10 Report**

District 10 meets the second Tuesday of each month from 1800-1900. We have been trying to meet in different locations throughout the Sioux Falls area. In the month of November, Gala Woitte spoke to us about the American Diabetes Association. She provided some great updates and taught us about the latest ADA recommendations. District 10 leadership has also been busy planning for the spring workshop on April 4th, 2020. The workshop topics are centered around community advocacy programs. The workshop will answer questions such as: How can we help our patients by utilizing community resources? What kind of programs are available throughout the state? The workshop will increase awareness of South Dakota community programs so we can better serve our patients and communities. Confirmed speakers include Call to Freedom, Court Appointed Special Advocates, Feeding South Dakota, and the Helpline Center. Registration should be available after February 1st, 2020.

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**District 11 Report**

District 11 was proud to have several members receive awards at the 2019 State Nurses Convention in Aberdeen. Several were unable to attend the convention in Aberdeen so the awards were presented locally.

Sr. Corrine Lemmer, RN, PhD was awarded the 2019 Pioneer in Nursing Award. Charlene Bierma, RN, MSN was awarded the 2019 District 11 Nurse of the Year. These two ladies received their awards at the District meeting at Mt. Marty College’s Nursing Department during the October 29th meeting.

June Larson was awarded the 2019 Distinguished Service Award. She received her award in Vermillion during November of 2019.

On November 18, 2019, District 11 members held their annual fundraiser at the Yankton Pizza Ranch for Yankton’s free clinic, the Servant Hearts Clinic. Fifteen percent of the total receipts from 5:00 PM until 8:00 PM on that date went to this free clinic. The district had containers on the tables for tips that would also go to the Servant Hearts Clinic. Guests were very generous that night and the tips total was $687.18. The total earned from the 15% of the till for that night was $273.20 totaling $960.38!!!

District 11 members as well as student nurses from USD Vermillion bussed tables, etc., and then totaled the money from the table tips containers.

USD Student Nurses “bussing” tables at Yankton Pizza Ranch during the Servant Hearts Clinic fundraiser, November, 2019.

Nurses who were at work on that particular Monday recruited SDNA members, friends and relatives to eat at Pizza Ranch on that Monday.

Frani Kieffer, Director of the Servant Hearts Clinic, gives a presentation about the Yankton Free Clinic to the members and student nurses present at the meeting.

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Carol Peterson receives her SDNA Hall of Fame Award from District 8&9 president Heidi Pelzel.
The 45th Annual Nurses Day at the Legislature (NDL) was held in Pierre February 10-11, 2020 with 180 nurses and nursing students from across the state in attendance. The first day of the NDL was held in Ramkota Hotel and Convention Center. The kickoff for the event was a luncheon. South Dakota governor Kristi Noem spoke at the luncheon and took spontaneous questions from attendees.

Carrie Clausen Hansen, Chair of the Government Relations Committee (GRC), SDNA Vice President Deb Fischer Clemens, and Brittany Novotny, SDNA Lobbyist, provided an overview of SDNA’s Health Policy Agenda, the legislative priorities for 2020. The session included information on how a bill becomes a law, testifying before a legislative committee, becoming a politically active nurse and effective lobbying strategies. The SDNA Nurses Strategic Action Team (N-STAT) then provided an update on federal legislation.

The lunch concluded with updates from Kim Malsam-Rysdon, Secretary of the Department of Health, and Laurie Gill, Department of Social Services. Following the luncheon, all attendees went to the Capitol building to be recognized by both the Senate and House of Representatives.

Next, all attendees returned to Ramkota Hotel for the Nurse Roundtable session. Fischer Clemens, and Novotny gave updates. The day concluded with a Legislative Chili Social where attendees worked on federal legislation.

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Interruption Fasting: Is it right for you?

Terri-Ann Kelly, PhD, RN, CPT, FNS, Assistant Professor, Rutgers University—Camden, NJNSA Region 5 Member and Healthy Nurse Healthy New Jersey team member

Reprinted with permission from New Jersey Nurse October 2019 issue

Everywhere you turn, you’ll find articles or hear celebrities touting the benefits of intermittent fasting (IFM). Unlike traditional diets, with IFM, the focus shifts from “what should I eat” to “when should I eat?” IFM, also known as cyclic fasting, is a method of eating that cycles between periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating. Extensive research suggests that IFM increases fat burning and weight loss by using up fat stores as fuel, helps regulate blood sugar levels, supports a healthy inflammatory response, promotes heart health by lowering LDL (“bad”) cholesterol and triglycerides, and supports cognitive health.

The most common types of IFM you can include in your daily routine include:

• 16:8 fasting, also known as time-restricted feeding: fast for 16 hours every day and limit your eating to an eight-hour window. Most often, individuals skip breakfast but eat lunch and dinner.
• Alternate-day fasting: eating only every other day. On the fasting days, you can choose to eat no food at all or limit calorie intake to 500 calories.
• 5:2 diet, also known as the fast diet: For 5 days of the week you eat normally, and for two nonconsecutive days, you restrict your calorie intake to 500-600 calories.
• Eat Stop Eat: Choose one or two days out of the week where you only consume non-caloric beverages (ex. herbal tea, water, black coffee) for 24 hours. For example, eat nothing from dinner one day until dinner the next day. On non-fasting days you can eat normally.

Is IMF right for everyone? Absolutely, NOT! Fasting would not be appropriate in instances where extra calories or nutrients are needed for growth and development during childhood or adolescence and when pregnant or breastfeeding. Also, individuals should abstain from IMF if they have conditions such as gallstones or thyroid issues, eating disorders that involve unhealthy self-restriction (anorexia or bulimia nervosa), and use medications that require food intake. As always, it’s best to consult with your healthcare provider to determine if IMF is appropriate for you.

As a beginner, the 16:8 method is the easiest to implement. Below are my top tips for success with 16:8:

• Start your day off with a glass of water and continue to drink water until you’ve reached your goal. Staying hydrated is important as it will help curb your appetite and make fasting much easier.
• When you break your fast, make sure you eat plenty of fiber and nutrient-dense whole foods, and try to keep your intake of sugary beverages and high carbohydrate foods to a minimum.
• Track your daily fasting with an app such as the Zero Fasting Tracker.
• Stay consistent and don’t expect overnight weight loss.

If you’re looking for a way to lose weight while also getting additional benefits, there are many types of IMF to choose from with variations to fit any lifestyle. But also keep in mind that IMF may not be for everyone!

Good luck and happy fasting!

Reference:


Tips for your Next Job Search

Melissa Marrero MSN, RN, CWCN
Reprinted with permission from New Jersey Nurse October 2019 issue

Today’s nursing job search heavily relies on online applications and networking strategies. In larger organizations, before the recruiter, you need to get through the recruitment assistant and the software platform to get your foot in the door. Here are some basic tips from the recruitment perspective to help your next job hunt:

PERSONALIZE YOUR APPLICATION

The most valuable advice I received when starting my job search was that résumés are not meant to get you a job, they get you an interview. Nurses that are looking for a new position need to remember each job is unique, so your application and résumé cannot be “one size fits all.” Read the job description carefully. Make sure eligibility requirements are covered in your résumé. With hundreds of applicants, you won’t be getting a call to double check your GPA or certifications, make sure it is clear you have what they are asking for. Use key phrases from the job description in your résumé; this will pull your application higher on the software match list.

HONESTY

Do not lie. It may seem like common sense, but it happens surprisingly often. Embellishment easily shifts to falsehood. Familiarity with a language and fluency in a profession built on trust and compassion. If you get caught, the same meetings and vacancies and candidates come up in conversation quite frequently. You do not want your reputation to include being inconsiderate or unreliable in a profession built on trust and compassion. If you get another offer or your plans for employment change, any reasonable recruiter will understand, pick up the phone and call!
PO Box 1015, Pierre, SD 57501 | P: 605.945.4265 | F: 888.600.1232 | E: contactus@sdnurses.org

**MEMBERSHIP APPLICATION**

**LAST NAME / FIRST NAME / MIDDLE INITIAL**

**CREDENTIALS**

**STREET OR PO BOX #**

**BASIC SCHOOL OF NURSING**

**PHONE**

**CITY / STATE / ZIP**

**GRADUATION: MONTH / YEAR**

**WORK PHONE**

**EMPLOYER NAME**

**N. N. LICENSE #**

**FAX**

**EMPLOYER ADDRESS / CITY / STATE / ZIP**

**E-MAIL**

**TITLE / POSITION**

**MAJOR CLINICAL, PRACTICE, OR TEACHING AREA**

**RECRUITED BY**

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**Membership Categories**

Please check one

- [ ] FULL ANA/SDNA MEMBERSHIP
  RN employed full or part time

- [ ] REDUCED TO 75% OF FULL ANA/SDNA MEMBERSHIP DUES (STUDENT)
  RN enrolled in baccalaureate, masters or doctoral program, at least nine (9) credit hours per calendar year

- [ ] REDUCED TO 50% OF FULL ANA/SDNA MEMBERSHIP DUES (NEW GRADS GET A 2-YEAR RATE)
  RN who is unemployed
  - or - over 62 years of age & earning less than maximum allowed receiving Social Security benefits
  - or - enrolled in baccalaureate, masters or doctoral program, at least 20 credit hours per year

- [ ] REDUCED TO 25% OF FULL ANA/SDNA MEMBERSHIP DUES (RETIRED)
  RN who is over 62 years of age and unemployed
  - or - who is totally disabled

- [ ] SDNA ONLY MEMBERSHIP
  RN employed full or part time

According to Federal tax law, you may claim 50% of your annual SDNA/ANA dues as a tax deduction. The other 50% are used in lobbying activities and are not tax deductible.

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**Membership Type**

**MONTHLY (EDPP) ANNUAL**

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**Payment Options**

- [ ] FULL ANNUAL PAYMENT BY CHECK

- [ ] PAY BY ELECTRONIC DUES PAYMENT PLAN (EDPP)
  **Read, sign the authorization, and enclose a check for the first month’s payment (amount shown in bold above); one-twelfth (1/12) of your annual dues will be withdrawn from that checking account monthly, in addition to an annual $6.00 (50¢ per month) service fee. (Total is amount above).**

  **AUTHORIZATION:** This authorizes ANA to withdraw 1/12 of my annual dues and any additional service fees from the checking account designated by the enclosed check for the first month’s payment. ANA is authorized to change the amount by giving the undersigned 30 days written notice. The undersigned may cancel this authorization upon receipt by ANA of written confirmation of termination 20 days prior to the deduction date as designated above. ANA will charge a $5.00 fee for return drafts.

- [ ] PAY BY CREDIT CARD

  - [ ] Full annual payment—automatic annual credit card payment (automatic renewal)
  - [ ] Monthly payment from credit card
  - [ ] Full annual payment—one year only

  Visa/MasterCard Expiration date

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Dr. Susan Strobel DNP, MPH
USD Assistant Professor – School of Health Sciences
Contact Susan at Susan.Strobel@usd.edu
Bio & References available upon request

Introduction:
Adolescent health is a critically important public health topic. Adolescent use of non-combustible nicotine delivery devices has spawned what both the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) describe as an adolescent health public health crisis.

In the very recent past, many thought vaping and using electronic cigarettes (e-cigs or e-cigarette) presented relatively minor health risks or that the risks were outweighed by the benefits of discouraging the use of combustible tobacco products. Today, we know that this is a critical public health issue disproportionately affecting the younger generation. Adolescent users of non-combustible e-cigarettes and vaping devices will live with the unintended consequences of addiction and nicotine poisoning through their adult lifespan.

Various type of e-cigarettes

Description of e-cigarettes and vapor devices:
Electronic cigarettes and vaporizers fall within a broad category known as “ENDS” or electronic nicotine delivery systems. There are many terms to describe these devices such as vapes, vape pens, vaporizers, cigalikes, e-cigs, hookah, or hookah pen. These devices are intentionally designed to look innocuous and non-threatening, often resembling such everyday items as an ink pen, a flash drive, or a tube of lipstick.

There is a subtle, but important, difference between an e-cigarette and a vaporizer device. E-cigarettes were created to mimic the look of a combustible cigarette and are nicknamed ‘cigalikes’. E-cigs use a rechargeable battery and a disposable, enclosed electronic liquid (e-liquid) cartridge. E-liquid may contain nicotine, flavorings, glycerin, propylene glycol and other chemicals (McMillen, 2015). E-cig cartridges are designed to be single use and are therefore known as a “closed system.”

By contrast, vaporizers, or tank systems, are “open systems” which are typically larger than e-cigs and typically have a refillable tank. The tank is designed to hold a variety of liquids, including nicotine oils and flavorings. The open system is different from the closed system in that when the tank gets low, more liquid can be added. This allows the user to add other ingredients, including illicit items.

To operate these devices, the user inhales on a metal piece that heats up the liquid inside of the cartridge or the tank in a matter of seconds. This vaporizes the liquid inside the cartridge or tank, resulting in a cloud of vapor that dissipates more quickly and cleanly than smoke from cigarettes. This allows the user to consume nicotine in places where the use of combustible cigarettes is not possible.

E-cigarettes and vaporizer devices work to deliver a jolt of nicotine to the brain. To an adolescent, this is the perfect high-risk behavior because nicotine is not intoxicating. Rather nicotine is highly addictive, and the developing adolescent brain is particularly vulnerable to addiction. Using a vapor device is custom designed to appeal to adolescents because it can be used discreetly without anyone seeing the device being used or the teen getting caught. Some adolescents are after the throat burn without anyone seeing the device being used or the teen getting caught. Some adolescents are after the throat burn, or a drive, or a tube of lipstick.

History:
E-cigarettes were developed in China and entered the U.S. marketplace in 2003. Sales of e-cigarettes picked up by 2007. E-cigarettes are currently on their fourth generation of technology and design. Currently there are over 100 types and styles of e-cigs or vaporizer devices on the market.

Since 2014, vaporizer devices have been the most commonly used tobacco/nicotine delivery system by U.S. youth. JUUL was created by PaxLabs in 2015 and entered the market shortly thereafter. JUUL quickly became the industry leader in vaping, selling over 20 million JUULs and pods every month making up 45% of the e-cigarette market (Vallone, Bennett, Xiao, Pitzer & Hair, 2018). In fact, 15- to 17-year-olds are 16 times more likely to be JUUL users than are adults (Vallone, Bennett, Xiao, Pitzer & Hair, 2018).

In 2018 the Altria Company, one of the world’s largest tobacco companies and parent company to Phillip Morris, purchased a 35% stake in JUUL. JUUL has received significant national attention for its devices, particularly the sale and marketing of flavored JUUL pods. Although JUUL claims that it did not create its devices for adolescents and claims that it does not target adolescents in its advertising, there is no dispute that adolescents account for a significant share of JUUL’s market, particularly flavored JUUL pods.

In addition JUUL managed to enter the China market this past September, a country with 166 million 15-24 year olds. JUUL also planned to open in India, a country with over 300 million adolescents, this past September. JUUL’s launch plans were put on hold when India’s Ministry of Health responded with a new country-wide ban on the production, importation, and sale of electronic cigarettes. Phillip Morris, another large tobacco company, also has plans to launch what it calls its “heat-not-burn” device in India in the near future.

Abbott House strives to provide premier services for youth and their families.

Here is your chance to provide premier services to youth. Abbott House is seeking to add on call nurses in our medical department. We are looking for someone that enjoys young people and is willing to use their skills to help our youth. Become part of our team today!

Please call 605-996-2486 or visit abbotthouse.org for more information! Flexible schedule and daily on call pay rates available.

Abbott House

Which are the office products v. e-cigarette or vapor device?

E-cigarettes designed to resemble lipstick

JUUL Brand

JUUL Brand

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Epidemiology:
An important characteristic of public health epidemiology is the ecological perspective. People are viewed not just as individuals but as members of the community in which they live. The types and rates of disease seen in a community are clues to the identity of the overall community population health. They indicate major threats like tobacco, drugs, alcohol, obesity, violence, poverty, food insecurity and other social determinants of health.

It is thought that e-cigs were the answer to stop the use of combustible nicotine products in our communities. Many thought that e-cigs and vapor devices would not become popular among adolescents. Others have hypothesized that switching from combustible cigarettes to e-cigs would promote health. Although each of these thoughts may be valid, the unfortunate fact is that e-cigs have had an unintended, and perhaps unexpected, effect. There has been a 900% increase in adolescent usage of these products through 2018. There has not been this drastic of an increase of an additive substance in a youth population in over 40 years (US Dept of Human Services, 2018).

The prevalence of e-cig use in adolescents is confirmed by focusing self-reports of use, longitudinal studies as well as advertising data. Currently, over 5.4 million U.S. youth use e-cigarettes or vapor products, a significant increase from all their-day with storm (Wong TW, Gentzke AS, Creamer MR et al, 2019). This translates roughly to one in four high school students and one in ten middle school students who admit to using e-cigarettes and/or vapor products (Cullen KA, Gentzke AS, Sandler MD, et al, 2019).

An additional danger is that adolescents who would not have used combustible tobacco might begin using e-cigarettes as a means to quit. According to the PATH Survey, a NIH and FDA collaborative survey of over 46,000 people, adolescents are using e-cigarettes and vapor products for these reasons: 1) a friend or family member used them so that they might try these substances, and perhaps experiment, for the first time. In fact, many believe adolescent use is rampant because of the fruity flavors in the cartridges (KMa, 2019). The NIH polled middle school students who admitted to using e-cigarettes and vapor use and found that teens overwhelmingly prefer the internet, social media and television (CDC, 2017).

Additionally, our youth are bombarded with advertisements from the tobacco industry, which now include e-cigarettes and vaping devices. Their manufacturer have long understood how to leverage advertising on a regular basis through store ads, the advertisements from the tobacco industry, which manufacturers have long understood how to leverage advertising to new varieties of lung injuries which are collectively referred to as “EVALI” (e-cigarette or vaping product use associated lung injury). EVALI patients present with non-specific signs and symptoms such as dry cough, chest pain, abdominal pain, nausea, and vomiting and sometimes fevers, body aches and chills, night-sweats, and often complain of shortness of breath. Patients are treated with supportive care including oxygen, anti-inflammatories and, occasionally, oral steroids. Severe cases are hospitalized and many patients take weeks to recover. To date 55 deaths have been blamed on EVALI and over 2172 people affected from 49 states and two US territories (Chahal-Stephens, Roguski, Jang, 2019). The CDC has recently announced that it will no longer collect national data on EVALI patients. Their stated reason is that respiratory infections during the influenza season so closely resemble EVALI that it is too difficult to distinguish between the two infections (CDC, 2019). For the same reason, it is very likely that our current EVALI data is not being reported.

Lung scans from patients with EVALI look like a serious viral or bacterial pneumonia, but viral and bacterial tests come back negative. Instead, EVALI diagnosis is a rule-out diagnosis based on exclusion of known causes of similar respiratory illnesses combined with a thorough health and substance use history.

One theory is that inhaling vaping products, particularly vitamin E acetate (an oily chemical approved for use in cosmetics and food) produces oily droplets called lipid-laden macrophages in the lung. Researchers hypothesize that the vitamin E acetate from the e-cigarette liquid causes microtrauma to lung tissues, which in turn causes the development of proteic microaggregates. Researchers have hypothesized that this may be one cause of lipid pneumonia. As of December 2019, vitamin E acetate is associated with EVALI, but there are many other substances that currently under investigation (CDC, 2019).

As of October 27, 2019, the CDC says that most cases of illness are linked to open systems, which allow the vapor to be laced vapor products with cannabis oil, particularly THC rich marijuana oil.

The CDC is working with researchers and toxicologists to understand the injury and exposure pathway. Because no one knows if those who have been diagnosed with EVALI have single or multiple exposure, the CDC is exhaling for everyone to stop to suspend the sampling and discover the causative agents. Currently, the CDC has over 200 samples for forensic analysis. There is no consistent pattern when it comes to what vapor or e-cigarette products is being used, where the product may have been purchased or what might have happened to the product along the way. The CDC is forming a causative data is confounding CDC research and has slowed government regulatory responses.

Public Health Complications:
To add another layer of complication, we know that use of a tobacco or nicotine product is significantly associated with food insecurity and researchers have found a dose response relationship for multiple product use and food insecurity (Kim-Mozeneski, Seligman, Yen, et. al, 2018). Spending on e-cigarettes has the potential to divert resources from spending on healthy foods or a health-related activity which may have the unintended consequence of malnutrition (Block & Webb, 2009). There also is lost productivity when disease and illness arises from using nicotine-containing products, particularly among older adolescents.

Currently, there are no evidence-based programs to help teens (and adults) quit e-cigarette addictions. And, the FDA as of October 2019 has not approved e-cigarette products for smoking cessation in adults. The bottom line is that we have a re-normalizing of tobacco products and, thus, obliquely encourage and other nicotine use impose a significant health and economic burden especially on those in low-income households. Going forward, we need to carefully consider interventions that address both food insecurity, and e-cigarette and vapor product use simultaneously.

Healthy Youth development is the cornerstone for a healthy generation.
During adolescence, young people have a higher degree of “synaptic plasticity” than adults, meaning that they are building bigger and faster connections in their brain. Adolescents can imprint on good things and bad things such as using an e-cigarette or other activities that deliver nicotine. When learning begins in adolescence, it comes on stronger and faster which has the effects of developing more lasting impacts into adulthood as compared with adult-laced activities.

Factors complicating youth addictions and potential EVALI diagnoses include lack of health care access, health education, and opportunities to learn about how to care for themselves. It is important to keep in mind that healthy adolescents turn into healthy adults. I call this a Public Health best buy.

High school girl holding an e-cigarette
Solutions that work:
As a public health professional and as a nurse, I know that forming strong, local working relationships with the community stakeholders will drive positive change for the adolescents in our communities. As nurses, you know that small steps are often disproportionately effective in impacting community and individual health. To meet that need, I challenge all of us to use our time and expertise to:

1) help form a state-wide youth advisory committee to drive health education around topics that adolescents and families deem the most important. I believe that collaborating with parents and caregivers via focus groups, emailing letters and making health information accessible on a school web page are effective ways to communicate health education and to share facts about the growing vaping epidemic;
2) reach out to your local school nurse and volunteer to lend a hand. School Nurses provide primary care for literally millions of school kids nationally, and there are always needs in a school health office. Yearly, many unmet needs and health issues go unanswered when school health offices are too overloaded to meet them;
3) work with the school board and city council in your community to change school campus smoking policies and broader community policies to eliminate the availability of e-cigs and vapor devices to underaged children. This demonstrates to the broader community that the public health professionals in the community are always our outcomes of children and public schools. Much has already been done at the state and federal level to limit underage access to vaping products, but more can be done to help educate the public about the need for these measures.

Let’s share our collective expertise to positively impact our community.
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✓ What is SERV SD? A database of pre-registered health care professionals who are ready to volunteer in the event of an emergency.

✓ Who should volunteer? Everyone! All skill levels and experience needed.

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