The weather is finally turning warmer; winter is behind us and with the promise of spring we can focus our energy on new beginnings and celebrations. And there is much to celebrate, as this May will be the 200th birthday of Florence Nightingale.

As I personally contemplate how much has changed since the mid-1800s when Florence began defining the nursing role and reforming patient care, I cannot help but reflect on how incredibly courageous she was to speak up and advocate for those in her care. Despite the persistence of war, numerous adverse conditions in the hospital and continued influx of patients, she tirelessly advocated for the injured soldiers as well as the nurses which impacted the care that ultimately improved the outcomes. These are the same overarching goals that we, collectively should be striving for in our daily work. Millennia may have past; however, the objectives are the same. I believe that our profession has a responsibility to move in a forward direction; working to ensure equitable access to healthcare, seeking cost-efficient, innovative solutions, while advocating for both the profession and for individuals and communities we serve. If Florence was here now, would she be impressed or dismayed?

As we embark on the 200th celebration for Florence Nightingale and Year of the Nurse, it is my hope that we all look inward and examine how we are contributing to the profession (our colleagues – RNs and APRNs) and the individuals and communities of South Carolina. While the Board of Directors and Chapter Officers are formal leaders of the profession we have a common responsibility to our colleagues, our patients, and our communities.

Kelly Bouthillet

President’s Message continued on page 3

SAVE THE DATE
October 15-17, 2020
SCNA 2020 State Convention & APRN Pharm Conference
Sonesta Resort Hilton Head
Room Rate $159 while supplies last 843-842-2400; Group Code 1014NURSES
In 2017 we sold out of hotel rooms don’t miss out
Details will be posted to www.scnurses.org/event/2020SCNAConvention

2020 STATE CONVENTION
IF FLORENCE COULD SEE US NOW!
The SCNA Nominating Committee has called for member suggestions for the 2020 election. Nominations are due May 1st. In 2020, members will elect:

Full (SCNA/ANA) & SCNA Only Election
President-Elect
Director Seat 1
Director Seat 2
SCNA Nomination Committee (5 people)

Full (SCNA/ANA) Election
Representatives to the ANA Membership Assembly (3 people – President, President-Elect, and Delegate)
Alternates for Representatives to the ANA Membership Assembly

Current Officers Eligible to run again:
Jada Quinn
Christina Branham
Sheryl Mitchell

Following the reading of the anti-trust statement and the conflict of interest statement the meeting progressed. The minutes of the meeting were approved. The motion was seconded and carried. The purpose of this meeting was to enable members in good standing. Call SCNA at 803-252-4781 if you would like anymore information on any of these positions.

Go to www.scnurses.org to fill out a nomination form. The link to the nomination form can be located under “About SCNA” on the “Elections” page http://www.scnurses.org/?page=SCNAElections

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South Carolina Nurse Copy Submission Guidelines: All SCNA members are encouraged to submit material for publication that is of interest to nurses. The South Carolina Nurse also welcomes unsolicited manuscripts written by members. Article submission is preferred in MS Word format and may be up to 1000 words. When sending pictures, please be certain to label them clearly since the editors have no way of knowing who persons in the photos might be. Preferred submission is by email to Rosie@scnurses.org. Please do not embed photos in Word files, but use jpg files. All articles submitted are subject to editing by the SC Nurse editorial staff.

South Carolina Nurse Editorial Staff:
Judith Curfman Thompson, Executive Editor
Rosie Robinson, Assistant Editor
May 6, 2020, a landmark date in nursing history! The 200th anniversary of Florence Nightingale’s birth will be celebrated by nurses all over the world. May you all have at least a few moments to reflect on the magnitude of the accomplishments that one person had on the forward progress of a great calling. It is not often that we of other generations are able to point to a time of creativity and forward movement with such clarity. Yet, each day that you practice is another extraordinary day. May you take a few moments in your day on May the 6th to reflect on all of your contributions as you continue the long line of those who chose Nursing as your proud professional career!

ONWARD!

President’s Message continued from page 1

the SCNA, I would suggest that we all are leaders, champions, stewards and mentors of our profession. We can create change and purpose together. In this year of celebration, I want to challenge each of you to be more involved in one area of our noble profession. Find your why. Find your purpose. Reflect on what you love about nursing and what brought you to it. How do we move in one area of our noble profession. Find your why. Find your purpose. Reflect on what you love about nursing and what brought you to it. How do we move forward in new and innovative ways in South Carolina? As a member and leader of the South Carolina Nurses Association, I want to share a couple thoughts for this year as we celebrate us! My goal is to create change and purpose together. While strengthening partnerships for common causes. I want to connect NPs together so that we could advocate for the individuals and communities we serve and promote the SCNA/ANA agenda. Additionally, it is clear that RNs are continually working in environments that compromise both themselves and their patients. We as professional nurses must work together, rather than against each other to ensure that patients and their families remain central to all aspects of care systems and that we as clinicians remain in a position to provide safe, competent and high-quality care. This is not always easy and we often feel more comfortable taking care of others while allowing our health and well-being to fall where it may. We must serve as mentors to each other; supporting and balancing our bodies and our minds so that we can have a strong and unified voice for issues such as practice concerns, safe work environments, access to care, education and many others.

The four years serving as the APRN Member-at-Large and on the SCNA Convention/Conference Committee, has brought me in contact with amazing nursing professionals from all over the state that share many of the same goals. We must continue to challenge the status quo and push nursing past the old and continued stereotypes and begin leading from the front. BIO: Dr. Kelly Bouthillet is a dual-boarded advanced practice nurse working both as a critical care clinical nurse specialist and acute care nurse practitioner for Hilton Head Regional Healthcare. Additionally, she works collaboratively with Hilton Head Island Fire & Rescue to improve the care delivery and implementation of initiatives such as health assessment, resuscitation, geriatric care and providing education to the community with hands-only CPR, AED use and stop the bleed. Most recently, she was the program coordinator and clinical supervisor for the adult-gerontology acute care NP program at Georgia Southern University. This January, she will be joining the nursing faculty at University of South Carolina Beaufort. Kelly A. Bouthillet DNP, APRN, CCNS, ACNP-BC Hilton Head Island, SC

Use your nursing voice!

Let us use, and raise our collective voices, this and every year to move our profession forward so that we can provide better education to our student nurses, provide better care to our patients and communities, to protect ourselves from incivility and to achieve positions that help shape the face of health care. Raise your voice, so we can be heard…together. We want to hear from you! Connect with us online and tell us how you are celebrating or commemorating the Year of the Nurse and using your nursing voice to improve health and advance the profession.

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South Carolina Nurses Association

President Information Bio

Serving as the SCNA President is an honor and a commitment that I do not take lightly. My tenure as a member of the ANA and SCNA, has been a mission to learn more about the political forces that impact professional nursing both locally and nationally. As practicing nurse practitioner and clinical nurse specialist, I grew frustrated with the antiquated restrictions, so I joined the APRN Chapter as Member-at-Large as I felt it was important that APRNs be aware and active in the issues that impact their practice. Living in the “low” Lowcountry of South Carolina, I began to connect NPs together so that we could advocate for the individuals and communities we serve and promote the SCNA/ANA agenda. Additionally, it is clear that RNs are continually working in environments that compromise both themselves and their patients. We as professional nurses must work together, rather than against each other to ensure that patients and their families remain central to all aspects of care systems and that we as clinicians remain in a position to provide safe, competent and high-quality care. This is not always easy and we often feel more comfortable taking care of others while allowing our health and well-being to fall where it may. We must serve as mentors to each other; supporting and balancing our bodies and our minds so that we can have a strong and unified voice for issues such as practice concerns, safe work environments, access to care, education and many others.

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Qualifications:
You are qualified to review abstracts if you meet the following criteria:
• Member of the South Carolina Nurses Association
• You have first authored two or more peer reviewed articles Or
• You have a MSN, DNP, or PhD

The abstract review period will take place (approximate start date) June 15- June 30, 2020. If you are qualified and willing to serve, please send an email to rosie@scnurses.org by May 15, 2020.

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HOW TO CELEBRATE
Suggestions for Celebrating and Elevating Nursing

Your future starts now, so make the Year of the Nurse your year to inspire, grow, and celebrate! Throughout the year, we encourage you to seek opportunities and engage in activities to promote nursing excellence, infuse leadership, and foster innovation. Below are suggestions for how you can excel, lead, and innovate.

EXCEL
Go beyond the ordinary in 2020 and make this the year you focus on your professional and personal development.

• Find a mentor. Is there a colleague, nurse friend, or former instructor who has useful insights to share or inspires you to be your best? Having a mentor who can help you navigate your career and offer advice could be the motivation you need to excel and advance your nursing career. ANA also offers its members a Mentorship program. Enrollment for 2020-2021 will open in the summer.

• Take your nursing to the next level. Do you want to build your leadership ability or improve your nursing practice? Webinars and online courses can help enhance your knowledge and give you skills you need to succeed. Sign up for the free webinars Ten Steps to Becoming a Successful Nursing Manager or What’s Happening in Nurse Staffing?

• Knowledge is power. Make 2020 your year for professional development. Whether you are looking to achieve your first certification, explore new ones, or renew a certification, the American Nurses Certification Program lets you demonstrate your specialized knowledge and continuing competence.

• Make self-care a priority. Join the Healthy Nurse, Healthy Nation™ Grand Challenge, an initiative to connect and engage nurses, employers, and organizations around improving health in five areas: physical activity, nutrition, rest, quality of life, and safety. If you’re looking for an inspiring way to focus on your well-being in 2020, join the monthly challenges.

• Give back to your community. Help promote the value of nursing by supporting a special health screening event in your community or volunteering at a health clinic. Consider joining a local organization that supports something you are passionate about and could benefit from your insight as a health care professional.

LEAD
As a nurse you inspire, influence, and innovate – all leadership qualities. In this Year of the Nurse, commit to elevating your voice to show the influence you have as the backbone of health care.

• Inspire the next generation. Your outreach this year is critical to engaging with the next generation of nurses and increasing workforce diversity. Visit elementary and middle schools, career fairs, community centers, and youth clubs to talk about your path to nursing and inspire future nurses.

• Exercise leadership skills. Make this the year you learn about how you can serve on a board of directors. Start by visiting Nurses on Boards for resources and updates on nationwide board opportunities. If you are already contributing to board leadership, inspire others to serve on boards by sharing your “bedside to boardroom” story.

• Impact political change. In this critical election year, make a commitment to engage in political advocacy. Visit RNAaction to learn how you can ensure nurses’ voices are heard by politicians. Learn more about candidates, priority issues, voter registration, and ways to volunteer on campaigns. Share what you learn with your friends, family, and colleagues. If you want to engage more in political advocacy, participate in your state or constituent nurses association’s Legislative Day and ANA’s Hill Day in June. These annual events provide the opportunity for you to share your perspective as a nursing professional and gain elected officials support for crucial legislation.

• Raise your voice with the media. Share your perspective about the value of nursing and nursing leadership with your local media. Reach out to a reporter in your city who covers health issues to recommend they do a story about the Year of the Nurse, submit an editorial to your local newspaper, or send a letter to the editor commenting on recent coverage that would have benefited from the nursing perspective.

• Elevate your profession. Introduce yourself to patients, colleagues, and members of the community as “Nurse (Last Name).” Include your RN credential on Business cards, checks, credit cards, email signatures, and more. Take every opportunity to educate others about nursing and show pride in your profession.

• Get social. Share a week of posts on your life as a nurse. Give your social media followers a glimpse into all you do with highlights about your pride in your profession.

2020 YEAR OF THE NURSE & MIDWIFE
The MUSC College of Nursing recognizes and celebrates nurses and midwives worldwide who change what’s possible in the transformation and delivery of health care.

The recruitment of talented and innovative faculty is crucial to the fulfillment of our mission. We encourage qualified individuals who are committed to excellence in nursing research, education, and practice to consider joining our team. Visit nursing.musc.edu to view our open positions.

Happy Nurses Month – May 2020 – #yearofthenurse
Nurses Month

• **Inspire colleagues.** Words of encouragement and random acts of kindness can make all the difference in a person’s day, especially for nurses. Share inspirational messages or a handwritten “words from a nurse” letter to give the support, encouragement, and motivation we all appreciate and occasionally need to brighten our day.

• **Celebrate the power of great nursing.** Honor a nurse mentor, celebrate a nurse colleague, or thank a special caregiver, nurse friend, or family member with a contribution to the American Nurses Foundation in their name. Your donation will support innovations to make care more patient-centered, financial aid to students in need, and programs that help nurses achieve better health.

**INNOVATE**

Nurses are natural problem solvers and innovators. Innovations occur at all levels of health care, nurses can and should be at the forefront, just like Florence Nightingale, the first nurse innovator.

• **Initiate an innovation program.** Nearly 70 hospitals and health systems across the U.S. are recognized for their innovation programs. If your organization has an innovation program, are there opportunities for you and your nurse colleagues to support it? If your organization does not have an innovation program, how can you start one that improves workflow, efficiency, and patient care?

• **Join or host a hackathon.** Champion nurse-led innovation by participating in or organizing a platform that encourages nurses to bring their ideas to life. Live-action events such as pitch competitions or hackathons are fun ways to learn about innovation, design thinking, and even failure. Check for corporate-sponsored events, or competitions at local nursing schools or your state nurses association.

• **Share your experience.** Are you a nurse innovator or aspiring visionary who wants to help build a culture of innovation? Consider sharing your ideas, thoughts, and advice in a blog post or writing an article for a nursing, health care industry, or nursing school publication.

• **Launch your idea.** Do you have a nursing-led innovation you want to see through from concept to reality? Consider launching your idea at NursePitch, a live interactive event for nurses to compete for a chance to turn their innovation dreams into reality. There is no time like now to start planning for the 2021 competition.

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The Great South Advisory Group is the approved retirement income planning firm to the South Carolina Nurses Association. As a benefit of membership in the SCNA, you can receive your personalized Retirement Income Analysis report for no charge. Simply call to schedule your complimentary appointment at 803.223.7001. Visit their website at www.greatsouthernadvisorygroup.com.

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We have an exciting opportunity for you to receive exclusive access to Snazzy Traveler, America’s Fastest Growing Travel Company. As a valued supporter you are receiving FREE access to Snazzy Traveler for a whole year! Snazzy Traveler is an exclusive members only travel website valued at $96 with rates on Hotels, Rental Cars, Luxury Cruises and Activities up to 75% off online retail prices. Visit www.snazzytraveler.com/SCNA and enter Promo Code: SCNATravel

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OneMain Loan Program

To help nurses enjoy the things that matter most, the South Carolina Nurses Association has teamed up with OneMain to offer you financial solutions that fit your needs and budget. A loan from OneMain gets you the money for things you need like a home improvement project you may have been putting off. Or you can use the money to take a dream vacation. The application is simple and OneMain has friendly, knowledgeable loan specialists in your area ready to answer your questions.

South Carolina Nurses Association (SCNA) Visa Signature card

Visit www.commercebank.com/scna for details on how you can help support the SCNA.

SCNA/ANA Benefits

Some of the many great services, discounts and opportunities you will access as a member of SCNA/ANA:

- The LARGEST Discount on initial ANCC Certification – SCNA/ANA members receive $300 off initial certification.
- The LARGEST available discount on ANCC recertification – $55 for SCNA/ANA members.
- The ONLY discount on ANCC Review/Resource Manuals – SCNA/ANA members only.

SCNA Welcomes New Professional Liability Insurance Provider: NSO

Effective immediately, SCNA will now offer Professional Liability Insurance through the NSO company, an AON Affinity partner. This decision was made following an offering by NSO to insure nurses in South Carolina through its excellent products.

So, if you are in need of liability insurance or wish to make some changes in your current coverage, please see the benefits page of the SC Nurse or the SCNA Website for further information.

Welcome NSO!

SCNA Nursing Flash and Legislative Updates – Members gain access to informative SCNA Nursing Flash including timely updates during the legislative session, national news & policy updates and vital information for all nurses.

Member Discounts on SCNA Convention and Event Registration – SCNA members receive special discounts on all SCNA events. Discounts available as well for ANA Events.

Free quarterly SCNA newspaper The South Carolina Nurse.

New leadership opportunities – Get involved with SCNA. Statewide recognition and professional development. Become a chapter member. Participate in a task force or committee and run for elected office for a chapter or SCNA BOD.

SCNA Career Center – Find a new opportunity on SCNA’s online career center. http://nurses.sc.association.careernetwork.com

Connect with Leaders in the nursing profession – SCNA/ANA members will find numerous opportunities to connect with peers through special events, chapter involvement, the SCNA website, and other services.

SCNA Chapters – Get involved with SCNA at the chapter level and you will have the opportunity to connect with nursing professionals who have the same interest/specialty as you!

SCNA State Convention and APRN Conference, October 15-17, 2020 – Sonesta Resort Hilton Head, Hilton Head Island, SC

March, April, May 2020 – The South Carolina Nurse

March, April, May 2020 – The South Carolina Nurse

The ONLY discount on ANCC Review/Resource Manuals – SCNA/ANA members only.

Journals & Publications – a free subscription to The American Nurse Today, an $18.95 value. Free online access to OJIN: The Online Journal of Issues in Nursing. Members also have the first opportunity to access OJIN & TAN content online!

ANA Nursing Knowledge Center Free Webinars & CE opportunities – SCNA/ANA members can access frequent educational webinar offerings from ANA at no cost to the members.

ANA SmartBrief – SCNA/ANA members receive ANA’s SmartBrief electronic newsletter via email on a weekly basis. SmartBrief provides members with up-to-date nursing news and information in a convenient format. Members may self-nominate to participate in ANA task forces as they arise for issues of interest and concern to nursing.

Nurses know that without proper planning, the costs of long-term care provided services can wipe out a lifetime of savings. Many may feel uncomfortable relying on their children or family members for support and find that Long-Term Care (LTC) insurance would significantly cover these expenses and help to keep them personally in control. Securing quality LTC insurance protection is a serious undertaking; that is why proper planning for our selves and our families is increasingly critical to us all. ANA has teamed up with Anchor Health Administrators to access special LTC rates through a company that for almost 20 years has only worked with nurses and their families. ANA members will receive a 5% discount on top of any other available discounts, and will have personal access to specialized licensed advocates who help nurse’s every day with their LTC needs.

Do you have enough term life insurance to help ensure that your family is covered if you were to pass away? Would there be enough to provide for your children, your mortgage and save for college, not to mention unpaid medical bills and funeral expenses? To help, ANA has partnered with AmWINS Group Benefits administrators to offer term life insurance with Hartford Life and Accident Insurance Company. With this plan you can receive term life insurance at competitive group rates, negotiated just for nurses by ANA. Because you are a member, you can apply for a plan with up to $250,000 in coverage at economical rates.

National Nurses Week Gifts – ANA has a full line of nursing gifts available every year for National Nurses Week and throughout the year.

Factsheets and Resources – ANA offers many fact sheets, tip cards and Toolkits to help guide you in your work with patients and colleagues. Topics cover a vast range from dealing with bullying and workplace violence to what you need to know about social networking for nurses. Members can also download the Code of Ethics, Social Policy Statement, Scopes and Standards of Nursing Practice and the full text of ANA’s principles and position papers.

ANA membership gives you free access to a variety of tools such as CIINAHL, PubMed Citations and other essential nursing resources to help your professional needs. Must log in as a member to have access.

Professional Tools – CIINAHL Resources

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South Carolina Nurses Association

Visa Signature card

Visit www.commercebank.com/scna for details on how you can help support the SCNA.

SCNA/ANA Benefits

Some of the many great services, discounts and opportunities you will access as a member of SCNA/ANA:

- The LARGEST Discount on initial ANCC Certification – SCNA/ANA members receive $300 off initial certification.
- The LARGEST available discount on ANCC recertification – $55 for SCNA/ANA members.
- The ONLY discount on ANCC Review/Resource Manuals – SCNA/ANA members only.

ANA Nursing Knowledge Center Free Webinars & CE opportunities – SCNA/ANA members can access frequent educational webinar offerings from ANA at no cost to the members.

ANA SmartBrief – SCNA/ANA members receive ANA’s SmartBrief electronic newsletter via email on a weekly basis. SmartBrief provides members with up-to-date nursing news and information in a convenient format. Members may self-nominate to participate in ANA task forces as they arise for issues of interest and concern to nursing.

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### South Carolina Nurses Association

#### 2020 Calendar

**MARCH**
- **14** 10:00AM-12:00PM Virtual APRN Planning Team Meeting
- **21** 10:00AM-12:00PM Nurse Educator Chapter Meeting

**APRIL**
- **1** List of Nominations Due from SCNA Board and Chapter Chairs to Nominations Committee
- **18** 10:00AM-12:00PM Nurse Educator Chapter Meeting
- **25** 10:00AM-12:00PM APRN Chapter Meeting

**MAY**
- **1** Final Ticket Due to SCNA Board of Directors
- **3** Consent to Participate / Bio Form / Picture due for the June SC Nurse
- **11** Bylaws Proposals Due
- **13** Proposed Resolutions due to SCNA
- **18** SC NURSE PUBLICATION Copy Due June - August 2020 Issue
- **19** CE APPROVER COMMITTEE SUBMISSION DEADLINE DATE for programs July 1st or later
- **25** SCNA Board Meeting 1:00PM - 4:00PM

**JUNE**
- **1** Request for budget allocations to Finance Committee
- **15** 10:00AM-12:00PM Virtual APRN Planning Team Meeting
- **16** 10:00AM-12:00PM Nurse Educator Chapter Meeting
- **31** Date of eligible membership to vote in election

**JULY**
- **18** 10:00AM-12:00PM Nurse Educator Chapter Meeting
- **25** 10:00AM-12:00PM APRN Chapter Meeting

**AUGUST**
- **1** SCNA Board Members Annual Reports Deadline
- **10** SC Nurse Publication September – November 2019 Issue: Copy Due
- **12** For programs October 1st or later CE Approver Submission Deadline Date
- **14** Election notice deadline 60 days before annual meeting
- **15** 10:00AM-12:00PM Nurse Educator Chapter Meeting
- **18** Last Day to File Consent to Participate for write in candidates.
- **19** 10:00AM-12:00PM Nurse Educator Chapter Meeting
- **21** Election Notice Emailed to Members
- **21** Election opens at midnight
- **26** 10:00AM-12:00PM APRN Chapter Meeting

**SCNA Annual Membership Meeting October 15, 2020 - Sonesta Resort Hilton Head, Hilton Head Island, SC**

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### Membership Made Easy

Everything you need to know is on line [http://www.nursingworld.org/joinana.aspx](http://www.nursingworld.org/joinana.aspx)

Full SCNA/ANA Membership Dues: $283.00 annually or $24.09 monthly
- Full time employed
- Part time employed

Reduced SCNA/ANA Membership Dues: $141.50 annually or $12.29 monthly
- RNs not employed
- RNs in full time study until graduation
- Graduates of basic nursing programs for a first year of membership within 6 months following graduation.
- RNs 66 years of age or older who are not earning more than social security allows without a loss of social security payments

Special SCNA/ANA Membership Dues: $70.75 annually or $6.40 monthly
- 66 years of age or over and not employed;
- Totally disabled
- Past NSNA/SNA-SC Members for a first year of membership if membership is initiated within 6 months of licensure

Membership Made Easy

As a member of SCNA there are several options available to you to enhance your membership experience. SCNA has Chapters that are open to members of SCNA. You are welcome to join any of the chapters listed, think about creating others, or simply enjoy your state membership in SCNA. For more information about SCNA Chapters go to [http://www.scnurses.org/?SCNAChapters](http://www.scnurses.org/?SCNAChapters)

There are currently four practice based Chapters:
- APRN Chapter - Psychiatric-Mental Health Chapter
- Women and Children's Health Chapter - Nurse Educator Chapter

Sign up for chapter membership by going to [https://scnurses.site-ym.com/?page=ConsentParticpateChC](https://scnurses.site-ym.com/?page=ConsentParticpateChC)

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### 2020 Calendar for CEAC Submissions

<table>
<thead>
<tr>
<th>Submission Date</th>
<th>Date of program date or expiration date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Application due by May 13, 2020</td>
<td>For Program/Expiration dates July 1st, 2020 or later</td>
</tr>
<tr>
<td>Application due by August 12, 2020</td>
<td>For Program/Expiration dates October 1st, 2020 or later</td>
</tr>
<tr>
<td>Application due by November 11, 2020</td>
<td>For Program/Expiration dates January 1, 2021 or later</td>
</tr>
</tbody>
</table>

For a complete list of Approved Three Year Providers and Approved Individual Activities please visit our Continuing Nursing Education page on [www.scnurses.org](http://www.scnurses.org). You will also find all the information you need to know about how the SCNA CNE process works.

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### NHC Healthcare – Anderson is NOW HIRING!

**NHC Healthcare – Anderson is NOW HIRING!**

**RNAs and LPNs**

**Contact:**
Donna Robinson, DON
1501 East Greenville St.
Anderson, SC 29622
www.nhcanderson.com

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SCNA Annual Membership Meeting October 15, 2020 - Sonesta Resort Hilton Head, Hilton Head Island, SC
South Carolina Nurses Association

New and Reinstated SCNA/ANA Members
November 21, 2019 – February 17, 2020

Tiffany Adams
Rock Hill SC
Stacy Alexander
Taylors SC
Carol Ashmore
West Columbia SC
Korina Banks
Myrtle Beach SC
Stephanie Barnhill
Chester SC
Linda Bedker
Bluffton SC
Terry Beres
Lexington SC
Kathleen Boone
Pawleys Island SC
Haley Bozard
North Charleston SC
Austin Bren
North Charleston SC
Courtney Brown
Columbia SC
Glenna Brown
Landrum SC
Margaret Bryant
MT Pleasant SC
Stacy Burton
Seneca SC
Renee Butler
Inmo SC
Christine Cannon
Ladson SC
Teresa Carlton
Summerton SC
Wendy Cartledge
Columbia SC
Kimberly Casey
Myrtle Beach SC
Ellen Caughman
Myrtle Beach SC
Gwendolyn Caulder
Beaufort SC
Michelle Ciarcavella
Greenville SC
Amanda Clyburn
Elgin SC
Audrey Cribb
Hemisway SC
Alyorla Dash
Goose Creek SC
Patricia Deane
Green SC
Bridget Denzik
Aiken SC
Ashleigh Deris
Summerville SC
Carol Doherty
Lexington SC
Kimberly Donovan
Mount Pleasant SC
Anna Dubose
Manning SC
Angela Dunfee
Aiken SC
Tammy Duvall
Inman SC
Rebecca Edge
Glenwood SC
Sonya Ehrhardt
Orangeburg SC
Valerie England
Aiken SC
Angela Frederick
Myrtle Beach SC
Kimberly Frick
Chapin SC
Tiffany Fuller
Lexington SC
Maria Ghally
Indian Land SC
Merlyn Gibson
Rock Hill SC
Ana Gosnell
Inmo SC
Shannon Green
Landrum SC
Gabrielle Griffin
Eustawville SC
Lana Guffey
Greenwood SC
William Hall
Easley SC
Wendy Hamrick
Florence SC
Sarah Hansen
Fortinor Hanahan SC
Teresa Hathcox
Lexington SC
Marilyn Hauser
Mount Pleasant SC
Cassandra Hayes
West Union SC
Kelly Hegler
Lancaster SC
Terry Heriot
Rembert SC
Ashley Hopkins
Summerville SC
Jennifer Humphries
Geefey SC
Jwan Jackson
Blythewood SC
Dianne Kane
Myrtle Beach SC
Ryan Kerzan
Cayce SC
Karim Krussig
Inman SC
Jl Kuehn
Bluffton SC
Patrice Ladson
Keel's Columbia SC
Patricia Landreman
Columbia SC
Diana Layne
Summerville SC
Mary Liaghat
Rock Hill SC
Rebecca Littlejohn
Pauline SC
Laura Lowe
Myrtle Beach SC
Pamela Major
North Augusta SC
Ronda McElveen
Ridgeland SC
Michelle McFadden
Kingstree SC
Lesia McKenzie
Florence SC
Barbara Mckinney
Easley SC
Elizabeth Morris
Saluda SC
Dana Myers
Columbia SC
Allison Owings
North Augusta SC
Katherine Palmgren
Indian Land SC
Kelly Payton
Greenville SC
Allison Peeples
Pendleton SC
Marie Phillips
Newberry SC
Amy Philliply
Elgin SC
Telathea Powell
Johnsville SC
Dorothy Prichard
Johns Island SC
Sonya Puckett
Charleston SC
Brenda Ramirez
Pena Lexington SC
Leisa Rauch
Walterboro SC
Sara Rodden
York SC
Terry Sanford
Summerville SC
Kelly Santell
Sumter SC
Michelle Sawyer
Latta SC
Nicole Schaefner
Fort Mill SC
Donna Sellers
Hamer SC
Annie Shaffer
Harborton SC
Constance Simons
Holly Hill SC
Terry Sims
Great Falls SC
Christine Smoak
Pinewood SC
Kimberly Speer
Anderson SC
Lydia Sprouse
Gypsum CO
Whitney Vassell
Columbia SC

Barbara Wall
Greer SC
Martin White
Elgin SC
Susan Whitman
Inman SC
Elaine Wilson
Blythewood SC
Lindsey Wilson
Grovetown SC
Mack Wilson
Sumter SC
Dawn Wolf
North Charleston SC
Demetris Wright
Columbia SC
Keisha Yarborough
Elgin SC
Melissa Zito
Columbia SC

AMERICAN RENAL ASSOCIATES
Join the dialysis provider where patient care comes first. Opportunities for new or experienced RN’s throughout South Carolina.
Fax resume to Brittany Winter at efax 978-232-0876

WANTED: Members of SCNA who will recruit new members to SCNA
REWARD: A check for $25.00 for each new SCNA/Only member OR SCNA Only member. Not valid for any reduced price memberships.

MEMBER GET A MEMBER

HOW TO COLLECT YOUR REWARDS: Be sure that your new recruit knows to join on line and to put your name in the “referred by” section of the application. It couldn’t be easier!

HOW MANY REWARDS MAY A MEMBER COLLECT: There is NO repeat NO limit to the number of reward Checks of $25.00 that current members can earn. Start today and enjoy your rewards!

New SCNA-Only Members

Karen Jackson
Blythewood SC
Lynn Jacobs
Pickens SC
Nancy Lintner
Fort Mill SC
Elizabeth Philmon
Greenville SC
Amy Purser Medina
Longs SC
Caroline Shelly
Charleston SC
Ashley Turbyfill
Lugoff SC

President’s Membership Challenge

In addition to the current Member-Get-A-Member Rewards Program ($25.00) SCNA President Kelly Bouthillet has issued a President’s Challenge.

Here are the details:
Members are encouraged to solicit new members. Members who recruit new members between April 1, 2020 and October 9, 2020 will be entered into a competition with each other to solicit and bring in the most new members. This is not valid for any reduced-price memberships. The prize is a free convention registration, not including hotel costs, for the 2020 SCNA State Convention and Annual Meeting at the Sonesta in Hilton Head Island, SC.

If you are planning to attend the convention go ahead and register. If you are the big winner your registration will be refunded. Any questions contact the SCNA Office, 803-252-4781.
Advocacy

The 2020 legislative session is well underway and as we enter the last of February one thing has become abundantly clear...the work this year will focus on Education Reform, Santee Cooper, the Appropriations Bill. Other bills are certainly being heard at the committee level thus far, but it remains to be seen whether any will make it to the finish line this year. Among the bills of interest to SCNA currently being monitored for SCNA by The Southern Group are:

S.16: Emergency Prescription Refills
S.27: Narcotics and Controlled Substances
S.222: Medical Decisions for Those Unable to Consent
S.271: State Health Care Plan to Consult with Physicians
S.319: Assault and Battery of a Health Care Worker
S.320: Interstate Medical Licensure Compact
S.366: SC Compassionate Care Act (Medical Marijuana)
S.368: Insurance Companies and HMOs and Early Detection
S.445: Direct Primary Care Agreement is not a Contract of Insurance
S.455: Temporary Professional Licenses for Active Duty Military and Spouse
S.485: Personhood
S.499: Assault and Battery of a Health Care Worker
S.563: CRNA Supervision
S.609: PANS Advisory Council
S.648: Remains of a Unborn Child Resulting from an Abortion
S.981: Drug-Induced Homicide
H.3081: Medical Marijuana
H.3101: Interstate Medical Licensure Compact
H.3263: Armed Services and Spouses Professional and Occupational License Act
H.3272: Put Patients First Act (Medical Marijuana)
H.3660: Compassionate Care Act (Medical Marijuana)
H.3663: Homicide
H.3725: PANS Advisory Council
H.3727: Access to Clinical Services for Treatment of Opioid Disorders
H.3725: Involuntary Manslaughter
H.3825: Authorized Decision Makers for Health Care Decisions
H.3832: Rescheduling of two drugs to Schedule II Controlled Substances
H.3844: Pharmacy Access Act (Hormonal Contraception)
H.3847: Assault and Battery of a Health Care Professional
H.3920: Personhood
H.4127: Physician Student Loan Repayment Program
H.4276: CRNA Supervision
H.4348: Prohibit Medical Marijuana
H.4355: Pharmacists and Nurses to Administer or Dispense Methadone
H.4473: Marijuana for Terminal Illness
H.4522: Trained School Volunteers to Administer Insulin
H.4711: Prescribers to Offer Naloxone
H.4712: Dignity in Pregnancy and Childbirth
H.4713: Annual Risk Assessment
H.4832: CRNA Education Requirements

You may access the full text of each of these pieces of legislation, as well as their current status at www.scstatehouse.gov. From the home page, simply type the bill number (numbers only, no letters) into the quick search box and click the bill number option beneath the box. Should you have any additional questions or concerns about any of the outlook for any of the bills listed here, please email Wanda Crotwell at The Southern Group. Her email address is crotwell@thesoutherngroup.com

PMH Chapter Section

Save the Date!
THE 2ND ANNUAL PSYCHIATRIC NURSING SYMPOSIUM
BREAKING THE STIGMA THROUGH TREATMENT MODALITIES
MAY 15, 2020
RIVERBANKS ZOO BOTANICAL GARDENS
Presented by SCNA Psychiatric Mental Health Chapter
https://www.scnurses.org/event/PMH2020EVENT

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• 6 convenient start dates per year
• CCNE accredited
• No foreign language requirements

The mission of the South Carolina Nurses Association is to represent all South Carolina registered nurses in a membership organization to promote and advocate the role of the registered nurse to improve health for all.
# EXPERT FINANCIAL INSIGHTS

## LOOKING FOR AN ALTERNATIVE TO A STRETCH IRA?

**CONSIDER LIFE INSURANCE**

Retirement account owners looking to lower tax bills for their heirs may be concerned that the opportunity to “stretch their IRA” is eliminated for most people now that the SECURE Act has passed.

With the most tax-efficient strategy for managing an inherited retirement account now limited, you may be wondering how you will provide income for future generations, or perhaps leave enough assets behind to support your favorite charities.

One alternative to the stretch IRA to consider—especially for those who do not need current income from their retirement plans—is life insurance.

Traditional thought suggests you should use unneeded required minimum distributions (RMDs) to pay premiums on the purchase of life insurance, in order to increase the wealth you are able to transfer to the next generation.

By not waiting until distributions are required, more IRA funds are available during the IRA’s prime withdrawal years (between ages 59½ and 72). During this period, RMDs are not yet required and distributions are not subject to early distribution penalties.

### REMOVES TAX ACCELERATION CONCERN

With life insurance, you remove the concern over tax acceleration resulting from elimination of the stretch IRA for most people, which now requires a maximum payout over 10 years. In addition, life insurance may provide more benefits to heirs if the RMDs or withdrawals being used as premiums can purchase a death benefit greater than the value of the IRA—and are income tax free.

Another plus to this strategy is that if used in combination with trusts, you can help ensure insurance proceeds are distributed according to your wishes.

With the elimination of stretch IRAs for most people, IRAs are less desirable as estate planning vehicles and life insurance becomes a more attractive consideration. Life insurance would work best when IRA funds are not necessary to supplement your retirement. It also allows you to pass as much to your beneficiaries as possible—with maximum control and minimum tax.

The purchase of a life insurance policy is a simple route if insurability is not a concern—some IRA owners may either be uninsurable or pay increased premiums due to medical conditions. If this is the case, consider a second-to-die that provides benefits (free of income tax) to the beneficiaries only after the last surviving person on the policy dies.

### USE OF LIFE INSURANCE IN COMBINATION WITH TRUSTS

If you want to replicate the benefits of stretch IRA payments more closely, consider an irrevocable trust. Here, the life insurance policy would be purchased with proceeds from the IRA, and the trust would be funded with your IRA distributions.

At death, the proceeds of the policy may provide a regular income stream to the beneficiaries, and may do so for longer than the 10 years currently allowed under the SECURE Act.

### DUES DEDUCTIBILITY FOR THE SC NURSES ASSOCIATION

**Calendar Year 2019**

<table>
<thead>
<tr>
<th>Membership</th>
<th>Full Dues</th>
<th>Reduced Dues</th>
<th>Special Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Dues</strong></td>
<td>$283</td>
<td>$141.50</td>
<td>$70.75</td>
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<tr>
<td><strong>Breakdown</strong></td>
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<tr>
<td><strong>ANA Portion</strong></td>
<td>$146</td>
<td>$73</td>
<td>$36.50</td>
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<tr>
<td><strong>SCNA Portion</strong></td>
<td>$137</td>
<td>$68.50</td>
<td>$34.25</td>
</tr>
<tr>
<td><strong>SCNA Only</strong></td>
<td>$187</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ANA Only</strong></td>
<td>$191</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Full Membership**

- ANA Portion of dues that is non-deductible is 15.48% for a figure of $22.80 of your full ANA dues of $146.00.
- SCNA Portion of dues that is non-deductible is 11.12% for a figure of $15.23 your full SCNA dues of $137.00.
- Therefore, a total of $37.84 is non-deductible of your total dues payment of $283.00.

**Reduced Membership**

- ANA Portion of dues that is non-deductible is 15.48% for a figure of $11.30 of your full ANA dues of $73.00.
- SCNA Portion of dues that is non-deductible is 11.12% for a figure of $7.61 of your full SCNA dues of $68.50.
- Therefore, a total of $18.92 is non-deductible of your total dues payment of $141.50.

**Special Membership**

- ANA Portion of dues that is non-deductible is 15.48% for a figure of $5.65 of your full ANA dues of $36.50.
- SCNA Portion of dues that is non-deductible is 11.12% for a figure of $3.81 of your full SCNA dues of $34.25.
- Therefore, a total of $9.46 is non-deductible of your total dues payment of $70.75.

**SCNA Only Membership**

- SCNA dues that are non-deductible is 11.12% for a figure of $20.79 of your SCNA Only dues of $187.

**ANA Only Membership**

- ANA dues that are non-deductible is 18.59% for a figure of $39.57 of your ANA Only dues of $211.

Please check with your accountant as to whether in your individual case any of your SCNA dues fees is deductible for business/professional expenses as this varies widely.

This information is published each year in the South Carolina Nurses Association (SCNA) newsletter and on the SCNA website. SCNA encourages nurses to consult with financial professionals to determine how the SECURE Act may impact their individual circumstances.

**BREATHE LIFE INTO A NEW CAREER AND MAKE AN IMPACT TODAY.**

At Piedmont Healthcare, our promise is to make a positive difference in every life we touch. Our nursing team enjoys all the benefits of working at one of the top healthcare systems, while retaining the cultural qualities of a family practice.

**By joining our team, you’ll receive:**

- Top-notch benefits
- Career training and development
- Flexible work schedules

Visit piedmontcareers.org for more information!
SCNF

Greetings from the South Carolina Nurses Foundation!

This year in 2020, the SCNF is celebrating the Year of the Nurse by two campaign activities in addition to our License Plate Initiative. First of all, the annual Midlands Gives is fast approaching. This is an annual event the SCNF has participated in for several years and is our major fundraising endeavor. This year, Midlands Give is on Tuesday, May 5th. In this year of the nurse we encouraged all nurses and friends of nurses to contribute to our efforts to provide scholarships to nursing students both undergraduate and graduate nursing students. Nursing is the most trusted profession and with the shortage of nurses, we need to provide more opportunities for those wanting to become nurses. The provision of scholarships helps further the profession of nursing.

How you can help:

Please like our Facebook page – ‘SC Nurses Care” and follow us on Twitter @ SCNursesCare. This will be our primary means of communication on giving day. You can give with a ‘donate’ button.

Go to the Midlands Gives website on May 5th – midlandsgives.org – and click on the ‘Donate Now’ button. You can scroll down to the SCNF logo and make your donation. A minimum of $20 is required. Donations must be made with a credit or debit card. The donation will reflect that you have made a donation the Central Carolina Community Foundation, but your donation will be credited to the SCNF. Our website – www.scnursesfoundation.org – will also get you to the Midlands Gives site.

Our second endeavor to provide scholarships is the Friends of the Foundation. This was established to further assist in vision of SCNF. This year we welcome contributions in honor of Renatta Loquist. Mrs. Loquist was a long-standing member of SCNF and has served the state of South Carolina in many professional roles. The Foundation uses donated funds for scholarships but the volunteer group is in need of things like: stationary, envelopes, printing costs for material. This money goes to help in off-setting the costs of operations of the Foundation. Please consider donating to this endeavor.

We also have our License Plate Initiative as a way to show support for nursing. The Nurses Care Specialty License Plate Initiative was created in 2002 to provide opportunity for both nurses and supporters of nurses to make a contribution to the profession and increase the public’s awareness of the contributions of nurses. Proceeds from the license plate initiative support both graduate and undergraduate scholarships.

Thanks for your continued support as we celebrate the Year of the Nurse!!!

We also welcome our new Board of Trustees members and thank our officers and continuing members. The new members are Lara Hewitt, Jason Thrift, and Judy Zink. The returning members are Fellecia Bowen, Tammy Gilliam, Josephine Mitchell, John Owens, Phyllis Royncor, Elaine Remels and Meg Stanley. Officers are Deborah Hopla, President, De Anna Cox, Vice President, and Pi Johnson, Treasurer. Ex officio members are Renatta Loquist and Sheryl Mitchell.

SCNA is always on the lookout for information to be published in the Members in the News section. Email rosie@scnurses.org with your SCNA member highlights.

SHOW YOUR NURSING PRIDE!!! SUPPORT NURSING SCHOLARSHIPS!!! GET A LICENSE PLATE!!

The Nurses Care Specialty License Plate Initiative was created in 2002 to provide an opportunity for nurses and the supporters of nursing to make a contribution to the profession and to increase the public’s awareness of the contribution of nurses. “Nurses Care” specialty license plates are available from the Department of Motor Vehicles. The proceeds are used to fund both graduate and undergraduate scholarships. Please go to this website to purchase your “Nurses Care” license plate:

http://www.scdmvonline.com/Vehicle-Owners/License-Plates/Plate-Gallery

SCNA Annual Membership Meeting October 15, 2020 - Sonesta Resort Hilton Head, Hilton Head Island, SC

Board of Trustees members present at meeting on February 14, 2020.
MISSION OF THE BOARD OF NURSING
The mission of the South Carolina Board of Nursing is to promote and protect the public's health, safety, and welfare by being fair and competent in the exercise of its regulatory functions.

This mission is accomplished by assuring safe initial practice, maintaining nursing competency in the practice of nursing and by promoting nursing excellence in the areas of education, practice and practice setting.
The Board licenses qualified individuals as licensed practical nurses, and registered nurses or advanced practice registered nurses.

Complaints against nurses are investigated and disciplinary action taken when appropriate.

South Carolina Board of Nursing members are appointed by the Governor with the advice and consent of the Senate.

BOARD MEETINGS

There are two (2) Board meetings per year, which are scheduled for the Board's web page.

The Board of Nursing will not review applications for licensure or make practice-related decisions at a public meeting. Applications for licensure are reviewed and practice-related decisions are made at a closed meeting.

SCAFLIGHT

The SCAFLIGHT program offers registered nurses and licensed practical nurses an opportunity to practice without formal certification. This program is designed for nurses who have a valid license in another state and want to practice in South Carolina.

For more information or to learn how to register, please visit www.scflight.org.

NURSE LICENSURE COMPACT

As of January 1st, Alabama implemented the Nurse Licensure Compact, bringing the total number of actively participating states to 32. Indiana and New Jersey’s dates for implementation are still pending. In addition, Nevada, Colorado, Connecticut, and New Hampshire have added language requiring registered nurse graduates trained in states requiring a nursing license before obtaining a license from the state of their choice.

The Nurse Licensure Compact is a multi-state agreement that allows qualified nurses to possess one license to practice in multiple compact states.

For more information, visit the Compact website at www.nurselicensurecompact.org.

NEXT GENERATION NCLEX

In 2013-2014, the National Council of State Boards of Nursing’s (NCSBN) strategic analysis of nursing practice compared with the standards of excellence called for by the nursing profession. The analysis resulted in the creation of the Next Generation NCLEX project.

The Next Generation NCLEX® is a new, computer-adaptive exam that assesses the nursing process of candidates using a unique algorithm and computer model. The exam has been designed to accurately assess clinical judgment and decision making in nursing practice.

The exam is designed to reflect the nursing process and the content of the nursing profession specifically.

For more information, go to the NCSBN website, www.ncsbn.org/ngn-exams.html.

“PRACTICE PEARLS”

These “pearls” are offered as points of clarification from the South Carolina Board of Nursing Practice Consultant, Mindy Carithers, MSN, RN, RN-BC.

APRs

• Please remember to access Licensee Lookup on the Board’s website to verify updates submitted to the Board of Nursing (national certification/recertification, name of primary collaborator (physician, prescriptive authority, etc.)

• APRNs with prescriptive authority must contact both DHEC and the DEA to request drug schedule changes (eg. 2/2N)

• All APRNs must complete a Change of Practice form with the Board and any changes must be implemented as required by statute.

• Before selecting any state other than South Carolina, you must resign from your current position and obtain a new license in the state you wish to move.

HOW DO I CHECK A LICENSE?

Only licensed nurses or their employer are permitted to verify the license status of another nurse. A license can be verified online via the Board’s website.

To check a nursing license, you may utilize one or all of the following options:

SC Licensee Lookup – Go to LICENSEE LOOKUP on the Board’s website (www.llr.sc.gov/nurse). It is recommended that only a portion of the nurse’s name be entered. This site will provide the nurse’s name, city/state, license number/type, date issued, expiration date, and state information.

B Nursys QuickConfirm – Go to www.nursys.com and click on “Check Data,” following the instructions as outlined. This site will provide the nurse’s name, state of licensure, license number/type, license status, expiration date, dates renewals, and source equivalent.

Following the next board meeting, the Board continues to participate in the Nurse Licensure Compact, bringing the total number of actively participating states to 32. Indiana and New Jersey’s dates for implementation are still pending. This program is designed for nurses who have a valid license in another state and want to practice in South Carolina.

For more information on the Nurse Licensure Compact, go to www.ncsbn.org/compact.htm.

NURSE LICENSURE COMPACT

As of January 1st, Alabama implemented the Nurse Licensure Compact, bringing the total number of actively participating states to 32. Indiana and New Jersey’s dates for implementation are still pending. This program is designed for nurses who have a valid license in another state and want to practice in South Carolina.

For more information on the Nurse Licensure Compact, go to www.ncsbn.org/compact.htm.

HOW TO CHECK YOUR PRIMARY STATE OF RESIDENCE

For more information on the Nurse Licensure Compact, go to www.ncsbn.org/compact.htm.

NOTE: Changing your address with the South Carolina Nurses Association (SCNA) does not change your address on your license record with the South Carolina Board of Nursing.

To find your primary state of residence, please visit the URL provided on the Board of Nursing’s website or contact your state nursing board.

HAPPY NURSES MONTH – MAY 2020

WWW.SCNURSES.ORG

For more information, visit the Compact website at www.nurselicensurecompact.org.
The mission of the South Carolina Nurses Association is to represent all South Carolina registered nurses in a membership organization to promote and advocate the role of the registered nurse to improve health for all.

The South Carolina Nurse – March, April, May 2020

It is important to notify the Board of changes to your e-mail address as well. The Board communicates information to its licensees through email and the postal service. A current email also facilitates access to the licensees website.

To activate your free account:

1. Visit www.llr.sc.gov/nurse
2. Choose “Change of Address via Online Portal” under the QUICK LINKS
3. Complete the Service Request Form
4. Attach your current email and your new email address
5. Submit the completed form online
6. Your request will be processed within 3 to 5 days

It is important to ensure that you receive information important to the practice of nursing is updated on the Board’s website. The Board’s mailing address is LLR – Office of Board Services - SC State Board of Nursing, Post Office Box 12367, Columbia, SC 29211-1329.

Your request will be processed within 14 business days of receipt of your documents in the Board’s office and will be reflected on Licensee Lookup within three to five days after the name change is made. You may view the Nurse Practice Act – Chapter 33 under LAWS/RULES/POLICIES on the Board’s website.

CE BROKER: CONTINUING EDUCATION TRACKING / REPOSITORY

South Carolina Board of Nursing Partners with CE Broker

CE BROKER is the official Continuing Education tracking system of the South Carolina Board of Nursing! CE Broker is your main resource for everything that relates to Continuing Education and competency. With CE Broker, you can search for courses and track your completed credits, to ensure that you are up to date. The South Carolina Board of Nursing has provided licensees with a free CE BROKER account. With this Basic account, you will have access to your course history. This lists all of the courses you have completed, and you can easily find and report any CE that might be missing. You will never have to worry about losing all the needed documents to prove your competency when renewing your SC license.

You can upgrade the service you receive. With the Personal account, you can access a personal CE transcript, which outlines exactly what requirements you have left to complete. The Concierge account includes your own CE Broker account manager who can guide you through the CE process, step by step.

To activate your free account:

1. Visit www.cebroker.com/
2. Select the Sign Up button under the Basic Account option.
3. Fill out the necessary information and get started.

It is important to notify the Board of changes to your e-mail address as well. The Board communicates information to its licensees through email and the postal service. A current email also facilitates access to the Board of Nursing website services.

BOARD MEMBERS

Samuel H. McNutt, RN, CRNA, MHSA, Congressional District 3 – President
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Vacant, (1) Registered Nurse, Congressional District 5
Vacant, (2) Licensed Practical Nurse At-Large

South Carolina Department of Labor, Licensing and Regulation

SC STATE BOARD OF NURSING CONTACT

INFORMATION:
Main Telephone Line: (803) 896-4550
Fax Line: (803) 896-4554
General Email: NurseBoard@llr.sc.gov
Website: www.llr.sc.gov/nurse

The Board of Nursing is located at Synergy Business Park, Kingsstree Building, 110 Centerview Drive, Suite 202, Columbia, SC 29210. Directions to the office can be found on the Board’s website www.llr.sc.gov/nurse at the bottom of the page. The Board’s mailing address is LLR - Office of Board Services: SC State Board of Nursing, Post Office Box 12367, Columbia, SC 29211-1329.

Regular Board business hours are 8:30 a.m. to 5 p.m., Monday through Friday. Offices are closed for holidays designated by the state.

BOARD OF NURSING ADMINISTRATION

Carol A. Moody, RN, MAS, NEA-BC, Administrator

OFFICE OF INVESTIGATIONS AND ENFORCEMENT

Main Telephone Line: (803) 896-4470

VISIT THE NEW BOARD OF NURSING WEBSITE:

The State Board of Nursing recently updated its nursing website and introduced a new logo for the agency (SC Department of Labor, Licensing and Regulation). We recommend all nurses licensed by or working in South Carolina visit the website www.llr.sc.gov/nurse often as information important to the practice of nursing is updated regularly. The State Board of Nursing Website contains the Nurse Practice Act (Chapter 33 – Laws Governing Nursing in South Carolina), Regulations (Chapter 91), Compact Information, Advisory Opinions, Position Statements, License Applications, Competency Requirements/Criteria, Application Status, License Lookup, Disciplinary Actions, and other helpful information. The Nurse Practice Act, Regulations, Advisory Opinions and Position Statements are located under the new LAWS/RULES/POLICIES drawer (and you can also find the AO’s, Position Statements, Joint AO’s, etc. under the new PRACTICE & STANDARDS drawer). Competency Requirements/Criteria, which includes continuing education contact hours, are located under the new EDUCATION drawer. You will also find the Board meeting calendar, agenda, minutes, Board member names and the areas they represent under the BOARD drawer.

BOARD OF NURSING MEETING CALENDAR FOR 2020

- Board and Committee meeting agendas are posted on the Board’s website at least 24 hours prior to meeting.
- Board of Nursing Meeting
  - March 26-27, 2020
  - May 21-22, 2020
  - July 23-24, 2020
  - September 24-25, 2020
  - November 19-20, 2020
- Advanced Practice Committee
  - May 1, 2020
  - August 7, 2020
  - November 6, 2020
- Advisory Committee on Nursing Education
  - April 21, 2020
  - June 16, 2020
  - August 25, 2020
  - October 20, 2020
  - December 1, 2020
- Nursing Practice A & Standards Committee
  - April 9, 2020
  - July 9, 2020
  - October 8, 2020
- Designated 2020 State Holidays
  - Confederate Memorial Day – May 11, 2020
  - Memorial Day – May 25, 2020
  - Independence Day (Observed) – July 3, 2020
  - Labor Day – September 7, 2020
  - Veterans Day – November 11, 2020
  - Thanksgiving – November 26-27, 2020
  - Christmas – December 24-25, 2020

Visiting the new Board of Nursing website:

- The mission of the South Carolina Nurses Association is to represent all South Carolina registered nurses in a membership organization to promote and advocate the role of the registered nurse to improve health for all.
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- The South Carolina Nurses Association is to represent all South Carolina registered nurses in a membership organization to promote and advocate the role of the registered nurse to improve health for all.
Responsible Use of Social Media

Shonda Phelon, DNP, FNP-BC, PMHNP-BC, GNP-BC, Director, Council on Advanced Practice

Reprinted with permission from Mississippi RN December 2019

Social media continues to be a very popular way for people to connect with the world, communicate with others, learn new information and entertain themselves. Approximately 70% of Americans use social media daily. Many nurses use social media to professionally network and are members of blogs, forums and social networking sites. At the recent MNA Convention, the House of Delegates adopted a resolution to support increasing awareness of nurses’ responsibility in the use of social media.

Registered Nurses and Advanced Practice Registered Nurses are active on Facebook, Instagram, LinkedIn, Snapchat, YouTube, Twitter, and Pinterest among others. Social media is a great way to stay “connected” to family and friends, to reconnect with old friends, and to plan events such as family gatherings and reunions. Use of social media has become so common that we often forget the risk it poses due to the ease of instantaneous posting opportunities. At times we may find ourselves not reflective enough and may post things that may come back to haunt us and possibly cause professional or legal consequences.

There are many posts that may be considered unprofessional or reflect negatively on the profession of nursing. There are many nurses and nurse practitioners who may tempt the nurse to post an interesting or unique patient case. Some may even be compelled to share photographs to educate, or post personal pictures, events, etc. workplace email to affiliate you with a social media, coworker, or administration. This type of behavior not only jeopardizes your job security but your reputation as well. If you have work related issues, meet with your employer, supervisors or human resources department to discuss the issues professionally. Make sure you review your employer’s social media policy and follow the rules. It is also a good policy to never use a workplace email to affiliate you with a social media site, and to not access a social media website or post personal pictures, events, etc. while at work.

Keep all activity on social media professional. There are many posts that may be considered unprofessional and reflect negatively on the profession of nursing. Profanity, sexually explicit or racially derogatory comments, as well as posts about drug and alcohol use are unprofessional, question one’s moral character and reflect negatively on the nursing profession. I personally wish the “sexy nurse” costume could be banned, but I routinely see nurses wearing it to costume parties and posting pictures on social media. In the worst case scenario posting unprofessional comments or pictures could lead to a charge of unprofessional behavior by an employer or the Mississippi Board of Nursing.

When using social media, always think before you post. Will your post benefit someone or is it a negative statement about you or the profession of nursing? Make sure your post adheres to relevant federal and state laws, state regulations, employer policies, and the American Nurses Association Code of Ethics with Interpretive Statements. If you think something you are about to post may not be appropriate, most likely it is and you should delete the post.

Social media is a great resource in our world today, but remember what you post will become permanent and may follow you for years. Always remain professional, confidential and mindful of the posts you make. Let’s make our social media posts positive, educational and something we will never regret!

References


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Whether you are just starting in the field of nursing, or looking to move your career forward, South University can elevate your journey as a caregiver.

Programs, credential levels, technologies, and scheduling options vary by school and are subject to change. South University, Columbia, 5 Science Cl, Columbia, SC 29583 © 2022 South University, All rights reserved.
Nurses House to Host Annual “Dolphins For Nurses Campaign”
A Nurses Week Fundraiser to Assist Registered Nurses in Need

(Feburary 28, 2020) - Nurses House, Inc. is pleased to announce plans to launch its fourteenth annual "Dolphins for Nurses Campaign" to raise funds for nurses in need throughout the United States. The campaign, sponsored by Stat Staff Professionals, Inc. and Davin Workforce Solutions, Inc., will run from April 12-May 12, culminating in National Nurses Week. It will involve nursing groups and staff at hospitals nationwide offering white, gold and blue dolphins in exchange for $1, $5 or $10 donations to the cause. All proceeds from the campaign will be put towards the Nurses House Service Program to benefit nurses facing health issues and other dire circumstances.

Nurses House, Inc. is the only national 501(c)3 organization offering financial assistance to registered nurses in need. The organization’s main goal is to provide short-term aid to nurses who are unable to support themselves financially as a result of illness, injury, disability, or catastrophic event. Nurses House is run by an Executive Director and all volunteer Board of Directors. Funds come from donations by nurses, nursing organizations, friends of nurses and through various annual fundraising activities. Since its inception, Nurses House has helped thousands of nurses in all fifty states regain health and productivity. In the past three years alone, Nurses House has provided financial grants totaling over $400,000 in aid. Nurses House funds are available to cover housing expenses (such as rent or mortgage) or medical expenses. An application for assistance and guidelines can be found on the Nurses House website at www.nurseshouse.org.

This year’s campaign is sponsored by Stat Staff Professionals and their sister company, Davin Workforce Solutions. David Theobald MS, RN, CSP, CEO and President was asked why his support of this campaign is so important to him. "As a nurse-owned and nurse-operated healthcare organization we are extremely honored to show our support to help our fellow nurses in their time of need. Together, by raising awareness, individuals can make a significant difference to a nurse who is facing a serious life illness or injury. We encourage all to join and support the Nurses House Inc. annual Dolphins for Nurses campaign. Please give what you can and share the love to help support nurses in a time when they need it most.’’

To learn how your group can participate, or to get started by ordering a fundraising packet for your Nurses Week event, please contact Stephanie Dague at sdague@nurseshouse.org or (518) 456-7858 x127. For more information about the work of Nurses House, please visit their website at www.nurseshouse.org.
By Susan Trossman, RN

Reprinted with permission from ANA on the Frontline, as seen in American Nurse Today.

When asked why appropriate staffing was so important, Tracy Viets, MSN, RN, CCRN, didn’t hesitate for a second.

“The bottom line is it’s all about patient safety and positive outcomes,” said Viets, an ANA-Illinois member and intensive care unit (ICU) staff nurse at Blessing Hospital in Quincy, Illinois. “Good patient outcomes are dependent upon nurses, who can’t do their best when they have too many patients and tasks.”

And that inability to provide every patient with the best possible care also causes nurses, no matter where they work, incredible physical and emotional stress, she added.

The American Nurses Association (ANA) wants ‘appropriate staffing to be the rule—not the exception—across care settings. To that end, the association continues to increase and widen its efforts, knowing that complex problems require a multifaceted approach.

One effort involves pursuing a unified legislative and regulatory approach to achieve ANA’s staffing goal. In a recent paper published on the association’s website, ANA’s Nursing Workforce Center (ANCWFC) outlined the importance of anesthesia care. The ANCWFC paper identified the need for more nurses to have access to education and training in anesthesia to ensure patients receive safe and effective anesthesia care.

In a 2019 ANA membership survey of more than 6,700 nurses, 93 percent identified staffing as an important issue, with 72 percent identifying it as “extremely important.” And when asked to rate their top three nursing issues, “early career” nurses (zero to four years of experience) and “up and comers” (five to 14 years of experience) named staffing as a priority far more important than those with five to nine years of experience.

Texas Nurses Association member Bob Dent, DNP, NEA-BC, FAAN, FACHE, FAONL, who helped revise ANA’s staffing principles, pointed to years of research showing that appropriate nurse staffing is critical in ensuring healthcare facilities meet their mission of providing patients and communities with quality, safe, and cost-effective care.

Assessing the problem

In a 2019 ANA membership survey of more than 6,700 nurses, 93 percent identified staffing as an important issue, with 72 percent identifying it as “extremely important.” And when asked to rate their top three nursing issues, “early career” nurses (zero to four years of experience) and “up and comers” (five to 14 years of experience) named staffing as a priority far more important than those with five to nine years of experience.

Yet findings from an ANA Enterprise Partnership (EPA) nurse staffing survey conducted between February 2017 and May 2019 revealed that more than a third of respondents (35 percent) often work overtime, 42 percent too frequently work overtime, and 9 percent work overtime “most of the time.” Night shifts were particularly challenging for respondents, with 61 percent of nurses worked night shifts “most of the time” and 43 percent worked night shifts “all of the time.”

The survey also found that nurses are working more than 40 hours a week, with 61 percent working more than 40 hours, and 15 percent working more than 50 hours. Nurses were more likely to work overtime if they are working more than 40 hours a week.

“Night shifts tend to not be staffed as well as day shifts,” said Dent, who recently left his long-term job as chief nursing officer at Emory Healthcare in Dallas, Texas. “I believe we need to staff those shifts appropriately and that nurses have a positive and healthy work environment—and appropriate staffing is a component of that.”

The ANA document also outlines specific principles related to healthcare consumers, RNs and other direct care providers, RNs at all levels working to improve patient experiences and care. The principles emphasize the importance of having RNs involved in making sound staffing decisions and plans.

On the other side of the equation, nurses’ level of overall experience (novice to expert), educational preparation, language capabilities, and experience working with the healthcare consumer population they are sensitive to are factors considered.

“Staffing is complex,” said Deborah Maust Martin, a Wisconsin Nurses Association member, noting that the principles contributed to the revised principles. “We need to look at patient outcomes and how we get the best match of patients and nurses.”

The principles of staffing document also emphasizes other key points, such as calling mandatory overtime a unacceptable solution to achieving appropriate staffing. The document states “nursing students aren’t counted as staff, creating a workplace culture that leads to retention, and identifying costs associated with RNs leaving their workplace.”

Some state nurses associations and specialty-focused organizations also are engaging in a range of efforts to address staffing needs.

In Washington State, O’Toole testified before legislators about nurses’ inability to take needed rest and meal breaks and the impact it has on nurses and patients. Her testimony and that of other WSNA nurses and staff led to the passage of a state law providing breaks and overtime protections for nurses, effective in January 2020.

Anne O’Toole, director of the Maternity Unit at General Hospital, hired “break relief” staff to cover nurses during those times as a result of legal action by WSNA, and the new law reinforces the hospital’s obligation to ensure nurses get rest and breaks.

“I’m taking my first breaks since the law passed,” said O’Toole, who is also chair of her WSNA local. “We also have a robust staffing outline that meets once a month that is 50-50 staff nurses and management to address staffing issues.” The committee additionally reviews the efficacy of every legal approach to labor law, said O’Toole, every 6 months to determine if any changes are needed.

In Illinois, Executive Director Susan Swart, EdD, MS, RN, CAE, said the association plans to introduce legislation to strengthen the state’s existing staffing laws by extending them into effect in 2020 and was based on ANA’s earlier staffing principles.

The law requires healthcare facilities to have staffing committees made up of at least 50 percent nurses and that the committee be based on patient acuity, skill mix, and other key factors.

“We want to put some teeth in the law so that the committee is advisory, but that our committee is created to do staffing,” O’Toole said. “We know from our recent member survey that nurses continue to struggle with staffing issues that are connected with understaffing.”

ANA-Illinois also is working with the Illinois Hospital Association’s new chief nursing officers group to address staffing needs. The group includes the toolkit and creative efforts to address this priority issue. One staffing solution that Viers believes can be instrumental is having a dedicated charge nurse on every unit who doesn’t have to carry a patient load, she said. That person can also work as a case manager to mentor new nurses and handle all the other issues that routinely crop up during the course of a shift. The Illinois facility has a professional practice committee that addresses staffing issues.

ANA-Illinois board member and staff nurse Lauren Martin, RN, CEN, also thinks it critical that nurses at all levels are represented on staffing committees.

“Night shifts tend to not be staffed as well as day shifts, and oftentimes it’s new nurses, who are just leaving the job, including nurses, who works in a specialty long-term care facility. "So, we really need to increase nurses’ involvement in staffing decisions and nurses to solve staffing issues. That includes looking at all the factors that are causing inappropriate staffing.”

Both Dent and Maust Martin added that nurses need to have the ability to manage staffing needs—whether it’s adjusting shift length, having long-time nurses support novice nurses through teaching, virtual mentoring, or piloting new models of care.

Noted Dent, “We all have a piece of the pie when it comes to addressing nursing staff.”

― Susan Trossman is an editor at ANA.

Resource

Access ANA’s new staffing webpage for key documents and tools at www.nursingworld.org/principles/NurseStaffing.
Approximately 64 million, or 91% of children ages 2 to 17 in the United States, participate in online gaming (Müller et al., 2015). Estimates suggest that between 1.6% (Müller et al., 2015) to 23.7% (Warthberg, Kriston, & Kammerl, 2017) of players develop problematic gaming. In 2013, the American Psychiatric Association listed Internet gaming disorder (IGD) in the DSM-5 as a potentially addictive condition warranting further study. The World Health Organization (2018) defined IGD as: “a pattern of behavior characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.” (para 1)

Massively multiplayer online role playing games (MMORPGs) have become popular and have fueled concern about IGD (Gentile et al., 2017). MMORPGs may increase IGD risk because of their interactive, collaborative, and social nature. MMORPGs allow players to interact as a team to achieve a common goal within the game through the same console, wirelessly with several consoles, or through the internet. Examples of MMORPGs include Fortnite™, Call of Duty™, and Halo™. Fortnite™ has become a social phenomenon growing to more than 125 million players worldwide in less than a year (Statt, 2018). Little is known about risk factors for developing IGD. The purpose of this paper is to discuss risk factors associated with the development of IGD.

Sixteen studies were found to be eligible for inclusion in this evidence review. The most consistent risk factor associated with IGD (Müller et al., 2015; Warthberg et al., 2017; Vadlin, Aulant, Hellstrom, & Nilsson, 2016; Frolich et al., 2016; Van Rooij et al., 2014) was that being older may be a protective factor (Hawi, Wartberg et al., 2017; Vadlin et al., 2016). Two studies found that adolescents with IGD had higher levels of anxiety and depression (Yu & Cho, 2016). In conclusion, despite gender differences in prevalence, individuals with IGD experience negative effects of gaming. It is important for nurses to understand that IGD may have a more profound impact on adolescents’ social, emotional, and mental health outcomes than friendships and, during and after gaming, and nighttime waking to the Internet. While nurses should be aware that IGD is a true addiction, further research should be conducted regarding the social impact and treatment of IGD.

References

The authors declare that there is no conflict of interest.

1 School of Nursing, Boise State University, 1910 University Dr., Boise, 83725

Night Shift continued from page 17

about BUT I must have a valid reason for gaining weight. Switching sleep schedules can interrupt your natural circadian clock (human body's natural, internal clock) that regulates the 24-hour cycle, which has research shown can impact everything from insomnia to weight gain—hence my reason for gaining weight. Because I am quite sure the wonderful pot lucks or the late-night visits to pick up fast-food had nothing at all to do with it! I would recommend that you readjusting. I found that adjustments could be made for family time and I tried to have an “almost normal” schedule when I wasn’t working.

It is difficult on your days off. Some night-shift nurses try to keep the same wake hours to keep their body clocks off, so their body clocks are not readjusting. I found that adjustments could be made for family time and I tried to have an “almost normal” schedule when I wasn’t working.

I was fortunate to have a “dream schedule” where I worked 40 hours a week, to pick up fast-food had nothing at all to do with it! I would recommend that you

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