World Wide Virus and Its Impact on Nursing In the Year of The Nurse

Much change has happened since the last column in this space. We are now living in the era of the Coronavirus. The effects of this pandemic on the profession are already evident and quite profound.

This will only grow more intense in the coming months and year. What must the profession and professionals do? To start, we must be sure both the public and members of the profession know about nursing - who we are and what we do. The profession’s framework for nursing practice is guided by the following publications:

- Scope and Standards of Practice, 3rd Edition

available by calling our publisher at 800-626-4081 or emailing sales@aldpub.com.

1) Subscribe your email address on line at https://tinyurl.com/CONurse to receive a free digital copy
2) Request a physical subscription to receive a paper copy. Subscriptions are free and are
3) Become a member of CNA and receive both a digital and print version in addition to all of the other membership benefits. You can join at https://www.coloradonurses.org.

If you have questions or comments about the Colorado Nurse contact Volunteer Editor Carol O’Meara at carolomeara@aol.com or by phone at 303-779-4963. We look forward to hearing from you.

From the Desk of the CNF President

Linda Stroup, Ph.D., RN

Greetings to all Colorado Nurses! We continue to celebrate the Year of the Nurse and honor our Colorado nurses. This year, the traditional National Nurses Week in May has been expanded by ANA Enterprise to a month-long celebration in honor of nursing. The month is scheduled into four areas of focus:

- WEEK 1: SELF CARE MAY 1–9
- WEEK 2: RECOGNITION MAY 10–16
- WEEK 3: PROFESSIONAL DEVELOPMENT MAY 17–23
- WEEK 4: COMMUNITY ENGAGEMENT MAY 24–31

Linda Stroup

WEEK 1 SELF CARE MAY 1–9
WEEK 2 RECOGNITION MAY 10–16
WEEK 3 PROFESSIONAL DEVELOPMENT MAY 17–23
WEEK 4 COMMUNITY ENGAGEMENT MAY 24–31

Nightingale Gala CANCELLED

The Colorado Nurses Foundation Board of Directors (CNF) made the difficult decision to cancel the State Nightingale Event scheduled for May 9, 2020. Please be assured that the 2020 Luminaries, as well as the 2020 Nightingale Recipients, will be recognized at a future event. Information will be forthcoming. The decision to cancel the event reflects the challenges and fluid situation of our lives during the COVID-19 outbreak. Your support and understanding are greatly appreciated.

The Colorado Nurse has gone green! Starting with this issue, CNA Members will receive the publication in print and electronic form. Non-members have three options available if they wish to continue to receive critical statewide nursing updates from Colorado Nurses Foundation and Colorado Nurses Association:

1) Subscribe your email address on line at https://tinyurl.com/CONurse to receive a free digital copy
2) Request a physical subscription to receive a paper copy. Subscriptions are free and are
3) Become a member of CNA and receive both a digital and print version in addition to all of the other membership benefits. You can join at https://www.coloradonurses.org.

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Executive Director's Column

Leading When it Matters Most

Colleen Casper, DNP, RN, MS
Executive Director
Colorado Nurses Association

As I write this column, like all of you, are in the midst of triaging personal and industry-wide priorities during the COVID-19 crisis. My conversations range from front line clinical RNs, struggling for personal protective equipment, colleagues in the State of Washington to better understand best practices on behalf of RNs, staff of the Governor’s office and Colorado Department of Public Health, and important other provider groups, including Colorado Hospital Association, Colorado Academy of Family Practice, Colorado Medical Society, Colorado Home Care Association and Colorado Health Care Association. The goal is to “flatten the curve” or reduce the spread of COVID-19, to enable conservation and preservation of the equipment and supplies necessary for workforce and patient safety.

Specific priorities include collaborating on Statewide “Epidemic Response Planning” to provide guidelines to front line staff who find themselves having to carefully manage scarce resources. By the time you read this, you may be aware of the Crisis Standards of Care, written to assure readiness for a patient “surge.” The guidelines are intended to describe practices for every health care facility in Colorado that will enable consistent decision making to support triage and deployment of critical resources, i.e., critical care beds, equipment, staff, and care.

Thinking about these things triggers a desire in me to share a broader message. I find myself reflecting on what leadership looks like, when it matters most. All nurses are leaders at the bedside and many of us are also leaders in our respective families, communities, associations, and social networks. To support our work as leaders, I have taken a few moments to remind myself of essential leadership skills that can carry us through challenging times.

Human caring is grounded in trust. Nurses use planned and purposeful activities to problem solve with each other and our patients to gain trust and to work to re-establish equilibrium. Supporting our own physical and mental health is essential to assure that we can navigate on behalf of our patients. Personal anxiety, our own or our patients, stimulates the ego to take action towards a new equilibrium or homeostasis. There is a reason Gallup surveys repeatedly reflect the public trust that nursing has, now is the time to feel trust and share trust.

Be curious more than fearful. We are a profession and people of great learning capacity. New knowledge is being generated daily. Ask questions, look for evidence and science and minimize your focus on fear and negativity. Hope is not a luxury - it is an essential behavior to be exercised and developed to strengthen your confidence (and your patient’s confidence) to deal with the threat of this crisis. Emotional intelligence describes the essential competencies for successful relationships in life and your career. Authors Patterson, Grenny, McMillan and Switzler, in Crucial Conversations: Tools for Talking When Stakes are High state that “how people habitually handle crucial conversations is one of the most reliable predictors of organization effectiveness and, conversely, organizational disasters.” Work to keep your communications honest and respectful, oriented towards problem solving, and making clear, realistic requests of yourself and your co-workers. We are all in this together.

Save the Date!

Colorado Nurses Association Annual Meeting
October 16-17, 2020 | Hilton Inverness Hotel

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With 17 hospitals and more than 250 clinics spanning CO into western KS, our opportunities are as diverse as the populations we serve. Whether you prefer the energy of a busy, Denver area Level I trauma center or a smaller hospital in one of our rural or mountain locations, we offer a variety of work settings. Regardless of location, you can expect to work with a mission minded team of compassionate professionals who care about your success.

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In honor of National Nurse Week (May 6-12) and National Hospital Week (May 10-16), Centura Health wishes to thank every caregiver for their dedication to serving others.

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Government Affairs & Public Policy Committee

Colleen Casper, DNP, RN, MS

At the time of this writing, the Colorado General Assembly plan is to resume in some manner, May 16, 2020. Firm details will be forthcoming. When the legislature resumes, the Session are determined, it is likely that the financial forecasting will dramatically impact legislative priorities.

Prior to the suspension, there had been 563 bills introduced. Key bills the Colorado Nurses Association Government Affairs and Public Policy Committee were closely monitoring includes the following bills. Each of these bills can be reviewed online at the Colorado General Assembly website (http://leg.colorado.gov) and search by Bills.

- HB20-1001 Nicotine Product Regulation – Support
- HB20-1086 Insurance Coverage Mental Health Wellness Exam
- HB20-1092 Reimbursement to Federally Qualified Health Centers
- HB20-1183 Sunset Continue Certification of Nurse Aides
- HB20-1209 Sunset Nurse-Physician Advisory Task Force (Amended)
- HB20-1216 Sunset Continue Nurse Practice Act Support as Amended
- SB20-102 Provider Disclose Discipline Convict Sex Offense
- SB20-156 Protecting Preventive Health Care Coverage
- SB20-163 School Entry Immunization — Strongly Support
- SB20-173 Reimbursement Rates Alternative Care Facilities – Support

There are a number of Bills that were generated by the Interim Opioid Committee work. All of the following Bills action will most likely be subject to additional financial analysis.

- SB20-007 Treatment Opioids and Other Substance Use Disorders
- SB20-028 Substance Use Disorder Recovery
- HB20-1085 Prevention of Substance Use Disorders
- HB20-1065 Harm Reduction Substance Use Disorders

Priorities for the remaining 2020 session have been described by Colorado House leadership to include legislation that is “fast, friendly, and free.” Appreciating that, we don’t know the reality of a “public option” health care bill this session. Colorado Nurses Association has been working with many stakeholders on the Colorado Affordable Health Care Option (HB20-1349). We have requested member feedback on this bill. If you have not had a chance to speak to the specifics of the bill as yet, please do so at: https://coloradocapitolwatch.com/comment/306172120 with User Access Code of 4642.

Thank you and please monitor the Colorado Nurses Association website for updates via “News” and Community Forums.
Updates on the Colorado Nurse Practice Act

Colleen Casper, DNP, RN, MS
Linda Siderius, Attorney
Gil Romero, Capitol Success Lobbyist

Colorado Nurses Association (CNA) has been intensely involved in advancing legislation to renew the Nurse Practice Act. HB20-1216, Concerning Continuation of the State Board of Nursing, is the draft legislation currently pending in the Colorado legislature to renew the Nurse Practice Act. We were fortunate to have Representative Kyle Mullica, RN as the prime sponsor in the house. He has worked collaboratively with us at every step of the way, while navigating other stakeholder interests.

At the time of this writing, the General Assembly stands in recess to protect the public, state employees and each other. We are not clear on the timing or method of re-convening as this will be subject to the ongoing public protections for COVID-19.

You may review the current bill draft of HB20-1216 at http://leg.colorado.gov/bills; enter HB20-1216, scroll down the screen and read the “re-engrossed” version. This version includes all of the amendments to date. HB20-1216 has passed the House and is awaiting introduction in the Senate. The re-engrossed version includes language that addresses each of the key recommendations made from the larger Colorado Professional Nursing Association Coalition over 2018-2019. Please see attached infographic for those recommendations.

The re-engrossed bill contains specific language for which CNA worked on in negotiations with legislators and stakeholders. Of note in the re-engrossed bill:

- The articulated plan has been completely eliminated;
- The number of mentorship hours for APRNs has been reduced to 750 from 1000;
- All of the recommendations for expanded scope of practice for LPNs are incorporated in the re-engrossed version;
- Language modernizing the practice of professional nursing has been added;
- Language clarifying the ability of all nursing licensees to delegate to other health care providers, including unlicensed medical assistants, to the full scope of the licensee’s authority has been added.

Some of this language was collaboratively negotiated with medical and other stakeholders; in the end, C.N.A. believes the re-engrossed bill significantly advances the practice of all nursing professionals. In particular, the bill helps to clarify and expand the practice with current and modern language. We hope that since agreements were reached with many different stakeholders prior to the passage of the sunset bill in the house, that when the legislature reconvenes it will move through the Senate without any further concerns.

The re-engrossed bill has a sunset of seven years so in 2027 there will be again a chance to continue our work. This is a shorter time period than past sunset bills. C.N.A. will continue to address ongoing practice issues during this time so that it is poised to offer suggestions during the next sunset process.

When the Colorado Legislature reconvenes, we anticipate a successful passage of HB20-1216 through the Senate. We would like to thank all of you for your work to assure the renewal of an updated Nurse Practice Act.

---

Why Change the Colorado Nurse Practice Act

**LPN Focused Assessment.**

1. The National Association of Practical Nurse Education and Service, Inc. states: “The graduate will collect holistic assessment data from multiple sources...”


3. Total of 20 States authorize LPN role in assessment.

4. Currently all 24 LPN programs include “assessment” as required course work.

5. Colorado Health Institute 2011 data: 45% LPNs employed in skill mix/nursing/extended care facilities and/or home care with growing demands for LPN workforce.

6. 21 Colorado Counties currently rely on LPN staffing to assure care for long term care residents.

**Eliminate Barriers for APRN Full Prescriptive Authority.**

1. The Federal Trade Commission (FTC) research indicates that APRNs are as safe and effective as independent doctors and have comparable prescribing patterns and patient outcomes (FTC.GOV/News Jan 2020).

2. 14 of the 28 States that allow APRN’s full prescriptive authority do so upon graduation from an accredited graduate program and national board certification without mentoring requirement.

3. Three (3) surrounding States (New Mexico, Wyoming, and Arizona) recruit Colorado APRN graduates as they do not mandate any mentorship or supervisory requirements.

4. Articulated plans are duplicative of employer and insurance credentialing processes.

5. Alaska and Colorado are the only states that require an articulated plan be completed.

6. Montana and Vermont had an AP in place, mirroring Colorado’s requirements. Both have eliminated it because of a lack of evidence that it impacted practice.

**Clarification of Nursing’s Role in Patient Care.**

1. Why Clarify
   - Assuring Care Access - 22% Coloradans did not seek care 2018-2019 and 38% went to Emergency Department instead of primary care provider as unable to get appointment.
   - Healthcare is a team sport and is most efficient when all providers practice to full scope of education and assure standards for unlicensed assistive personnel.
   - Changing demographics and prevalence of chronic disease calls for greater care coordination and health behavior coaching.

2. Clarifying nurse’s ability to delegate and supervise patient care is essential for safe care delivery by unregulated assistive personnel.

3. Current interpretation of the Nurse Practice Act varies and puts patients and licensees at risk.

Adding a definition of “collaboration” formally recognizes the importance of all health care providers shared responsibilities to each other, and, patients, clients, and families.
CNA President continued from page 1

The Colorado Nurses Association supports this recognition of the many contributions of nurses to the health of Colorado. Strategies identified by ANA Enterprise include improving self-care and health in five areas: physical activity, nutrition, rest, quality of life, and safety. There are many ways for nurses to promote professional development, including achieving or maintaining certification and continuing education opportunities. Nurses have many opportunities for community engagement, including volunteering at a health event or becoming involved in a local community organization.

This year provides a great opportunity to honor our nurses. We celebrate our professional colleagues during the Year of the Nurse. Together we can advance the mission of the Colorado Nurses Association: Strong nursing Improves Health for All.

Elizabeth Pace, Chief Executive Officer
Peer Assistance Services, Inc.

We are writing this in late March in the throes of the COVID-19 pandemic. Following the recommendations of the World Health Organization, Centers for Disease Control and Prevention, and the Colorado Department of Public Health and Environment, PAS closed its Denver and Grand Junction offices on March 16th, moving quickly to remote services. Our professional teams continue their work using email, phone, and HIPAA compliant telehealth platforms. Virtual office hours remain 8:00am - 5:00pm, Monday through Friday. Clients continue to be served throughout our state. Our staff safety is enhanced through working from home adhering to the Governor’s Executive Order and guidance.

We are encouraged to confirm that we have been able to maintain all services including referrals, evaluations, case management, and 24/7 on-call staff. In order to provide additional support to clients in the Peer Health Assistance Programs during this public health crisis, several virtual venues have been initiated.

- Two weekly facilitated support groups
- One weekly facilitated nurse-only peer support group

In-person training has been postponed for screening, brief intervention programming - SBIRT. Several online resources are available by clicking the images below. For additional SBIRT resources or to schedule a training via webinar, visit www.sbirtcolorado.org.

The Official Publication of the Colorado Nurses Foundation in partnership with the Colorado Nurses Association

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Nurses Climate Challenge: Educating 50,000 Health Professionals by 2022

Beth Schenk, PhD, MH, RN-BC, FAAN
Providence-WSU Nurse Scientist/Sustainability Coordinator, Providence St. Patrick Hospital; Assistant Research Professor, Washington State University College of Nursing, Elizabeth.schenk@wsu.edu

Cara Cook, MS, RN, AHN-BC, Climate Change Program Coordinator Alliance of Nurses for Healthy Environments, carac@envirn.org

Shanda L. Demorest, DNP, RN-BC, PHN, Member Engagement Manager, Practice Greenhealth, sdemorest@practicegreenhealth.org

There is increasing interest and engagement among the nursing community around environmental matters that influence human health, such as climate change. Nurses are trusted health professionals and make up nearly 40% of the healthcare workforce, serving as catalysts of change in their institutions and practice settings.

To activate nurses, the Alliance of Nurses for Healthy Environments (ANHE) and Health Care Without Harm (HCWH), launched the Nurses Climate Challenge (the Challenge) in May 2018. The Nurses Climate Challenge is a national campaign to educate health professionals on climate and health, with nurses leading the education. The Challenge started with the original goal to educate 5,000 health professionals and was quickly surpassed in less than a year due to the combined efforts of Nurses Climate Champions around the world.

The response to the Nurses Climate Challenge has been robust. There are over 1,000 nurse climate champions from nearly all 50 states, with over 13,000 health professionals educated since the launch. In addition, nurses from 19 countries outside the United States are registered as Nurse Climate Champions. However, there are nearly four million nurses and 18 million workers in the healthcare sector in the US alone; therefore there is an opportunity to exponentially scale the impact of the Challenge. To do this, we are aiming to educate 50,000 health professionals by 2022.

The Nurses Climate Challenge offers a comprehensive toolkit with all the resources nurses need to educate colleagues on climate and health and engage in climate-smart practices in health settings and at home. Nurses using the Challenge resources are highlighted through profiles (https://nursesclimatechallenge.org/champion-profiles) published on the Challenge website, shared in newsletters, and posted on social media to showcase the work being done and to inspire others to join.

The Challenge also calls on nurses to be advocates for climate and health. Leading within a nursing organization, health institution, or academic center to spearhead initiatives to address climate change is an example of how nurses can move health professionals from education to action. The Challenge resources include a guide to taking action within workplace and home settings and provide other points to get started.

As a nurse, you can also educate policymakers and the public about the connection between climate and health and how to take action by writing a letter to the editor in a local newspaper, meeting with elected officials, or talking with patients, friends and family members, and/or your community about the health impacts of climate change. The Challenge website includes sample talking points and template letter to the editors in the resources section.

Furthermore, the CHANT: Climate, Health, and Nursing Tool 2020 is now available. CHANT is 10-minute voluntary survey asking respondents about awareness, motivation, and behaviors related to climate and health. Nurses and other health professions are encouraged to take the survey every year. Access CHANT here: http://bit.ly/30riTR9.

Learn more and join the Nurses Climate Challenge by visiting https://nursesclimatechallenge.org.
Colorado Nurses Association Legislative Dinner

Rebecca Sposato MS, BSN, RN

On February 18th, the Colorado Nurses Association (CNA) held the 20th annual Legislative Dinner at the Scottish Rite Temple. With nearly 200 guests, this year’s event had the highest number of people in attendance since the inception of the event! The dinner concluded a full day of activities for registered nurses, advance practice nurses and student nurses to meet with Colorado Legislators.

The passage of the Nurse Practice Act has been a centerpiece of CNA’s goals for this legislative session. Gil Romero, Lobbyist with Capitol Success Group, reported that the process has gone smoothly due to increased involvement by more nurses who are providing their input about delegation and scope of practice. He credited the “100 Nurses for 100 Legislators” program as it dovetails perfectly with influencing the Nurse Practice Act.

CJ Cullinan, the moderator of ceremonies, invited the sixteen senators and representatives in attendance to speak about their priorities for this session. Brianna Titone, representative for District 27, emphasized support for HB20-1113 Mental Health Education Resources. Next, Representative Yadira Caraveo, from District 31, stated HB20-1319 Prohibit Sale of Flavored Nicotine Products is important to her as a pediatrician who knows the results of vaping in teenagers.

The evening doubled as an opportunity for leadership from CNA and allied organizations to update members about significant current events. Linda Stroup, president of CNA, recognized 2020 as a seminal year, “the World Health Assembly and American Nurses Association Enterprise designation of 2020 as the Year of the Nurse and Midwife. This designation offers a great opportunity to acknowledge the many accomplishments of nurses and increase the visibility of nursing in policy dialogue.” Patricia Abbott and M. David Rodriguez reviewed the operations of the Government Affairs and Public Policy (GAPP) Committee. Then, Ingrid Johnson from the Center of Nursing Excellence explained their goals and methods for developing the nursing work force in Colorado. And lastly, Laura Melnengr described how the Nurses Political Action Committee (NPAC) reviews and provides support to pro-nursing political candidates.

The Legislative Dinner would not be possible without the following sponsors: DNA 16, DNA 3, DNA 20, SIG 30 (Advance Practice Nurses), SIG 31 (Advance Practice Psychiatric Nurses), Front Range Association of Neonatal Nurses, Association of periOperative Registered Nurses, Colorado Association of Nurse Anesthetists, Colorado Center for Nursing Excellence, and the Colorado Emergency Nurses Association. The planning committee would like to thank the staff of the Scottish Rite Center, who donated the evening’s proceeds for diabetes research. A token of gratitude is extended to Colorado PERA and the First Baptist Church of Denver for allowing use of their parking lots. CNA would like to recognize the following Legislators who joined us for the evening:

Rep. Yadira Caraveo, District 31
Rep. Daneya Esgar, District 46
Rep. Richard Holtorf, District 64
Rep. Meg Froelich, District 3
Rep. Cathy Kipp, District 52
Rep. Colin Larson, District 22
Rep. Susan Lontine, District 1
Rep. Barbara McLachlan, District 59
Rep. Kyle Mullica, District 34
Rep. Brianna Titone, District 27
Rep. James Wilson, District 60
Rep. Mary Young, District 50
Sen. Jeff Bridges, District 26
Sen. Larry Crowder, District 35
Sen. Joann Ginal, District 14
Sen. Bob Rankin, District 8

Many thanks to these legislators for their service to the Citizens of Colorado and for their support of nurses and nursing.
Legislative Dinner and Lobby Day 2020

Highlights

Photos courtesy of CNA Member David Rodriguez

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Home visiting experience preferred
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Basic computer skills.
Valid driver’s license and insured automobile required.
Fluent bilingual (English/Spanish) preferred

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The Official Publication of the Colorado Nurses Foundation in partnership with the Colorado Nurses Association

10 • Colorado Nurse | May 2020

We have received information regarding the nurses honored in this column. All of them have lived in, worked in and/or were educated in Colorado. We appreciate the assistance of our readers who have provided information about their friends, co-workers and family members (both RN’s and LPN’s) who have passed away.

Balizet, Carol, RN (86) passed away in January 2020 in Wheatridge. She was a graduate of the University of South Carolina. Her career included working in hospital administration.

Briegel, Agnes Margaret, RN passed away in Greeley, in January 2020. Her nursing education was through the Poor Clare Franciscan Convent in Indiana. She was an ICU nurse who later was an OR Supervisor. She completed a Master’s Degree in Nursing Administration in Washington, DC. Moving to Colorado, she was a Nursing Professor at UNC for 20 years. She retired in 1990.

Campbell, LeVonne Lee (Stern, Jensen), RN (94) was a graduate of St. Francis SON in Kansas and she was in the Cadet Nurse during WWII. Her long career included Swedish Hospital Englewood in the Operating Room, the ED at Medical Center of Aurora and was a long-time employee of the State of Colorado as a Public Health Nurse.

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Christensen, Susan, RN (72) graduated from Loretto Heights College, Denver. She specialized in Orthopedic Nursing and was employed by the City and County of Denver from 1987-2005.

Johnson, LuAnn, RN (60) colorado 1980 BSN graduate from the University of Colorado School of Nursing and later a master’s degree in Management and Business Administration. Her career included working in neonatology, cardiology, PACU, and Value Analysis. She served on the Board of Directors of the Colorado Ovarian Cancer Alliance.

Kendricks, Elizabeth Ann “Bettie,” RN (86) passed away in February 2020 in Littleton. She received her BSN at Northwestern State College of Louisiana in 1954. After working in Louisiana and Oklahoma, she moved to Colorado in 1967. She worked at Swedish Medical Center and the Denver VA Hospital before retiring.

Kuhlman, Shirley Jean, RN (83) was a graduate of St. Joseph Hospital SON in Denver. She was a Night Supervisor ML, Airy Hospital for 36 years. After retiring, she received a bachelor’s degree from Regis University and completed several Mission trips.

Sheehan, Sarah Ann, RN (80) graduated from St. Catherine’s Hospital, Omaha Nebraska. She retired from nursing in 2006.

Shutto, Patricia, RN (79) After nursing school, she was an orthopedic nurse at Lutheran Hospital.

Wirsching, Jeanne, RN (75) graduated in 1960 from St. John’s Hospital in Tulsa Oklahoma. She worked in orthopedics and lived in Durango.

Wyatt, Jo Derryberry, RN (85) She graduated from nursing school in Sherman Texas and served in the US Navy Nurse Reserves, working at KU Medical Center and Forbes Air Force Base.

We reserve the right to edit material submitted and endeavor to verify all material included in this column. If you note an error, please advise us and a correction will be published. Your assistance with this column is greatly appreciated. For more information, please contact Eve Hoygaard hoygaard@msn.com.

In Memory

Eve Hoygaard, MS, RN, WHNP, Co-Editor, Colorado Nurse

We have received information regarding the nurses honored in this column. All of them have lived in, worked in and/or were educated in Colorado. We appreciate the assistance of our readers who have provided information about their friends, co-workers and family members (both RN’s and LPN’s) who have passed away.

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DNA 16

Christine Schmidt, DNA 16 President

DNA 16 kicked off the new year with a Saturday morning breakfast meeting in late January where we finalized our upcoming legislative dinner, discussed activities planned through spring, and welcomed a new member who is working and studying for her APRN. There were about 12 gathered which made for great discussion including brainstorming ways to meet and recruit new members. There are approximately 655 members in DNA 16, come out and meet us, get involved, and enjoy our camaraderie and colleagues support!

In collaboration with CNA including members of the GAPP Committee and SIGs 30 and 31, and the support of Civica Management, DNA 16 held their 20th Nurse and Legislator Dinner following a very informative Day at the Capitol on February 18. There was an unprecedented attendance at the dinner with nearly 200 nurses, nursing students, and legislators gathered together to learn and discuss policy issues relevant to our profession and the public for whom we provide care. DNA 16 would especially like to thank DNA 3, DNA 20, SIG 30 (Advances Practice Nurses), SIG 31 (Advance Practice Psychiatric Nurses), Front Range Association of Neonatal Nurses, Association of Perioperative Registered Nurses, Colorado Association of Nurse Anesthetists, Colorado Center for Nursing Excellence, and the Colorado Emergency Nurses Association for their generous sponsorship of this event.

In early March, Dr. Shawn Elliott of the Center for Nursing Excellence presented on and engaged members in her Geriatric Workforce Enhancement Program (GWEP). The purpose of the project is to provide education and supports for all levels of health care providers caring for the aging population. Attendees took part in a “virtual dementia tour,” followed by group processing of the experience and how it pertains to health care needs of persons suffering with dementia. Dr. Elliott will be providing this experience throughout the community and is open to volunteers to assist in the presentations.

In light of the coronavirus pandemic, further activities of DNA 16 are temporarily on hold. We do expect to reconvene by August 18 when we will host our annual meet and greet barbecue and swim party to include a celebration of the 100th anniversary of passage of the 19th Amendment giving women the right to vote. Watch for details on our CNA website.

Thank you to Betsy Woolf, DNA 20 member, who testified before the House Health and Insurance Committee about the Sunset Review of the Nurse Practice Act. As a graduate student at the CU College of Nursing, she endorsed the amendments addressing APRNs and the ability of nurses to delegate nursing tasks to other providers and assistive personnel.

For our May 20 Potluck we are asking members to bring a new member.

For information on DNA 20 meetings, locations and speakers, contact President Annette Cannon at Annette2006@MSN.com or see the CNA website.

DNA 20 – West Metro Denver

Norma Tubman, RN, MScN

Our February meeting was canceled due to the weather. Our March Meeting was canceled due to the measures being taken to control the coronavirus outbreak. The scholarship fundraiser on March 29 to be held at the Lakewood Cultural Center where members, family and friends were to see the musical The Drowsy Chaperone was also canceled.

Kelly Konrad, Ashton Melton and Chelsea Sims, FRCC nursing students sponsored by DNA 20 and mentored by Irene Drabek, attended the CNA Legislative Dinner. They had the honor of having State Senator Rachel Zenzinger and Representative Brianna Titone, who represent North Jefferson County, sit at their table. DNA 20 was a sponsor of the event which was attended by seven DNA 20 members.

SIG 31/ CAPPN CO Advanced Practice Psychiatric Nurses

Ruby Martinez, RNxN, CNS, PhD
SIG 31 President

We are proud to announce the election of two new officers!!

Vice President Christie F. Treney, APN, DNP, PMHNP-BC, FNP-BC has been in practice as a nurse practitioner since 1998, mostly in North Carolina, her home state. She started in practice as a Family Nurse Practitioner then went on to graduate school for a post masters certificate, earning a DNP/PMHNP. Dr. Treney relocated to Denver metro in 2017 and now practices at All Health Network.

Membership Director Beverly White earned a Bachelor of Science in Nursing from the University of Colorado School of Nursing at Anschutz in May 2013 and completed the Psychiatric Mental Health Nurse Practitioner Program through Maryville University in August 2019. Beverly currently practices at Independence House, caring for clients exiting federal and state prisons, and at Achieve Whole Recovery where she treats people with both mental health and substance abuse conditions.

We look forward to working with you both, Christie and Beverly! SIG 31 Board meets the first Wednesday of each month. Contact Ruby at MartinezRJ@msn.com with questions.

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Florence Nightingale (Statistician and Infection Control Nurse) Would Be Proud of this Workforce

Ingrid Johnson, DNP, MPP, RN
President and CEO
Colorado Center for Nursing Excellence

How can anyone write an article about nursing workforce in March that will be printed in May with any confidence that the information will be current during a pandemic? The answer is: you can’t. Things are changing daily. So instead of writing an article about the planned Diversity Summit and Nurse Leadership Connection Conferences, which will likely have to be postponed, I thought it might make sense to celebrate the strength of this nursing workforce while we celebrate Florence Nightingale’s 200th birthday during a time of national emergency. Florence Nightingale was the first woman admitted to the Royal Statistical Society in 1859. Her time caring for soldiers in the Crimean War brought her to prominence, but her success in introducing improved sanitation (with simple actions such as handwashing) came about through her ability and willingness to gather data and follow evidence-based care strategies. This was not done, at the time. Public health was only beginning to enter the consciousness of the medical establishment. Pasteur and Lister didn’t even begin their work to support germ theory until the 1860’s, many years after Florence Nightingale began advocating for the use of better hygiene to improve outcomes. Why did she do this? She gathered data that showed outcomes improved with more hygienic conditions. It really was that simple.

Now we are amid a very serious pandemic, that has the potential to kill hundreds of thousands of people, and her strategies surrounding hand washing and hygiene still hold true. Today staff nurses, nurse scientists, nurse practitioners, nurse informaticists, nurse educators, and nurse executives focus on following the data and from that data, create solutions to help mitigate the long-term damage of our current crisis. Nurses are on the front line of that work. I am proud and amazed at the resilience and resourcefulness as nurses put themselves in harm’s way every day, with too few resources to attack this emergency. I have been working with nurses all over the state to try and find solutions to augment clinical placement opportunities for our soon to graduate students. The Colorado Council of Nurse Educators, representing the schools of nursing across the state, have put in long hours, sharing data, collaborating and working out ways to support each other so we can ensure a strong workforce pipeline to support our existing and over-extended workforce. The Center is also collaborating with the US Department of Labor to set up a new graduate resident apprenticeship program for new nurses across Colorado. Transitioning into practice is difficult in the best of circumstances. Doing so during a pandemic only adds to the challenge. Nurses are leading emergency response systems in healthcare facilities, working impossibly long hours and still responding with an even, practical, and soothing voice to help calm the frightened and manage the crisis. While we remind people to social distance and wash their hands, nurses are right in front of the sick, doing what we always do; caring for the sick while gathering the data, assessing the evidence, responding with a compassionate voice, and always keeping the patient at the center. Thank you to all the nurses across the state and the country for your service. Florence Nightingale would be proud.

Leadership Connection Conferences, which will likely have to be postponed, I thought it might make sense to celebrate the strength of this nursing workforce while we celebrate Florence Nightingale’s 200th birthday during a time of national emergency. Florence Nightingale was the first woman admitted to the Royal Statistical Society in 1859. Her time caring for soldiers in the Crimean War brought her to prominence, but her success in introducing improved sanitation (with simple actions such as handwashing) came about through her ability and willingness to gather data and follow evidence-based care strategies. This was not done, at the time. Public health was only beginning to enter the consciousness of the medical establishment. Pasteur and Lister didn’t even begin their work to support germ theory until the 1860’s, many years after Florence Nightingale began advocating for the use of better hygiene to improve outcomes. Why did she do this? She gathered data that showed outcomes improved with more hygienic conditions. It really was that simple.

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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 are two different things. If you were a Customer Service Representative, do not give yourself a new title of Vice President of Patient Experience because it sounds better. Recruiters will be performing reference checks and background checks and eventually you will have a conversation face-to-face where your skills may be put to the test.

STRONG REFERENCES

Ask people if they will act as a reference before you share their contact information and let them know the jobs you have applied for and why you are interested in the position. Be self-aware of your performance when you worked with that person; will they say the things that a new employer will want to hear?

OPPORTUNITIES TO NETWORK

Seek out opportunities for face-to-face engagement. This does not mean show up at Human Resources without an appointment or trying to connect to every employee on LinkedIn! Take advantage of offerings that allow you to mingle with current employees (walk-in career fairs, volunteer events, lectures open to the public) and strike up conversations, then strategically build your online connections with people in the organization.

IF YOU GET AN INTERVIEW, SHOW UP OR HAVE THE COURTESY TO CALL

Interview “no shows” are on the rise; this is a huge strain on time, energy, and resources. The recruiter you snub will remember your name the next time you are looking for a move. Managers and supervisors all attend 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!
The Endocannabinoid System: The Body’s Great Regulator

Gail Pederson, SPRN, HN-BC
Reprinted with permission from North Dakota Nurse January 2020

I recently attended the inaugural American Cannabis Nurses Association’s Cannabis Care Conference 2019: Nursing and Science, in New Orleans. There were over 200 nurses, researchers and others who provided cutting edge information on cannabis as medicine. I was fortunate to meet pioneers and medical leaders in the field, and finally physically meet many people who I’d already formed a very supportive nursing community with. Besides coming home with a brain overflowing, I came home with my heart overflowing, too.

There were several sessions on the Endocannabinoid system, a basic Endocannabinoid 101 class and The Care and Feeding of the ECS. This is something that we must ensure that we as nurses know and are being taught in the educational setting. I will refer back to the National Council of Nursing guidelines, listed below, as essential education for students and established nurses.

I remember hearing about the discovery of the Endocannabinoid System back in 1990’s. For some reason the words “Anandamide” and 2-AG were about the only thing that stuck in my brain at that time. Anandamide - I liked the word. “Ananda” is the Sanskrit word for bliss. “Mide” means molecule. So essentially we have the “bliss molecule.” I knew little else and didn’t think any more about these names until they came back into my knowledge when I began to study cannabis as medicine.

In 1964, Dr. Raphael Mechoulam and colleagues in Israel isolated THC, identifying it as a psychoactive compound in cannabis. It would take almost 25 years to figure out how it works in the body, to discover the Endocannabinoid System in the ‘90s. The discovery of the endogenous cannabinoids, those that your body makes….2-AG and Anandamide (and a third recently identified) finally helped prove the discovery of the endogenous cannabinoids, those that your body makes… 2-AG and Anandamide (and a third recently identified) finally helped prove the existence. These molecules are made as needed by the body. The ECS system is extensive. Neurons, neuronal pathways, receptors, cells, molecules and enzymes are working continually to provide and maintain homeostasis in the body. Because of the cannabis plant, a whole new body system was discovered, one we are continuing to learn so much about. It has been called the greatest discovery in medicine since the importance of sterile surgical procedure.

What does the Endocannabinoid system have a role in? It is involved in almost all body functions. The ECS is the most widespread receptor system in the body. It is how our internal body responds to external stressors. CB1 receptors are mostly found in the nervous system and brain. These are strong THC receptors and fit perfectly into this network. CB2 receptors are located in our organs, bones and skin…solid tissues. These work more with CBD and other phytocannabinoids, although it must be stressed that all receptors respond to any of these molecules. The ECS works with the activity of the GABA tract, controls cardiovascular activity, maintenance of bone mass, hormone regulation, metabolism, immune function control, inflammatory reactions, protection of neurons, pain perceptions and inhibition of tumors.

One of the important abilities of the ECS is “retrograde signalling.” An example of this is in the immune system. The ECS excites and inhibits immune response. You have an infection, your ECS tells your body to send the normal fighters out to contain the infection and they do. It is your endocannabinoid system that tells them to calm back down….your body doesn’t need them anymore. This also has strong implications in chronic pain conditions and hyper-responses to pain signaling, which is where more medical cannabis may come in. Pointing to a condition known as an “endocannabinoid deficiency” and your body’s inability to make enough of its own endocannabinoids, adding the phytocannabinoids of cannabis may help mitigate some chronic illnesses.

Endocannabinoid System: The Body’s Great Regulator

Gail Pederson

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What can you do to maintain a healthy endocannabinoid system? As a holistic nurse, I have long pushed the basics of a healthy lifestyle and these are the exact things that maintain ECS wellness, with a few specifics included. These provide the upregulation of the ECS, the ability of your body to make its own cannabinoids and the receptors to respond more readily.

To upregulate your endocannabinoid system, you can follow these points of self-care:

• Diet: Follow a balanced, organic diet, high in Omega 3 and 6 fatty acids and flavonoids (those fruits and vegetables). A lot of people fail to add Omega 3’s to their diet. Plant based fats such as those found in hemp hearts, flax and chia are the perfect addition to feed the nervous system and ECS. Your diet should be low in trans-fats, sugar and processed foods, a basic anti-inflammatory diet.

• Reduce toxins: this includes exposure to alcohol, sugar, tobacco and pesticides.

• Supplements and food which may be helpful include black peppercorn, rosemary, copaiba (an essential oil). These contain beta-caryophyllene a CB2 agonist which supports immune system function. Black truffles, chocolate, echinacea, Kava and liverwort are others.

• Exercise: That runners high is actually your endocannabinoid system kicking into high gear. It is that bliss molecule in action. Yoga, Tai chi and meditation fine tune the ECS system also.

• Acupuncture and osteopathic adjustments help reset the ECS and provide upregulation of the endocannabinoids.

• Reduce chronic stress. Stress decreases naturally circulating endocannabinoids and inhibits the response of the receptors which decreases the attachment on the cells.

• Get quality sleep. This is probably the most difficult for everyone. Your body needs the repair time.

• Sing (especially with a group) and dance to increase your circulating endocannabinoids.

• End your shower or take a cold five minute shower. There are many ECS receptors in the skin. This helps stimulate the whole system. The Norwegians and their sauna idea of the cold dip in the snow or lake is actually doing something at the cellular level. The “Cold Shower” challenge….for 30 days, is making the rounds around the world.

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Common knowledge of these wellness principles can help us enhance the function of our endocannabinoid system and maintain our best health. I know we all need it in The Year of the Nurse.

“I do want to make a clarification from my last article on the NCSBN guidelines. There are 6 Principles of Essential Knowledge for nurses caring for the patient who uses cannabis. The 6th principal:

“The nurse shall approach the patient without judgement regarding the patients choice of treatment or preferences in managing pain or other distressing symptoms.”

Gail Pederson, SPRN, HN-BC, is a Board Certified Holistic nurse and trained Cannabis Nurse. Her business, Be Well Healing Arts, pllc can provide factual cannabis information and education for health care professionals. For more information, contact Gail at bewellhealingarts@gmail.com and like ‘Be Well Healing Arts’ on Facebook, for more wellness/ cannabis information.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5766077/
Clark, C.S, The Role of the Cannabis Care Nurse: The Care and Feeding of the Endocannabinoid System, Cannabis Care Conference 2019

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