



DNA

Reporter

The Official Publication of the Delaware Nurses Association

Constituent member of ANA

The mission of the Delaware Nurses Association is to advocate for the interest of professional nurses in the state of Delaware. The Delaware Nurses Association is dedicated to serving its membership by defining, developing, promoting and advancing the profession of nursing as an art and science. Quarterly circulation approximately 12,000 to all RNs, LPNs, and Student Nurses in Delaware.

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Guest Editor



Creating Sustainability in Healthcare: Healing Our Patients, Our Planet, and Ourselves

Michelle Lauer, MSN, RN, BC



Michelle Lauer

Michelle Lauer earned her BSN from California State University, Dominguez Hills and her MSN in Nursing Leadership from Wilmington University. She is a board certified psychiatric and mental health nurse and has worked in psychiatry at Christiana Care since 2002. She is currently a patient care coordinator

for the psychiatric crisis team and an active participant on the hospital's environmental stewardship committee. Michelle is also a founding member of the environmental task force, Nurses Healing Our Planet, with the Delaware Nurses Association. She may be reached by e-mail at mlauer@christianacare.org or (302) 428-2117.

In this issue of the Reporter, we highlight how nurses—throughout the state of Delaware—are working to improve human health by improving the health of our environment. Nursing has a legacy

of understanding the connection between the environment and health. As noted by several of our authors, Florence Nightingale, in 1860, provided this foundation when she stated that there are five essential points in securing the health of houses, "Pure air, pure water, efficient drainage, cleanliness and light." Almost 150 years have passed since Florence's prophetic statement; yet we have not achieved these basic requirements for good health and disease prevention. Fortunately, the American Nurses Association, recognizing that a healthy environment is integral to a healthy population, has published *The Principles of Environmental Health Nursing* (2007). This booklet serves as a call to action and a guide to practice. It challenges nurses to operate in a manner that is environmentally safe and healthy, to identify environmental threats to health and to act as advocate for a cleaner, greener world.

In Delaware nurses are rising to meet this challenge. In this collection, they are translating a concern for environmental issues into professional activities in ways that are creative and inspiring. Some, such as Tish Gallagher, PhD, RN, CNE, from Wilmington University, are joining with others at a national level in the development of environmental health competencies to be used in nursing education programs. In the acute care setting, nurses such as Amy Tyler, BSN, RN, CEN, from Christiana Care, are

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President's Message

Nursing and the Environment, A Long-term Relationship

Norine Watson, MSN, RN, NEA-BC



Norine Watson

Happy Nurses Week to each and every nurse in the state of Delaware! This issue of the DNA Reporter is focused on the Nurses' role in understanding and educating the public about the relationship between health and the environment. Since it is National Nurses Week which commemorates Florence Nightingale's birthday, it is important that we draw on the wisdom of our first nursing researcher. Florence Nightingale, founder of modern nursing, understood and wrote about the impact of the environment on human health. In Nightingale's hallmark book, *Notes on Nursing*, published in 1912, she provides descriptions

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Executive Director's Column

Sarah J. Carmody
Executive Director



Sarah Carmody

Happy Spring!

As we move into the season of new beginnings, the Delaware Nurses Foundation working group has met and is moving forward with its development. This very exciting for nursing in Delaware and I look forward to sharing with you the progress we are making. Thank you to all the volunteers participating in its inception.

The RN Volunteer working group has made strides in the development of the RN Volunteer program. By the time this newsletter is distributed, the pilot should be up and running. Please visit the DNA website for information on using volunteer hours toward your Delaware RN license. As always, if you have any additional questions about licensure, please contact David Mangler at the Board of Nursing. Thanks to David for his support of this program.

Lastly, and definitely, not least, thank you, thank you to the many volunteer members that commit their time and energy to the many projects and committees. Without their experience, knowledge and time, the Delaware Nurses Association could not keep moving forward with keeping nursing strong in our state.

I am always available if you have any concerns, suggestions for projects or would like to participate on any of our committees. Give me a call: (302) 998-3141.



Vision: The Delaware Nurses Association is dedicated to serving its membership by defining, developing, promoting and advancing the profession of nursing as an art and science.

Mission: The Delaware Nurses Association advocates for the interest of professional nurses in the state of Delaware.

Goals: The Delaware Nurses Association will work to:

1. Promote high standards of nursing practice, nursing education, and nursing research.
2. Strengthen the voice of nursing through membership and affiliate organizations.
3. Promote educational opportunities for nurses.
4. Establish collaborative relationships with consumers, health professionals and other advocacy organizations.
5. Safeguard the interests of health care consumers and nurses in the legislative, regulatory, and political arena.
6. Increase consumer understanding of the nursing profession.
7. Serves as an ambassador for the nursing profession.
8. Represent the voice of Delaware nurses in the national arena.



NHOP 2010 Lecture Series

All are welcome! Not just for nurses; forward to your "green" friends and networks

Contact Hours offered

Thursday April 22, 2010

How Safe is Your Make-Up? The Ugly Truth Behind the Beauty Industry

Michelle Lauer, MSN, RN, BC

Thursday May 20, 2010

Healthy Spaces for Healthier Indoor Environments

Jim Quigley MS, BBEC

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Managing Editors

Heidi LeGates, MSN, RN, NEA-BC
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The *DNA Reporter* welcomes unsolicited manuscripts by DNA members. Articles are submitted for the exclusive use of *The DNA Reporter*. All submitted articles must be original, not having been published before, and not under consideration for publication elsewhere. Submissions will be acknowledged by e-mail or a self-addressed stamped envelope provided by the author. All articles require a cover letter requesting consideration for publication. Articles can be submitted electronically by e-mail to Heidi LeGates, MSN, RN, NEA-BC @ Heidi_Legates@Bayhealth.org or Bonnie S. Osgood, RN-BC, MSN, NE-BC, @ bosgood@christianacare.org.

Each article should be prefaced with the title, author(s) names, educational degrees, certification or other licenses, current position, and how the position or personal experiences relate to the topic of the article. Include affiliations. Manuscripts should not exceed five (5) typewritten pages and include APA format. Also include the author's mailing address, telephone number where messages may be left, and fax number. Authors are responsible for obtaining permission to use any copyrighted material; in the case of an institution, permission must be obtained from the administrator in writing before publication. All articles will be peer-reviewed and edited as necessary for content, style, clarity, grammar and spelling. While student submissions are greatly sought and appreciated, no articles will be accepted for the sole purpose of fulfilling any course requirements. It is the policy of DNA Reporter not to provide monetary compensation for articles.

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and also guidance about optimizing environmental factors to improve patient comfort and facilitate health and healing. In these descriptions she had the foresight to include air quality, water quality, noise, light, and diet and nutrition.

But creating a safe and healing environment today, requires some research and study. Nurses must be aware of chemicals contained in the manufacture of routinely used equipment and also of safe ways to dispose of chemicals to prevent contamination of natural resources such as our nation's waterways. A quick search of the American Nurses Association's website reveals many environmental issues taken on by American Nurses that may not be apparent to the typical consumer.

Over the past several years the American Nurses Association has worked to raise public awareness about:

- Issues surrounding pharmaceutical waste including proper medication disposal and the detrimental effects to the environment that result from improper disposal of medications. We must stop the practice of flushing unwanted medication down the toilet or the sink and start to host and participate in approved state and local medication collection and disposal programs.
- The safety issues that have been identified regarding the chemical bisphenol A (BPA), a plastic hardening chemical used in baby bottles and food can liners. This chemical was shown in studies to potentially have adverse effects on the brain, behavior, and prostate gland in fetuses, infants and young children.

- Mercury, a toxic metal that can be found in many medical devices, some that may even be in your home medicine cabinet. Improper disposal of healthcare devices containing mercury causes this toxic metal to be released into the environment. Exposure to mercury can adversely affect the brain, kidney, and unborn fetuses.

As the committee on Enhancing Environmental Health Content in Nursing Practice, of the Institute of Medicine described, "America's nurses, an estimated 2.9 million strong, are often at the frontlines in confronting environmental health hazards, yet most nurses have not received adequate training to manage these hazards." This issue of the DNA Reporter is aimed at raising the level of awareness of the Delaware Nurses about environmental hazards. Our guest editor, Michelle Lauer, MSN, RN, is a state nursing leader, in working to find and create permanent solutions to these issues. From her leadership position on the Delaware Nurses Association subcommittee, "Nurses Healing Our Planet" she has led medication take back events and worked to change the way medical equipment and other types of medical waste are disposed of in Delaware. Michelle is more than just an environmental advocate; she is a role model to us all and has a place among our Delaware nursing heroes!

Again I wish you a very happy nurses' week and I hope that you will take every opportunity to educate your patients and your colleagues about the close and long-term relationship between the environment and our health.

Guest Editor continued from page 1

forming Green Teams on their units and working to decrease health care's environmental footprint. Still others, such as Carole Somers, MSN, RN, BC, and Sarah Bucic, MSN, APRN-BC, have joined with concerned citizens, as well as nursing groups, in their respective communities to tackle pollution and raise awareness about environmental toxins.

Nursing students are also making the connection between environmental influences and an increase in certain diseases. In her article about holistic nursing, Jillian Monack, University of Delaware senior, emphasizes the importance of prevention and encouraging our patients to make healthy and sustainable lifestyle choices. At POLYTECH High School in Kent County, nurse assist students have formed the Green Teens community service group. Thanks to the encouragement and support of their nursing instructor, Cindy Moore, MSN, RN, they believe in themselves and their ability to create change. As these students state in their opening remarks, "The greatest mistake is to do nothing."

Lastly, one other theme is woven throughout the articles you are about to read. It reflects the personal growth and transformation that occurs when we speak up for what we believe, take risks and step out of our comfort zones. By recognizing that our actions make a difference—both individually and collectively—we are beginning to recover a lost legacy of working toward a healthier world. Florence would be proud!

● **Delaware RN License Plate** ●

The RN license plate is now available for **ALL** registered nurses licensed in Delaware.

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The funds generated from the license plates will go toward the development of the Delaware Nursing Foundation and scholarships. In order the plates to go into production; the DNA must have 200 applications. Please visit the homepage of the DNA website for additional information: www.denurses.org





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Alliance of Nurses for Healthy Environments: A New National Nursing Coalition

Tish Gallagher, PhD, RN, CNE

Tish earned her BSN and MSN from the University of Delaware and her PhD from Widener University. She is a Certified Nurse Educator with over 22 years of experience in nursing education. Tish is a member of Sigma Theta Tau, Beta Xi and Omicron Gamma chapters.



Tish Gallagher

Tish began her career in Public Health Nursing for the State of Delaware. She also worked for the State as a Developmental Nurse Specialist in the Early Intervention Program and as an Assistant Professor in nursing at the University of Delaware. For the last 20 years, she has been employed at Wilmington University.

Currently, Tish serves as the Distance Learning Liaison for Academic Affairs at Wilmington University. She continues to serve as a capstone advisor for graduate students in the College of Health Professions.

Tish can be reached by e-mail at tish.b.gallagher@wilmu.edu or at her office at 302-356-6916.

The environment has been recognized as an important concept in nursing since its inception. Florence Nightingale paid a lot of attention to the maintenance and manipulation of the environment as a means to produce comfort and healing for those in her care.¹ The metaparadigm of nursing identifies the environment as one of the four key components in nursing.² Major nursing theorists all pay at least some attention to the interrelationship of environment and health.

In recent years, the impact of both the environment on the health of populations and the impact of the human race on the health of the environment have been increasingly studied. At Wilmington University, we have noted this increased attention in the capstone projects of some of our students. For example, we've had a capstone which dealt with the development of appropriate systems for discarding of medications in the community and another capstone project which explored medical equipment which can best prevent spillage of

chemotherapeutic agents in an institutional setting. On a national level, this interest is evidenced by the development of the Alliance of Nurses for Healthy Environments (AHNE). In late 2008, fifty leaders from all areas and sub-specialties of nursing met to develop a plan for environmental health nursing—AHNE was born as a result of this meeting. According to the AHNE website, "We have moved beyond questioning the science of whether we are in environmental health peril to consensus that we must act and act now on many of the risks we are all experiencing. Nurses, who are one of the most trusted sources of information by the public, must be in a position to both respond to questions about the environment and its relationship to health with credible, evidence-based information, as well as provide leadership in making the necessary changes in our policies and practices. To that end, we must prepare nurses to be a cut above the average citizen with regard to their knowledge of environmental health issues".³

ANHE—An overview

ANHE has a four pronged organizational structure consisting of workgroups addressing education, practice, research, and policy/advocacy. The education group is involved with planning curriculum materials for use in schools of nursing. An e-text is also "in the works". The practice group is organized to support nurses involved in "greening" their workplaces and increasing awareness of environmental exposures. The research group is working to organize the evidence base we already have regarding environmental health and nursing. They are also actively trying to encourage and support nursing research in this critical area. Finally, the policy/advocacy group, as expected, is "...helping to mobilize the nursing community to support policies that encourage citizen knowledge about potential hazards.....".⁴

Communication between and among these groups is critical as overlap could occur or some important pieces could fall through the cracks. To address the communication issue, ANHE has developed the e-commons—a sort of "virtual village" concept that is a riff on the village commons of old where community members met to talk, learn, brainstorm, argue, and come to consensus. Minutes from all committee meetings are posted on e-commons. Discussion boards on a variety of topics can be found here as well as vital information and resources on all areas of environmental health nursing. Wiki space is also available and can be used in the co-creation of documents. E-commons is a vital and evolving community resource for those involved in ANHE as well as for those seeking information related to environmental health and nursing.

My involvement with ANHE

In early 2009, a call went out to educators and other nurses via e-mail announcing this newly formed group and asking for those with interest to join the workgroups. At that time, I was looking for a new challenge and the call for members of the newly forming education group resonated with me because I could combine my early career interest in public/community health with my current practice in nursing education. It was clear that the group, based out of the nearby School of Nursing at the University of Maryland, would be using all available technology to communicate and achieve its mission—this had to be a fit for me as the use of technology in education is another strong interest of mine!

Since that time, I have been able to participate in monthly phone conferences with other nurses interested in fostering education in environmental health nursing. Last spring, I joined with nurses from several different states in Baltimore where we worked for 2 days on the development of environmental health competencies. These competencies are in final revisions now. In mid-March, a similar group will meet in Baltimore to continue the work a small group initiated on the development of an e-text on environmental health nursing. The goal is to develop an electronic text that can be used in whole or in part to strengthen environmental health education in nursing programs. When possible, existing resources will be included. When necessary, resources will be created which can be used in a variety of ways to meet the needs of students with diverse learning styles and nursing education programs with a variety of needs.

The goals of AHNE are lofty and there is much work to be done. However, in a relatively short period of time, AHNE has already met some of the goals identified by those nursing leaders in late 2008. The organization is up and running, the work groups are functioning effectively, and the e-commons site is already in use. Other goals, like the e-text and a national environmental health nursing conference, are in development or already planned. It is a joy to be even a small part of a group of such committed and goal-driven nurses who believe in moving their agenda forward by hunkering down, using available technology effectively, and simply getting the job done. Personally, I have the feeling of having come full circle by combining my interests in technology and nursing education with a return to my roots in public health nursing!

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1. Nightingale F. *Notes on Nursing: What it is and what it is not*. Commemorative edition. Philadelphia: Lippincott; 1992. (original publication date, 1859).
2. Fawcett J. *Analysis and Evaluation of Contemporary Nursing Knowledge: Nursing Models and Theories*. Philadelphia: Davis; 2000.
3. Retrieved on 2/17/2010 from <http://e-commons.org/anhe/>, paragraph 1.
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Getting Greener in the ED

Amy Tyler, RN, BSN, CEN

Amy Tyler holds a BSN from The College of New Jersey, and has worked as a direct care medical-surgical, perioperative and emergency nurse over her 14 year career. Certified in Emergency Nursing, Amy has spent the last 10 years in the Christiana Hospital Emergency Department. In her current role as a Staff Development Specialist, Amy provides educational and clinical support to the Emergency Department and Clinical Decision Unit and co-coordinates simulation based education programs on Moderate Sedation and Code Blue. She is also the chairman of the Emergency Department Green Team. Amy can be reached by e-mail at amtyler@christianacare.org or in her office at (302) 733-1030.



Amy Tyler

Early in the morning, I drag my garbage and recycling to the street, turn off lights in my house, and even pull the plug on my coffee pot. I drive a more fuel efficient car than I did a few years ago, and I even have some of those reusable grocery bags rolling around in my trunk. Like many, I have made some changes to my old habits to live "greener". However, when many nurses start their shift, those practices are abandoned, contributing to our nation's hospital's average output of approximately 6,600 tons of waste per day¹. Nurses concerned about healthcare's environmental footprint can improve our impact on the environment. It only takes one concerned nurse to make a difference.

At the Christiana Hospital ED, we have created a Green Team whose role is to look around the department with a more critical eye. This initiative was championed by Linda L. Laskowski RN, MS, APRN, BC, CCRN, CEN, Vice President: Emergency, Trauma and Aeromedical Services. The team was created to apply the same "green" principles you use outside of work, in the department. The team is comprised of staff nurses, patient care technicians, and unit clerks, and department materials supervisor. The team has been in place for over 2 years and has identified and implemented initiatives

to decrease paper use in the department, provided input to hospital wide initiatives, and has assisted in the roll out of new technology installed in the department aimed at reducing plastic use.

Decreasing paper use is one way to decrease waste. Although Christiana Care has had paper recycling in place for many years, there are other opportunities beyond recycling. The ED Green Team supported an initiative to eliminate default lab result printing in the department. Before eliminating this print, this print function generated many sheets of paper for each patient seen in our high volume ED. Staff now obtain lab results from the electronic medical record only. A telephone notification process has been implemented to notify nurses and physicians of critical lab values. After the success of eliminating the lab print, members of the ED Green Team found other defaulted print functions to eliminate. In most cases, these printed documents were not used by staff in the department and were unnecessary. Eliminating this print was a fairly simple process by working with information technology staff. In addition, many department and system wide manuals and references are no longer printed and physically stored in the department. Updating these materials is greatly simplified if no hard copies exist. Updates can be made and posted electronically. Frequently used references can be linked to your personal sign on profile, allowing instant access with one click of a computer mouse. These changes to how we view and use paper have simplified practice, decreased clutter in both the paper chart and physical environment, and lowered cost through decreased consumption of paper and toner. Finally, staff are freed to perform other tasks, rather than placing paper records on charts. While some of these initiatives were system wide and others ED Green Team initiated, having a unit based team of early adopters supported these new processes and contributed to successful, positive, change.

The most exciting change in the Christiana ED has been the replacement of flushing hopper sinks with macerators from Vernacare, of Toronto, Ontario, Canada. The company produces paper pulp based patient care items to complement the macerators. These paper pulp patient care products include male and female urinals, wash and emesis basins, and commode and bedpan liners. Vernacare patient care products are made from molded paper pulp, similar to egg carton material. The pulp is made from recycled newspapers and telephone books, without using dyes or bleaches. Natural resins keep the utensils leak-proof. Bedpans require a plastic base, since the pulp-paper device cannot support a

patient's weight. Prior to this change, the ED Green Team assisted to develop education, inservice staff and troubleshoot the process.

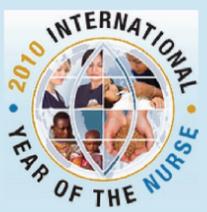
The Emergency Department has been using Vernacare since April of 2008 with success. The high volume, 78 bed Emergency Department saw over 112,000 visits in 2009 and all patients in the ED use these single use products. After a patient uses a Vernacare product, the nurse disposes of it in a machine called a macerator. The macerator resembles a small top loading washing machine. After the lid closes, it adds water and grinds the product into fine paper fragments and sends them and the human waste out through the sewer system. Nurses no longer clean and reuse bedpans or scrub commodes in the ED. Installing the macerators and bringing in the Vernacare products in the Emergency Department resulted in 50% reduction in the number of plastic patient care items leaving the ED in the first year the macerators and products were installed. This reduction totaled approximately 4000 pounds of plastic during the first 9 months of use in 2008. The ED plastic usage for 2009 was just 17% of the 2007 usage and equates to over 45,000 fewer plastic items going into landfills. Plastics cannot be totally eliminated, because bedpans must be used to support the weight of the patient. Having engaged staff in the department contributed to the success of this project. Based on the success and reduction of waste in the Christiana ED, the Clinical Decision Unit at Christiana Hospital and the Wilmington Hospital Emergency Department implemented the Vernacare System last Autumn.

Nurses concerned about healthcare's environmental footprint can take a variety of approaches to improve the world we live in for our current and future generations. It only takes one concerned nurse to make a difference. Look around your workplace with a more critical eye. Consider where you can apply the same "green" principles you use at home and apply them in the workplace. Talk with your manager about creating a multidisciplinary team to look at the practices in your work place and start with small achievable goals. The team can function formally or informally. You may begin just by soliciting staff for ideas and compiling a list and presenting it to your leadership team. You can take ownership of implementing one of the ideas and then move down the list, drawing on other members of your team for support. Identifying and implementing small changes can go a long way in improving our environment.

References

1. Hospitals for a Healthy Environment. *Waste Reduction*. Arlington, VA: Practice Greenhealth; 2000. <http://cms.h2e-online.org/ee/waste-reduction>.

Legislative Report



Pictured from left to right: DNA Members Karen Carmody, Leslie Verucci, Kim Scott, Bonnie Osgood, Felisha Alderson, Representative Earl Jaques, Governor Jack Markell, DNA Executive Director Sarah Carmody, Senator Bethany Hall-Long, Board of Nursing President Rebecca Walker, DNA member Moonyeen "Kloppy" Klopfenstein, Board of Nursing Executive David Mangler

On March 31, 2010 Governor Jack Markell signed into law Senate Bill 182 which protects the title of "nurse". The Bill prohibits the use of the title "nurse" unless such person is a registered nurse or a licensed practical nurse. It also includes

limits, titles and abbreviations for advanced practice nurses.

Special thank you to Senator Bethany Hall-Long and Representative Earl Jaques for supporting this bill.

Healthy Environment, Healthy You

by Carole R. Somers, M.S.N., R.N-BC

Carole Somers, graduated from the Philadelphia General Hospital School of Nursing and received her BSN and MSN from the University of Pennsylvania. She is board certified in Professional Development. In her nursing career, Carole worked in home care and schools of nursing and in hospitals as a Gerontological Clinical Nurse Specialist and as a Director of Nursing as well as in a hospice as a Director of Clinical Services. Most recently she worked at the innovative Living Independently For Elders program at the University of Pennsylvania School of Nursing as Director of Clinical Services and as Director of Staff Education. She retired in March, 2008 after 45 years in nursing and lives in Lewes, DE where she is active in community and environmental affairs and campaigning for health care reform. She may be reached at somers606@aol.com.



Carole Somers

As nurses, we teach our clients about healthy living every day. We also are a source of knowledge about health for our families, friends and neighbors. The effectiveness of the message is lost, however, if we don't follow our words with consistent actions. We can't just talk the talk, we need to walk the walk. The best teacher lives the message he or she is promoting. Pure air and water, efficient waste disposal, and nutritious food are essential to health. In her "Notes on Nursing: What It Is and What It Is Not", Florence Nightingale wrote about these specific

matters in her description of ensuring a healthy environment and proper nutrition for the patient. In addition, today we face the danger of climate change, a threat Ms. Nightingale never considered.

What can we, as individual nurses, do to teach health about environmental issues? We can adopt as a personal slogan the motto "Reduce, Reuse, Recycle". Three easy yet high impact actions are:

- *Replace incandescent bulbs* with Compact Fluorescent Bulbs (CFLs) which use about 75% less electricity than incandescent. Not only does this save on electric bills, but decreases the demands on power plants that pollute the air.^{1,2}
- *Drink tap water rather than bottled water.* An estimated 25 per cent or more of bottled water is just tap water in a bottle.³ Most of the bottles are made from a plastic, polyethylene terephthalate (PET), which is produced from oil. A report from The Learning Channel stated that the annual production of water bottles in the U.S. requires 1.5 million barrels of oil. In addition, transportation of bottled water releases global warming pollution into the atmosphere.⁴ The plastic bottles are also disposal problems. Although PET is recyclable, only about 13 per cent of the bottles that we use are recycled. In 2005, a reported 2 million tons ended up in landfills where they can take up to 1,000 years to decompose and where they can leak harmful chemicals into the ground.³ Invest in a reusable water bottle to take with you, keep a pitcher of water in your refrigerator, and attach a filter to your faucet if you don't like the taste of your household water.
- *BYOB (bring your own bag) to the store.* Plastic bags litter our roadsides, festoon our trees, choke marine life and waterfowl or end up in landfills. Only a small percentage gets recycled. Paper bags may be made from a renewable resource and can be recycled, but generate more air and water pollution in their manufacture than plastic. Keep a couple of reusable bags in

your car to be prepared for those spur of the moment stops at the grocery store. In spite of your best efforts, you will sometimes find that you have acquired some plastic bags. Reuse them and then recycle.

Food Choices

Do you know what's in your food and where your food comes from? Food safety has been in the news with breakouts of salmonella and e-coli infections and concerns about hormones and antibiotics in meats. Buying locally produced food products decreases the energy impact from fuel costs, refrigeration, and increased packaging. Local purchases help the area economy and support family farms. Eat more fresh fruits and vegetables and decrease consumption of processed foods. Not only do processed foods contain excess sodium and sugars, but come highly packaged. Patronize farmers' markets and other outlets that sell from sustainable sources. Try skipping red meat once a week. Eating fish has been a healthy alternative, but now between toxins, such as PCBs and mercury in fish, and over-fishing, buying seafood can be challenging. The Monterey Bay Aquarium produces a pocket sized Sustainable Seafood Guide, available at www.mbayaq.org. These changes in buying and eating habits are not only good for the planet, they're good for you.

Other Actions

- *Appliances*—Look for the Energy Star when buying new appliances.
 - Use the right appliance- a toaster oven uses less energy than heating a full oven; a slow cooker uses less energy than a cook top.
 - Run your clothes washer or dishwasher on full loads and with cold water.
 - Give your dryer a vacation by using a clothes line.
- *Electronics*—Unplug devices when not in use.
 - Recycle or dispose of in hazardous waste collection
 - Cell phones can be recycled www.call2Recycle.org or www.collectivegood.com
 - A laptop uses ½ the energy of a desktop computer

Lots of helpful hints are published in magazines and featured on TV. Try some. These changes may seem simple, or even insignificant, but not only can they have a great cumulative impact, they can help you teach others about taking action.

Florence Nightingale said, "So never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard seed germinates and roots itself."

Join Forces

We can and must take individual action, but joining with others makes us more powerful. There are many organizations and advocacy groups dedicated to environmental issues. The Natural Resources Defense Council has a web site that lists many groups devoted to the environment. <http://www.nrdc.org/reference/enviroGroups.asp>. The NRDC's web site includes many ideas and resources, too. Join an organization and increase your influence. Write letters to your representatives. Keep an eye on what's happening in your town and county to protect the environment. Decisions about development, sewer construction and water use occur at a local level.

Teach by Example

Explain to your family and others why you are making changes. Your children will thank you. It's their health and their future that's at stake.

"This land, this water, this planet—this is our legacy to our young"—Paul Tsongas

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Long Term Effects of “Modern” Solutions

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An average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in August and September of 2004 in U.S. hospitals were found. Tests revealed a total of 287 chemicals in the group, including pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage. Of the 287 chemicals detected, we know that 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause birth defects or abnormal development in animal tests. The dangers of pre- or post-natal exposure to this complex mixture of carcinogens, developmental toxins and neurotoxins have never been studied.¹

In 1940, about 1 in 24 women who would live to be 80, would be afflicted by Breast Cancer. By 1964, this number was down to 1 in 20 and by 2006 that number reached 1 in 8.²

The above facts may seem dramatic but they underscore modern society. Chemicals are rampant and they are winding up in the worst of all places—our bodies. How could this happen and what does it mean for our health?

If We Only Knew Then What We Know Now

In the 1960's, Rachel Carson called attention to the idea that the things that we were doing to make life better (“better living through chemistry”³) were having rather unintended side effects. Rachel Carson was not appreciated for this stance. For example, she revealed that not only did DDT kill insects but also harmed birds, wildlife and contaminated the world food supply.⁴ Eventually science backed up her claims and today, DDT is banned. Other studies have found similar side effects to things that were once solutions to life's problems. According to the National Cancer Institute, DES (Diethylstilbestrol) was prescribed to millions of pregnant women to prevent miscarriage however it was banned in 1971 after discovering that “DES daughters” (daughters exposed to the drug in the womb) were developing cancer two decades after exposure along with a myriad of other health effects.⁵

Our Collective Responsibility

According to the Environmental Protection Agency, studies have shown that pharmaceuticals are present in some of our nation's water bodies. Pharmaceuticals and Personal Care Products as Pollutants (PPCPs) comprise a diverse collection of thousands of chemical substances from prescriptions, over-the-counter drugs, veterinary drugs, fragrances, lotions and cosmetics. The collective burden of individuals adding chemicals, often unintentionally, to the environment has

been largely overlooked as opposed to industry's contribution. Not only do medication residues pass out of peoples' bodies into sewer lines via excretion, but externally-applied drugs and personal care products also flow down the shower drain and our sewage systems are not equipped for their removal. When unused or expired medications are placed in the trash, they also eventually leach into ground water. Currently, municipal sewage treatment is not engineered specifically for PPCP or other unregulated contaminant removal. Although there are no known human health effects from such low-level exposures in drinking water, situations such fetal exposure to low levels of medications require additional investigation. In addition to antibiotics and steroids over 100 individual PPCPs have been identified in environmental samples and drinking water as of 2007 and this number continues to rise.⁶

According to the Centers for Disease Control and Prevention (CDC), organophosphates, a group of human-made chemicals, are the most widely used insecticides today. When these pesticides are sprayed on crops and plants, small chemical particles are carried away and eventually contaminate animals and ground water. The CDC is not sure if pesticides cause cancer, but some studies in adults and children have linked pesticide exposure to lymphoma and leukemia. Other studies link home pesticide use to childhood cancers such as soft tissue sarcomas, leukemias, and brain cancer. The results of these studies are controversial, largely because the exposure has not been measured and people are generally exposed to multiple pesticides, not just the one being studied.⁷

According to the EPA, pesticides include insect repellent, flea and tick control, household cleaners, lawn and garden products and swimming pool chemicals.⁸ As the newborn cord blood study proves, we aren't just exposed to one toxin and no studies have examined multiple exposures over time.

New Science

The outdated laws protecting people from undue exposure all assume “the dose makes the poison.” In other words, higher doses lead to greater effects, leaving society to believe that background levels of contamination aren't worth worrying about. However, new research demonstrates that this assumption is wrong, and the implications are profound. It means that safety standards used to protect public health are built upon false assumptions and are likely to be inadequate. For example, the same low dose that may pose no risk to an adult can cause drastic effects in a developing fetus i.e. “the adult dose does not make the fetal poison.”⁹

Kids absorb more chemicals into their bodies

and have immature immune systems, which do not detoxify and eliminate chemicals as efficiently as adults.¹⁰ Early exposures often lead to later illness. Think about how many household cleaners and personal care products you use daily. Even if individual products are deemed ‘safe,’ it is the overall cumulative exposure that determines your body's burden from the environment.

Think Twice

Our current health is the long-term outcome of “modern” solutions. There are more things you can do than eat right, exercise and visit your doctor; read labels, think twice about what you put in and on your body and your surroundings. Educate yourself about environmental toxins so you can better educate your patients. It just might save your life.

For more on what you can do visit: www.when.org, www.noharm.org, notjustaprettyface.org and www.DelawareHealthyHomes.org.

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The Green Teens: Taking Action

by Cynthia R. Moore RN, MSN

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Cynthia Moore

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President Sigma Theta Tau International/Omicron Gamma Chapter since June 2008.

As a Career Technical Education (CTE) Teacher at POLYTECH High School in Kent County Delaware, it is my responsibility to prepare our high school students for college and a career in nursing. I believe it is equally as important to empower them to believe in their ability to influence change. Simply stated, they don't have to accept the status quo. Our high school students come to us with a desire to do something positive and are encouraged to participate in community service projects. In the last few years I have noticed that they are concerned about our stewardship of the environment. They feel that they MUST do something to address the issues that face their generation and those to come. They aren't satisfied to let someone else take action; they want to BE the action. They want to be the instruments of change. The following is an essay written for the DNA by three junior nurse assisting students who believe that they can and will make a difference.

I am honored to be their teacher, Cynthia Moore RN, MSN

Making a Difference

Our environment is what we depend on for our very existence. We have always believed community service and volunteering are two important roles that oversee all obstacles that are in the way of making our world cleaner. We all can make a difference, it's just who will be the one to step up and actually do something to make the change. The greatest mistake is to do nothing! Anyone's small actions

can make big changes. Our names are, Kimberley Souza, Victoria Shotto, and Nina Thomas, and we created the GREEN TEENS Community Service group to make ecological solutions for our school and our state's waste management problems. Going green can be done no matter where you are. As nurse assisting students attending POLYTECH High School, we collect almost everything recyclable such as; cardboard, computer paper, file folders, index cards, magazines, mail, phone books, plastic bags, glass, and plastic bottles. So far we have placed recyclable storage bins in our nursing classroom and lab to help eliminate waste, protect our environment, save our natural resources, and keep our nursing atmosphere clean. These are just simple ideas contributing towards our plan to make our state a healthier place to live.

Since our high school education began, the three of us realized a recycling program was needed at POLYTECH. Our ambitions are so high that our goal is to help our state become greener, but we know that before we can make big changes, we have to start small; our school. After consulting with Delaware Solid Waste Authority (DSWA) employees, we have officially started our project in the school. We are concerned about our state and wish to have a positive influence on our environmental transformation. The POLYTECH administration has seen many students and staff come before the board wanting to solve the same problem. The school's administration says past attempts have failed before and we are by far the most organized, professional young students that have come to them yet. Our main goal is to keep our project professional, detailing and documenting everything we have done and planning what is yet to come. We have almost everything established at POLYTECH high school, which includes a recycling receptacle on our property that will be picked up daily or as needed by DSWA.

Kimberly's Perspective

"Our Nursing lab room, in my opinion, is one of the worst rooms dealing with the amount of recyclables we throw away. We use so much paper in just one day, its ridiculous! I think any health care facility uses an overabundance of paper. Sadly all of this paper, especially at the hospital, is thrown away in a trash can. We want to do something to fix that" says Kimberly. She continues, "I have always thought we needed to do *something* to help keep our state clean. For being such a small state, we should have a handle on this. I see great changes in the future if our group keeps this going. Good things for everyone including our health. Having an unhealthy environment in Delaware creates a lot of health risks in all age groups. If we can improve the environment as one of the main causes for certain diseases, I have great faith that we might help make our country be a better and healthier nation."



Victoria's Perspective

"If you were to drive down a major highway in Delaware today, you would see trash lining the roads. Before I entered the Nurse Assisting program at POLYTECH, I wouldn't have given this very much thought. Now that I take into consideration my health and the health of those around me, I realize that this can't be beneficial to our well-being. As health care providers, we can't fully promote the health of others if we are all living in an unhealthy environment. Imagine trying to restore someone's physical condition in a cluttered and dirty hospital room. We can't live as a healthy society in a dirty and cluttered world. It is the responsibility of all of us to keep our planet beautiful and healthy!" says, Victoria Shotto.

Nina's Perspective

"The goal of our partnership is to contribute to the education and training of nurses by helping their workforce incorporate environmental health into the nursing curriculum. We believe commitment to the development of a caring and safe environment will benefit the health care setting ultimately. Volunteering is our key to success, hoping that as we serve, we can change lives. We observe and seek out the issues that need special attention; realizing consumption threatens natural resources and human well-being. We want to keep our environment looking as beautiful as possible while making sustainable use of our resources. Serving the ecosystem can create a positive difference in the lives of others and in nature. Our group has been given the opportunity to organize and plan something that impacts other people. The main principle of nursing in environmental health is to reflect on certain causes that add to an individual's weaknesses, strengths and abilities. We must recognize ecological dangers and their influence on health. Also, we must realize that human beings and communities are responsible for the management and protection of the environment. We feel our job is to lend a hand." says, Nina Thomas.

Holistic Nursing and Sustainable Health Care: Making the Connection

by Jillian Monack, Student Nurse,
University of Delaware

Jillian Monack is a senior nursing student at the University of Delaware and Co-Leader of the Delaware Chapter of the American Holistic Nurses Association with Karen Avino, EdD, MSN, RN. She has been a Student Nurse Extern on the oncology/hematology unit at Christiana Hospital for 16 months and plans to graduate in May 2010. She can be reached by email at jlmonack@gmail.com.

Holistic Nursing, a specialty recognized in 1996 by the American Nurses Association, is grounded in caring, relationships and interconnectedness. It combines the concepts of technology, body, mind, and spirit into nursing practice and models of health that guide individuals to optimal health and healing¹. A certification in holistic nursing can be achieved like any other specialty, as it has its own scopes and standards of practice. A board-certified holistic nurse can specialize in a Complementary and Alternative Medicine (CAM) modality, or they can be solely specialized in holistic nursing, itself—defining their philosophy of practice as holism and humanism². Any nurse, board certified or not, can practice holism. With today's environmental and economical concerns, holism is something we must open up to. By adopting a holistic practice, we can improve health care spending and lessen environmental waste.

The leading causes of death today are different than 100 years ago. When in the early 1900s most Americans were dying from infections like pneumonia and tuberculosis, we see that today, heart disease, cancer, and stroke are the number one killers, and other diseases such as diabetes are rapidly catching up. The Centers for Disease Control and Prevention (CDC) has developed the term 'obesogenic' to describe the American people, recognizing that environments that promote increased food intake, unhealthy foods, and physical inactivity characterize our society³. We also know that environmental factors are thought to contribute to various cancers, including cervical, prostate, and breast cancer. While health care spending continues to rise, people are getting fewer gains in overall health status. Doctors are spending less time with patients and see more patients per day⁴. People are looking for the "magic bullet," or the quick cure, and using increasing amounts of drugs and synthetic products, which ultimately lead to more spending and toxic waste.

Nurses have first-hand knowledge about health and illness states of their patients, putting them in the position to make a positive change in health care. A challenge that presents itself to us is *prevention*. America deserves empowerment, education, and personal responsibility to make healthy lifestyle choices. Let's move our focus from quick fixes to keeping our patients out of the hospital in the first place.

Individual behaviors and environmental factors account for about 70 percent of all premature deaths in the United States⁵. The Healthy People 2010 initiative has recognized that in order to improve health on a national level, we must act, individually and locally, in an environmentally responsible manner. What does this mean for nurses? Being educated on environmental sustainability, the benefits of consuming raw, natural, and local products, and the integration of CAM are among some of the first steps to behavioral change geared toward helping protect and sustain ourselves and our environment. About 19% of health problems are connected to environmental factors and 53% to lifestyle⁴. This could be due to a significant proportion of people consuming pre-packaged foods, transported from long distances. Not only are these foods less nutritious, but they add to unnecessary fuel and solid waste. An environmentally responsible lifestyle includes natural medicine and natural products to prevent disease and promote wellness.

The National Center for Complementary and Alternative Medicine (NCCAM), a federal health office of the National Institutes of Health (NIH), has recognized the importance of many CAM modalities that are practiced around the world, and many have been around for centuries. NCCAM's mission

is to discuss and test the effectiveness of such modalities so that citizens can make informed health care decisions⁶. Some of these modalities include massage, Therapeutic Touch, acupuncture, humor, guided imagery, aromatherapy, and reflexology—all of which are credentialed by the American Holistic Nurses Association (AHNA) to provide certification and continuing education units (CEUs).

Holistic nursing is unique in that it embraces a multidimensional view of health. Rather than looking at health as the absence of disease, holistic health is defined as optimal function, well-being, and quality of life on all levels—physical, mental, emotional, social, and spiritual⁷. Many holistic practitioners would say that holism is practiced by recognizing that all things are connected; or, the whole is equal to the sum of its parts, and by becoming aware of these connections, one can achieve a more balanced state. To care for the whole person, we look at body, mind, spirit, and environment as being interconnected and that an imbalance can disturb the homeostasis and contribute to disease⁸. When all of these parts are balanced, body systems function more optimally and increase resistance to stress.

The beauty of holistic nursing is that it can be applied to any specialty. Whether you are a staff nurse, nurse educator, nurse administrator, advanced practice nurse, or any other nurse, there are a number of modalities you can integrate into your practice to promote holism and empower others to make positive lifestyle changes.

Self-care. Reflection, meditation/prayer, relaxation, nutrition, and exercise are important for achieving balance and wholeness. While it is within the scope of nursing practice to provide care and comfort to patients, nurses must be able to place their health at top-priority in order to provide the best care for others. Holistic nursing encourages the development of self-care practices and personal self awareness, as this can transform behaviors and actions toward self, patients, and colleagues⁹. Developing this awareness and creating more positive interactions with human beings brings about a deeper sense of connectedness that can allow the nurse to be more open and perceptive others.

Adopt and practice a CAM modality. In the hospital I have seen pain and anxiety managed with medication, after medication, after medication. Did you know that CAM modalities such as Therapeutic Touch, massage, humor, aromatherapy, and guided imagery can help at achieving less pain and anxiety? Modalities such as these are non-invasive and provide the patient with long-lasting benefits, not to mention a more congenial nurse-patient relationship. Using less pain and anxiety medication can also result in financial health care savings and a decrease in the incidence of wasted narcotics being rinsed down the drain into our water system. Wow!

Imagine a patient complaining of pain to a staff nurse. Instead of going through the process

of looking up the patient's medications, locating the medication, calculating the dosage, and then recording it in the patient's chart, you could spend the same amount of time or less providing one of the above modalities. Not only can the patient achieve the desired effect; they can also benefit from a greater sense of satisfaction, appreciation, and trust for the nurse.

Pay attention to environment within the health care setting. The founder of modern nursing, Florence Nightingale, was a strong advocate for an adequate healing environment. Some of the factors she recognized to be crucial for optimal healing were clean water, indoor and outdoor air quality, noise, and sufficient light and darkness⁹. Upon walking into a patient room, take some time to observe the environment and intervene, if necessary. Is the television too loud? Can you hear loud voices in the room next door? Is there a sufficient amount of light (or darkness)? Being environmentally aware, nurses can bring unique skills in and out of the health care setting while providing his/her patients an environment for optimal healing.

If you are interested in finding out more about Holistic Nursing, consider attending a network meeting held by the Delaware Chapter of the American Holistic Nurses Association. This group holds monthly meetings that focus on educating nurses on CAM modalities and enhancing holistic nursing knowledge and skills. For more information, please email delawareAHNA@gmail.com.

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Data Bits



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Dot Baker

Environmental nurses owe great debt to pioneer nurses who wisely used their powers of observation, record-keeping, interventions, and evaluations to advance patient care and safety. For example, Florence Nightingale pioneered environmental health nursing. Lillian Wald pioneered public and school health nursing. Both nurses used their observations, experience, and vision to create a path toward needed services for needy populations. They fulfilled roles such as clinicians, case finders, educators, advocates, activists, care managers, leaders, change agents, researchers, etc. They focused their interests, energies, and innovations toward change and improved client outcomes. They truly set the stage for outcomes and evidence-based nursing practice.

Today, we continue with environmental challenges in many areas: patient care; living, travel, work, school, and play spaces; resources; medical care facilities; and a variety of other settings and situations. For example, we face a barrage of issues about chemicals, wastes, infections, food supplies, exposures, global situations, etc.

The Environmental Protection Agency (EPA) offers a "Pick 5 for the Environment" initiative. Step 1: Select at least 5 of 10 actions. Use less water, commute without polluting, save electricity, reduce/reuse/recycle, test home for radon, check local air quality, use chemicals safely, eCycle electronics, enjoy outdoors safely, and spread the word about this program. Step 2: Share what you are doing. Step 3: Get involved (home, garden, work, school, shopping, community, on the road). Check out interesting facts and figures @ <http://library.thinkquest.org/11353/facts.htm>

NURSING ENVIRONMENTAL ORGANIZATIONS & AFFILIATIONS	
Agency for Toxic Substances and Disease Registry (ATSDR) Environmental Health Nursing Initiative (EHNI) with resources, trainings, case studies	http://www.atsdr.cdc.gov/EHN/
American Association of Occupational Health Nurses (AAOHN) offers occupational and environmental resources	https://www.aaohn.org/
Alliance of Nurses for Healthy Environments (ANHE) focuses on human health & environment via education, practice, research, policy & advocacy	http://e-commons.org/anhe/
American Nurses Association (ANA) features occupational & environmental health	http://www.nursingworld.org/
National Institute of Nursing Research (NINR) with multiple environmental research projects	http://www.ninr.nih.gov/
The Luminary Project: Nurses Lighting the Way to Environmental Health invites nurses to share their environmental health activities. The project offers resources, tool kits, articles, online continuing education, helpful websites, etc.	http://www.theluminaryproject.org/
The Online Journal of Issues in Nursing features a 2007 series of articles about "environmental health: important choices for a greener world" and a 2010 series about "healthy work environments"	http://www.nursingworld.org/ Click on Read OJIN
University of Maryland School of Nursing hosts EnviRN with multiple resources such as news, nursing actions, and policy	http://envirn.umaryland.edu/
Environments & Health: Nurses as Environmental Health Activists (AJN, Ballard, 2008)	
Nurses Info with links to multiple national and international environmental & occupational associations @ http://www.nurses.info/specialty_occupationalhealth_orgs.htm	
Nurses on the Frontline s of Community Health (Northwest Public Health, Bekemeier, 2008) @ http://www.nwpublichealth.org/docs/nph/s2008/bekemeier_s2008.pdf	
Vanderbilt University Center for Ethics includes environment, medical, nursing, science, & legal @ http://www.vanderbilt.edu/CenterforEthics/resources.html	

RESOURCES	INTERNET ADDRESS
American Public Health Association (APHA) features news, publications, special interest groups	http://www.apha.org/
Centers for Disease Control & Prevention (CDC) has a link to Environmental Health and health & safety topics such as traveler's health, workplace health, injury, and diseases.	http://www.cdc.gov/
Earth Directory with a world directory of environmental professional associations and organizations	http://earthdirectory.net/professional
EnviroLink with links to hundreds of environmental organizations	http://www.envirolink.org/categories.html?catid=5
Environmental Protection Agency with information, issues, priorities, links to science & technology and laws & regulations	http://www.epa.gov/
Global Issues features social, economic, political, and environmental issues	http://www.globalissues.org/issue/168/environmental-issues
National Environmental Education Foundation	http://www.neefusa.org/health/about/short-ps.htm
National Environmental Health Association	http://www.neha.org/index.shtml
National Institute of Occupational Safety and Health (NIOSH)	http://www.cdc.gov/niosh/
National Registry of Environmental Professionals	http://www.nrep.org/
Occupational and Safety Administration with statistics, training, publications, and safety topics such as biological hazards.	http://www.osha.gov/
State of Delaware has numbers of agencies focused on environmental health: Division of Public Health, DE Dept of Natural Resources & Environment (air & waste management, soil & water, fish & wildlife, water resources)	
The Cochrane Library search for "environmental health" locates prevention of lead exposure in children, interventions to prevent public smoking. Check out the podcasts such as occupational hearing loss prevention	http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME
The Free Library offers links to thousands of publications. One is the <i>Journal of Environmental Health</i> with articles about assess for MRSA in secondary school athletic settings	http://www.thefreelibrary.com/Science+and+Technology-p1+Environmental+issues
World Environmental Organization with tips, projects, top 1000 websites	www.world.org
World Health Organization offers health topics, publications, data & statistics, and programs & projects	http://www.who.int/en/

Membership Benefits

Welcome New and Reinstated Members!

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 - Save up to 45% on conference registration
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 - Discounts to insurance programs such as life, disability, job loss
 - Email alerts
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 - Publishing opportunities and discounts
 - National and State leadership opportunities
 - Much more!
- * Must hold certification from ANCC; one-time savings.

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 - Free and discounted online continuing education
 - Save 10% on personal accounting fees
 - Discounts to personal insurance such as life, disability, job loss
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 - Online networking-DNA Facebook page
 - Publishing opportunities and discounts
 - State leadership opportunities
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 - Discount to national conferences
 - Save on ANCC certification
 - Free and discounted publications
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 Jeanne Marie Yohe-Wilmington
 Karen Zecher-Hockessin
 Gloria Zehnacker-Bear

New ANA Member Benefit

The American Nurses Association (ANA), launched a comprehensive new online tool available exclusively to ANA members. The customized ANA Edition of Mosby's Nursing Consult, developed jointly with Elsevier delivers robust clinical information to ANA members like never before, in an organized, easy-to-use format.

The ANA Edition of Mosby's Nursing Consult delivers - all in one integrated, user-friendly online application - a compendium of monographs, practice guidelines, and peer-reviewed clinical updates representing the best, most current work of nursing experts and thought leaders throughout the profession. The compilation includes the following:

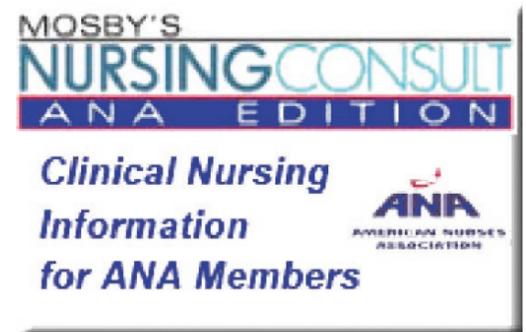
50 evidence-based nursing monographs containing a concise review of the current evidence available on common clinical problems (including current practice and synopses of current literature), and presenting specific recommendations for nursing care

Practice guidelines to help locate best-practice recommendations for more than 400 common health care diagnoses, conditions, and procedures

- including both current safety alerts (if any) and any official organizational position statements relating to the topic

Nearly 80 clinical updates - original, peer-reviewed, best-practice clinical articles, written by nurse experts, focusing on specific areas of patient care

For more information concerning the ANA Edition of Mosby's Nursing Consult, visit the members-only section of Nursing World at www.nursingworld.org/membersonly.



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