

NEW JERSEY NURSE

& The Institute for Nursing Newsletter

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NJSNA and IFN Welcome Tim Porter O'Grady as 2013 Convention Keynote

October 9-10, 2013 Bally's Atlantic City

Over the past 5 years, healthcare providers have contended with health care reform, introduction of value based purchasing, emphasis on quality indicators, and the introduction of increased technologies. As the largest group of healthcare providers in New Jersey, Registered Nurses have an obligation to participate in the restructuring of healthcare delivery. This task is daunting to say the least. What is the role of nurses today, tomorrow, and a decade from now? The New Jersey Nurses Association and Institute for Nursing will endeavor to answer these questions at the 2013 Nursing Convention **Legislation + Education = Blueprint for Change** October 9-10.

"The goal of the 2013 Nursing Convention intends to bring nurses together to talk about these major issues, forge our role amidst the changes," states 2013 Convention Chair Mary Carroll, RN, MSN. "Nurses are champions of patient care, as such we must be knowledgeable and involved in what will affect our patients" she continues. The 2013 Nursing Convention will feature experts in health policy, patient and nurse advocacy, and leaders in nursing education.

Keynote Speaker

Tim Porter-O'Grady, DM, EdD, APRN, FAAN, will bring his nationally renowned expertise in health futures, organizational innovation, and complex health service delivery models to New Jersey for two sessions. "There is now a deeper commitment to evidence-based safety and quality within the context of the elements of the accountability for sustaining the health of populations within the values framework," states Porter-O'Grady.

In *A New Call for Accountability: A Glimpse Over*



Tim Porter-O'Grady

the Horizon: Transforming Nursing Practice In The Age Of Reform, Porter O'Grady will guide nurses to re-focus on the new economics of nursing practice, emphasizing value, health impact and outcome in a way that actualizes the principles and foundations of the Affordable Care Act. Attendees will learn a new frame for professional practice and the increasing importance of value-driven accountability, deeper commitment to evidence driven quality within the context of the components of sustainable excellence that makes a definable difference in the lives they serve.

In *Changing Realities, Advancing Nursing Practice: New Insights in the Age of Health Transformation*, Porter-O'Grady will examine the partnership between professional caregivers to create a new model for practice. He will discuss the responsibilities in relation to value and excellence in advancing the care of the patient within the context of emerging health realities. Attendees will learn about a new frame for safety, quality and value-based practice and the increasing importance of value-grounded accountability. Health reform and transformation themes will provide the context for this session.

Additional Conference Highlights

In *Advancing Nursing Issues in Washington*, Rose Gonzales, PhD, MPS, RN will share her knowledge of the legislative and regulatory landscape at the federal level. Gonzales, Director of Governmental Affairs at the American Nurses Association, is a federal health policy expert and nursing practice.

In *State of Nursing in New Jersey: Our Board of Nursing 2013*, Board of Nursing President, Patricia Murphy, PhD, APN, FAAN, and Executive Director, George Hebert, MA, RN, will examine regulatory issues that affect nursing practice locally. Murphy and Hebert will discuss national nursing initiatives and the response in New Jersey.

Assemblywoman Nancy Munoz, MSN, RN, Assemblywoman Mila Jasey, BSN, RN, Councilman

2013 Convention continued on page 6

NJ State Nurses Association's INPAC Announces Endorsements for 2013 NJ Senate and Assembly Elections

New Jersey State Nurses Association's (NJSNA) political arm, the Interested Nurses Political Action Committee (INPAC) has announced endorsements for the 2013 NJ Senate and Assembly elections to be held on Tuesday, November 5. INPAC selected these candidates based on their commitment to healthcare.

"As citizens in New Jersey, nurses have endorsed legislators who support the role that nurses play in delivering care," said Kathleen Gillespie RN BSN MBA NE-BC, INPAC Chair. The following list includes those legislators who were selected prior to the *NJ Nurse* deadline. Subsequent endorsements will be posted on the NJSNA website.

Legislative District

- 3 Senator Stephen M. Sweeney (D)
- 4 Senator Fred H. Madden (D)
- 4 Assemblywoman Gabriela M. Mosquera (D)
- 4 Assemblyman Paul D. Moriarty (D)

- 5 Senator Donald W. Norcross (D)
- 6 Assemblyman Louis D. Greenwald (D)
- 6 Assemblywoman Pamela R. Lampitt (D)
- 7 Senator Diane Allen (R)
- 7 Assemblyman Herb Conaway (D)
- 7 Assemblyman Troy Singleton (D)
- 8 Senator Dawn Marie Addiego (R)
- 8 Assemblyman Christopher J. Brown (R)
- 8 Assembly Candidate Maria Rodriguez-Gregg (R)
- 10 Senator Jim Holzapfel (R)
- 10 Assemblyman David Wolfe (R)
- 10 Assemblyman Gregory P. McGuckin (R)
- 11 Senator Jennifer Beck (R)
- 14 Senator Linda R. Greenstein (D)
- 14 Assemblyman Wayne P. DeAngelo (D)
- 14 Assemblyman Daniel R. Benson (D)
- 15 Assemblyman Reed Gusciora (D)
- 18 Assembly Candidate Nancy Pinkin (D)
- 18 Assemblyman Patrick J. Diegnan Jr (D)

NJSNA INPAC continued on page 3

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PRESIDENT'S REMARKS

Judy Schmidt, RN, MSN, ONC, CCRN

This past June, I was privileged to represent the nurses of New Jersey along with Norma Rodgers, the president of the Institute for Nursing, and Patricia Barnett, Executive Director of NJSNA, at the American Nurses Association Inaugural Membership Assembly. Also joining us were our alternates JoAnne Penn, Treasurer NJSNA, and Ben Evans, Vice President NJSNA. Linda Gural, a NJSNA Past President, is a Director on the American Nurses Association Board of Directors. Although there was no controversial business at the Membership Assembly it still was a very exciting event. Representatives from all over the United States gathered to set the future direction of the Association. It was amazing to see nurses who come from diverse areas of the nation; diverse nationalities, diverse religions and diverse areas of nursing practice come together and with overwhelming consensus move forward the American Nurses Association's Agenda.



Judith Schmidt

We need to take note of that spirit here in New Jersey. There are approximately 115,000 of us (registered nurses) in New Jersey. There are many initiatives that we need to support. One of our most important endeavors is to have the requirement for collaborating physician agreements or "Joint Protocols" for the Advanced Practice Nurse removed in New Jersey. We need to join with the New Jersey Nursing Coalition to remove some of the barriers to nursing practice in other areas. We need to work with the nurses working in the school systems to make sure that the children in New Jersey have the proper

health care supervision (nursing) while at school. The list goes on and on.

Imagine what we would be able to accomplish if we gathered as we did at the American Nurses Association Membership Assembly. Imagine what we would be able to accomplish if we spoke with consensus. Imagine what we would be able to accomplish if we spoke with one voice! Many of you are thinking we could never do that no one would listen to us. As one person speaking maybe no one would listen. But as 115,000 voices, all ears would be pointed in our direction. The New Jersey State Nurses Association is your voice. Be part of it. Let our voice grow stronger and bolder so that the profession of nursing will continue to grow stronger and without any hindrance or barriers. With the new health care reform initiatives being implemented now is the time to make sure that the profession of nursing is not lessened or left out.

Please join us at the New Jersey Nurses Association Convention on October 9th-11th and learn about what's going on and how to add your voice to the thousands of others.

NJSNA President Elect Norma Rodgers Announces Appointment of Interim CEO

On behalf of the New Jersey State Nurses Association (NJSNA) Board of Directors, I would like to inform you that effective, August 22, 2013, Patricia Barnett is no longer the Chief Executive Officer (CEO) of NJSNA. We thank Pat for her 3 years of service and wish her well in future endeavors.

I am honored to announce that the NJSNA Board of Directors has appointed Judith E. Schmidt, M.S.N., RN, the current NJSNA President, to serve as the Interim CEO while the organization conducts a comprehensive search for the next CEO. Judy has graciously accepted this new challenge and is well prepared to lead our organization. For more than 25 years, Judy has been a committed member of NJSNA and held a multitude of leadership positions at both the region and state levels since 1993. Her nursing career has spanned clinical and administrative roles at Community Medical Center, Toms River, NJ where she currently works as a Nursing Educator. Judy holds an M.S.N. in Nursing Administration from Seton Hall University and a B.S.N. from Stockton State College. In addition, she is enrolled in the Doctoral in Health Care Administration, Health Care Policy program at Capella University. She is currently certified in critical care and orthopedic nursing. Her perspectives as staff nurse, educator and administrator will supplement her strong leadership capabilities which will propel NJSNA toward continued success.

The NJSNA Executive Committee is in the process of selecting a search committee and an executive search firm to lead the effort to identify the next CEO. The search process will be comprehensive and thorough. It is our expectation that the next CEO will be named at the start of 2014. If you have questions, please do not hesitate to contact me or Judith Schmidt, President and Interim CEO.

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Advance the practice of professional nursing by fostering quality outcomes in education, practice and research



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All NJSNA members are encouraged to submit material for publication that is of interest to nurses. The *New Jersey Nurse* also welcomes unsolicited manuscripts. Article submission is preferred in MS Word format, Times New Roman font and can be up to 750 words. When sending pictures, please remember to label pictures clearly since the editors have no way of knowing who persons in the photos might be. **Copy Submissions:** Preferred submission is by email to the Managing Editor. Only use MS Word for test submission. Please do not embed photos in Word files, send photos as jpg files. **Submit Materials to:** *New Jersey Nurse*, Attention to Sandy Kerr, Managing Editor at sandy@njsna.org

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Liptak and Staff Address Patients' Needs

Maybe It Takes a Force of Nature to Deal With One

That's what you could say about how Sally Liptak dealt with Hurricane Sandy.

A nurse since 1969, Sally is the administrator of Hackensack Home Health Center, the company's largest care center. As such, she is ultimately responsible for the safety and wellbeing of nearly 1,200 patients, most of whom are 80- and even 90-plus, throughout Bergen County.

As Hurricane Sandy hit, flooding from the Hackensack River forced Sally and her staff to evacuate Hackensack University Medical Center. But by the next day, she had set up a makeshift command center in her house in Bogota. Over the next four days, she and 14 staffers, all newly equipped with onsite computers, worked the phones 24/7 to reach out to elderly patients – some already homebound – now held hostage by natural disaster.

Eventually, after some 3,000 phone calls – to patients themselves, to family members, to physicians – the team located every single patient. In the most urgent cases, they deployed nurses, therapists and other clinical staff out into the field to make sure those patients – including a few in hospice care – were safe, warm, fed and properly treated. Medications were delivered and emergency room visits averted.

From its base in Baton Rouge, Louisiana, Amedisys, a leading provider of home health and hospice care, delivered emergency goods to six Northeast locations before, during and after the storm. More than 200 cases of water. Fuel trucks carrying 9,000 gallons of gas to fill up 170 cars a day that enabled staff to stay on the road to visit patients. Medical supplies, including oxygen. Non-perishable food, blankets, hand-warmers and lanterns.

Miraculously, no lives were lost.

Amedisys, Sally and her staff pulled together to go above and beyond the call of duty to ensure the survival of 1,200-plus patients (including one who is 100 years old).

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- 16 Senator Christopher "Kip" Bateman (R)
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- 38 Assembly Candidate Joseph Lagana (D)
- 39 Senator Gerald Cardinale (R)

New Jersey State Nurses Association represents the over 110,000 Registered Nurses and over 6,000 Advanced Practice Nurses in New Jersey, and is dedicated to advancing the nursing profession and fostering excellence and quality of healthcare delivery in the State. NJSNA's mission is to promote the profession of nursing, advance the practice of nursing, and advocate for nurses. Nurses play a pivotal role in both the delivery of healthcare and improvements throughout the healthcare continuum.

Please visit NJSNA's webpage at: www.njsna.org for additional information.



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St. Joseph's College, Department of Nursing, invites applications for a full-time tenure track faculty position on the Brooklyn Campus beginning January 2014.

The position requires a master's degree, doctorate is strongly preferred with national certification as an Adult-Gerontology or Gerontology Clinical Nurse Specialist. NY State licensure as a registered nurse is also required. Doctoral candidates are encouraged to apply.

Please submit current curriculum vitae with a letter of interest in and qualifications for the position to

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Concerned Black Nurses Offer Fit-4-Life Community Program

By Yvonne Wesley, RN, PhD, FAAN

Portia Johnson, RN, EdD, Seton Hall University, College of Nursing, Assistant Professor, and Vice President of Concerned Black Nurses of Newark (CBNN), unveiled a program to help Black women win the battle of the bulge. Government reports show that Black women have a higher prevalence of major risks for obesity, such as physical inactivity, poor nutrition, and increased stress. Furthermore, overweight people are at greater risk of hypertension, diabetes mellitus, and cardiovascular disease.

Working with CBNN's members and Fountain Baptist Church to address the weight challenge, Johnson, has made it a professional goal to see Black women find the right lifestyle that helps them produce healthy weights. CBNN President Lynda Arnold explained how attitude and culture compound the problem of obesity for Black women, stating that "this program was established in keeping with CBNN's long tradition of improving lives in the Black community." Annette Hubbard, CBNN Founder and President Emeritus said that "obesity is a multi-factorial issue that makes a resolution complicated."

Funded, in part, by the National Black Nurses Association, this community outreach program entitled *Fit-4-Life* has enrolled 25 Black women who have made a commitment to lose weight. The goal is to educate the women about the concepts of nutrition, which include life-style changes and healthy behaviors in daily food choices. Using a "back to basics" approach, the long-term goal is to encourage each of the women to become ambassadors who will disseminate information to their respective family members, and faith based organizations after they have been successful in controlling their weight.

Nurses Join District 21 Leadership in Support of Assemblywoman Munoz



L to R: Assemblyman Jon Bramnick; Nancy Holecek, RN, MHA; Suzanne Drake, PhD, APN-C; Jennifer O'Neill, DNP, APN; Assemblywoman Nancy Munoz, RN, MSN; Grace Reilly, MSN, APN-C; Jamie Smith, MSN, RN, CCRN; Kathleen M. Gialanella, RN, Esq., PC; Barbara Wright, RN, PhD, and Senator Thomas Kean.

Nurses joined Senate Minority Leader Kean and Assembly Minority Leader Bramnick in supporting district colleague and advanced practice nurse, Assemblywoman Munoz RN, MSN.

Health Care Volunteers Strengthen New Jersey

Mary E. O'Dowd, MPH, Commissioner
New Jersey Department of Health

The dedication of New Jersey's health care providers to our residents was evident during the response to Superstorm Sandy. As I spoke to physicians, nurses and emergency care providers following the storm, I heard exceptional stories of generosity and commitment. Medical professionals throughout the state put aside their own needs to care for residents in shelters, hospitals and in our communities.

This dedication was illustrated through the incredible efforts of the Department's Medical Reserve Corp (MRC), which is a statewide county-based program comprised of health care professionals and community health volunteers. As part of the Superstorm Sandy response, New Jersey MRC volunteers worked nearly 14,000 hours, supplementing existing emergency and public health resources particularly at shelters and health care facilities. This effort included assisting with pre-storm preparedness efforts, emergency shelter set-up, emergency communications, food and water distribution, daily hygiene needs, translation services, and care of the elderly and others with special needs.

The MRC helps identify and register individuals who are willing to serve as volunteers within their local area. Volunteers, both medical professionals and community health professionals, donate their time and expertise to prepare for and respond to emergencies. In addition, they also promote healthy living throughout the year through health education at health fairs, assisting with immunization clinics and staffing hydration stations at triathlon events and other races. Some MRC participants are now helping with Superstorm Sandy recovery efforts by monitoring volunteers' health and safety needs such as ensuring they are hydrated and overseeing cooling tents to prevent heat stress.

Every county in the state has at least one MRC unit and volunteers are used through county and local health agencies as part of the emergency management system in that region. The mission of the MRC is to "engage volunteers to strengthen public health, emergency response, and community resiliency." The MRC is sponsored by the U.S. Office of the Surgeon General and was established after the 9/11 terrorist attacks.

Currently, there are 24 MRC Units located throughout New Jersey. Sixty percent of the approximately 6,000 volunteers are medical professionals including physicians, nurses, pharmacists, dentists and veterinarians. The

remaining 40 percent are community health volunteers. During a public health emergency, volunteers serve a variety of functions needed to protect the health of residents, including direct patient care, information technology, hospitality, administrative, transportation or translation services.

Following Superstorm Sandy, the Department received many inquiries from people looking to help in New Jersey's recovery efforts. Volunteering in New Jersey's Medical Reserve Corp provides an incredibly valuable resource in supporting and caring for those impacted by any disaster in our state. It is important to register now, so when our state is in need again, we will have plenty of volunteers ready to serve. Both health care professionals and community health volunteers are welcome to join. Any licensed or certified health care professional, practicing or retired, living or working in New Jersey can apply to be a member of the Medical Reserve Corps. Residents, who are 18 years of age and older, that have an interest in health care issues and are willing to serve in the event of a public health emergency are also encouraged to apply.

Individuals can submit an application online (<https://njmrc.nj.gov/hcpr/jsp/signup.jsp>) to volunteer for an MRC Unit where they reside or work. Once the application is submitted, an MRC Unit Coordinator will contact the individual who applied. Contact information for all MRC Unit Coordinators in New Jersey is available on the MRC website (<https://njmrc.nj.gov/hcpr/>).

The value of volunteerism was clearly demonstrated in the aftermath of Sandy as residents came together and donated time to rebuild our state and help one another in their time of need. By having a robust volunteer Medical Reserve Corp we can ensure we can meet the next challenge our state faces. The Department encourages healthcare professionals to join the MRC and help us strengthen New Jersey's public health response.

Individuals interested in learning more about the MRC are encouraged to go to www.njmrc.nj.gov/hcpr.

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Demystifying the DSM-5

Suzanne Drake, PhD, APN
Director of Public Relations
Society of Psychiatric Advanced Practice Nurses

It is always exciting to get a new DSM. But in all my years as a psychiatric clinician, I have never seen such grumbling and controversy in the field over a treatise that stands to have such pervasive impact on so many. The *Diagnostic and Statistical Manual of Mental Disorders* (DSM) is the document that is used in the United States and many other countries to classify mental illnesses. The DSM, first published in 1952 with its last major revision nearly two decades ago, has evolved into a kind of universal authority upon which all psychiatric diagnoses now depends. This of course impacts treatment and prescribing patterns as well as reimbursement practices, patient eligibility for available resources and services and, of course the marketing of and sale of pharmaceuticals.

As nurses, we are all impacted by the mental health concerns of our patients. Traditionally, we have long recognized the integrity of the mind and body. This tenet is increasingly corroborated in an evolving movement across the country to integrate behavioral health with primary care. Whether you are a critical care nurse at the bedside, a home health nurse caring for the elderly, an APN working with the indigent, a pediatric nurse, or any nurse anywhere, the changes in the new DSM5 will impact how your patients may be diagnosed, treated and services reimbursed. And if you are an advanced practice nurse, you will be making vital decisions for your patients based on the new standards.

Some scenarios may now denote diagnosable symptoms. To highlight a few: You have to step over piles of magazines while making a home visit. Your patient excuses the mess, saying she has trouble throwing things out. Your seven year old patient is having another tantrum and running amok on the unit. A new widower is having difficulty functioning because he is depressed. A retired bookkeeper reports that he sometimes has trouble balancing his checkbook. A normal weight teenager

confides that she can quickly consume a large amount of food, but then feels guilty about it. At what point is the described behavior over the line and considered a mental disorder? At what point do you refer or treat? These are just some of the DSM revisions that attempt to differentiate the normal from the pathological.

Much of the controversy revolves around the lowering of diagnostic thresholds across the board, making it far easier for a person to be diagnosed with a mental disorder. APA President Elect, Jeffrey Lieberman, MD disagrees, however: "How [the DSM-5] is applied reflects critical practice... it's not necessarily because of the criteria [themselves]. It's because of the way the criteria are applied." Thomas Insel, MD, Director of the National Institute on Mental Health commented, "while reliable, the weakness of the DSM is its lack of validity... Unlike our definitions of ischemic heart disease, lymphoma, or AIDS the DSM diagnoses are based on a consensus about clusters of clinical symptoms, not any objective laboratory measure." He reproached, "patients with mental disorders deserve better." Insel reported that the NIMH would be reorienting its research away from DSM categories. NIMH has launched the Research Domain Criteria (RDoC) project to transform diagnosis by incorporating genetics, imaging, cognitive science, and other levels of information to lay the foundation for a new classification system.

One of the most controversial diagnostic changes in the DSM5 is Autism. Four previously distinct autistic disorders are no longer demarcated. Instead, they are noted on a spectrum according to severity. This has implications for those who rely on services, as well as their own self image.

The book is divided into 3 sections: Section 1 presents the introduction and clear information on how to use the DSM. Section 2 provides information and categorical diagnoses. The organization of chapters is designed to demonstrate how disorders are related to one another. Artificial distinctions between medical and mental disorders have been removed and the unwieldy multiaxial

system of previous versions has been eliminated. Throughout the entire manual, disorders are framed in age, gender, developmental characteristics across the lifespan. DSM-5 also identifies the role of cultural context in the expression and evaluation of psychiatric symptoms and dysfunction. It reflects a much more inclusive description of the range of psychopathology, not only the particular constructs most commonly encountered in western society but throughout the world. Section III provides self-assessment tools, a notable advancement that seeks to engage the patient and family. Additional categories that require more research are also enumerated in this section.

At what point do you reassure, treat or refer? There is still no universal consensus on the definition of mental illness, the extent of which continues to widen. Along with increasing diagnoses, comes increasing prescriptions written for powerful psychotropic drugs once reserved for the most profoundly mentally ill.

Routinely utilized by researchers, patients, insurers and families, the DSM is most importantly a guide for clinicians. More of a dictionary than a bible, it is a guide to observable and subjective signs and symptoms, but not etiology. Our knowledge of the workings of the mind/brain is still in its infancy. The DSM system is flawed but necessary, and right now it's what we have. It provides a shared language. As nurses, we need to know the language, to be part of this conversation and to work to further the body of knowledge in mental illness. Insurance companies, pharmaceutical companies, attorneys, healthcare providers and patients themselves will use, misuse and abuse it's contents. We will serve our patients well to hone our own skills in using the DSM 5 with care and good clinical judgment and to advocate for our patients in receiving appropriate and rational mental health care.

Want to learn more? Please join the Society of Psychiatric APNs at Ocean Place Resort and Spa, Long Branch, NJ on November 8th and 9th in "Demystifying the DSM5." Register at www.psychapn.org.

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2013 Convention continued from page 1

Bob Shearer MSN, APN, CRNA will join NJSNA for a panel discussion. In **Political Nurse Leaders**, the panel will discuss the important role of nurses in politics and policy making.

Back by popular demand, Ken Wolski, RN, MPA of the Coalition of Medical Marijuana-New Jersey, Inc. will present **Medical Marijuana: Legislation + Education = Blueprint for Change**. Wolski will discuss of medical marijuana in the legislative and regulatory process including an update on New Jersey's Medical Marijuana Program.

Poster sessions, 16 continuing education sessions, plenty of networking opportunities. For full schedule and details, please go to www.njsna.org or call 609-883-5335.



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<input type="checkbox"/> Student On-Site \$145.00	<input type="checkbox"/> Student On-Site \$145.00	<input type="checkbox"/> Student On-Site \$205
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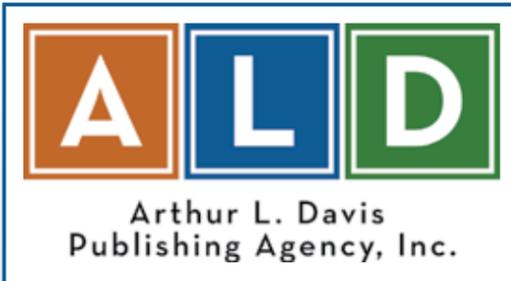
Convention registration includes access to the exhibit hall, welcome reception, all food functions, CE tracks, grand raffle, poster sessions, career workshops, and tote bag. Student registration includes student track, access to the exhibit hall, career workshops, poster sessions, opening session, all food functions. Exhibit Hall passes include access to the exhibit hall, career workshops, all food functions, poster sessions, grand raffle and tote bag.

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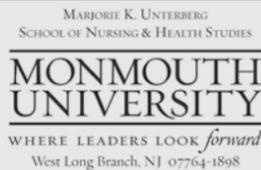
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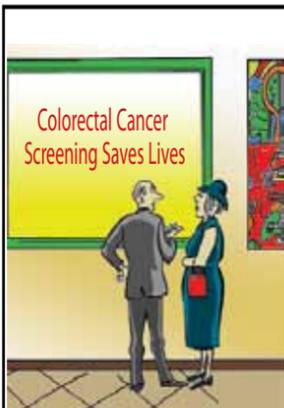
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NJ Department of Health Awarded \$9.4 Million CDC Grant for Prevention and Management of Diabetes, Heart Disease and Other Chronic Diseases

Governor Christie announced in July that the federal Centers for Disease Control and Prevention (CDC) has awarded more than \$9.4 million to the New Jersey Department of Health to prevent diabetes, heart disease, obesity and other chronic diseases and help those with risk factors better manage their chronic conditions. "This funding will help the Department and its community partners prevent chronic conditions and move to a more integrated approach that helps people comprehensively manage chronic disease so they can lead healthier lives," said Health Commissioner Mary E. O'Dowd.

This new focus builds on the Department's success with *ShapingNJ*, a public private partnership for nutrition, physical activity and obesity prevention with

225 businesses, health care organizations, nutrition and wellness groups, schools and government agencies. "We are prepared to expand our early success with *ShapingNJ* and create an even more extensive public private partnership to implement the state's Coordinated Chronic Disease Prevention and Health Promotion Plan," said Commissioner O'Dowd.

The initiative, which is funded over five years, will integrate the state's programs for cancer, heart disease, stroke, diabetes, asthma, arthritis and obesity prevention. It will promote healthy eating and physical activity in child care settings and schools, community health centers and through hospital wellness programs.

Jordan Directs NJ DOH Chronic Disease Program

Melita Jordan, CNM, MSN, APRN, C, was appointed the NJ Department of Health's Director of the chronic disease programs by Commissioner O'Dowd in August, 2012. In this role she oversees chronic disease initiatives and programs focused on heart disease and stroke prevention, asthma, tobacco use, diabetes prevention and control, New Jersey Cancer Education and Early Detection, and the chronic renal disease. Jordan also oversees grants related to cystic fibrosis, hemophilia and Huntington disease. With a staff of 26, Jordan is engaging other divisions within the department and stakeholders across the state in her leadership role. She believes that New Jersey faces many challenges regarding chronic diseases, and working under the leadership of Commissioner O'Dowd, her goal is to better integrate the chronic disease program to assure that comprehensive policies allow for actions to be prioritized.



Melita Jordan

Earlier this year, Jordan spearheaded a NJ Department of Health, Chronic Disease and Prevention and Control Program retreat in which NSJNA CEO Patricia Barnett participated. The goal was to develop a NJ Coordinated Chronic Disease Prevention and Health Promotion Plan to integrate to integrate the arthritis, asthma, cancer, diabetes, heart disease, stroke, obesity prevention, and tobacco prevention programs to concentrate resources and address diseases simultaneously. This initiative included over 60 individuals from all facets of the health care community and other organizations who have a stake in managing chronic disease.

Recently, Governor Christie announced that the federal Centers for Disease Control and Prevention (CDC) has awarded more than \$9.4 million to the New Jersey Department of Health to prevent diabetes, heart disease, obesity and other chronic diseases and help those with risk factors better manage their chronic conditions. According to Commissioner O'Dowd, "we are prepared to expand our early success with *ShapingNJ* and create an even more extensive public private partnership to implement the state's Coordinated Chronic Disease Prevention and Health Promotion Plan."

Jordan was previously Pennsylvania Department of Health, Director of the Bureau of Family Health Services. For six years, she was responsible for overseeing Child and Adult Services, including the Chronic Renal Disease Program; WIC; Newborn Screening and Genetics and Community Systems Development and Outreach. A Seton Hall University, School of Nursing BSN graduate, Jordan received a masters degree at UMDNJ-Stratford.



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Torre Honored by American Association of Nurse Practitioners

Nurse practitioners and nurse practitioner advocates, recipients of the prestigious American Association of Nurse Practitioners (AANP) 2013 State Award for Excellence, were honored at an awards ceremony and reception held during the AANP 2013 National Conference June 19-23, 2013 in Las Vegas, Nevada. Carolyn Torre RN, MA, APN, lifelong NJ State Nurses Association member and staff person, was among the recipients honored.



Carolyn Torre

Carolyn Torre, a NJ nurse practitioner since 1975, was the first advanced practice nurse (APN) at Rutgers University, Douglass/Cook College; that role was jointly held with an assistant professorship at Rutgers College of Nursing in the Pediatric/School Nurse Practitioner program. During her tenure at Rutgers Student Health Services, she initiated research on the etiology of unintended pregnancy in adolescent and

young adult women resulting in the development of a sexual assertiveness assessment tool. Subsequently, Torre was field director of a long-term follow-up study evaluating the neuro-developmental, cognitive, psychiatric and school performance consequences of low and very low birth weight in a cohort of over 1000 babies born in New Jersey (Columbia University, Research Foundation for Mental Hygiene, University of Pennsylvania). She returned to a decade of primary care at Princeton University Student Health Services, where she also served as administrative director of the Sexuality, Education, Counseling and Health program and on the eating disorders team. Over the course of her long career, Torre has acted as clinical preceptor for successive generations of nurse practitioner students, has taught clinical and policy courses to both APN graduate students and colleagues, and has published articles and book chapters related to both clinical and policy issues.

Torre has spent nearly forty years working on legislative and regulatory changes to make it possible for advanced practice nurses to work to the full extent of their education and clinical scope of practice in the state. She was instrumental in the development

and passage of the first NJ bill granting titling and prescriptive authority to Nurse Practitioners/Clinical Nurse Specialists, and has been deeply involved in the policy evolution of APN roles since that time. Recently retired as the NJ State Nurses Association, Director of Regulatory Affairs, Torre is currently a Nursing Policy Consultant, serving on the Trenton Psychiatric Hospital Board of Trustees, the NJ Mandated Health Benefits Advisory Commission and Felician College Advisory Board.

The State Award for Nurse Practitioner Excellence, founded in 1991, recognizes a nurse practitioner (NP) in a state who demonstrates excellence in practice. In 1993, the State Award for Nurse Practitioner Advocate was added to recognize the efforts of individuals who have made a significant contribution toward increasing the awareness and acceptance of the NP.

The American Association of Nurse Practitioners is the largest, full-service national professional organization for nurse practitioners of all specialties. With more than 46,000 individual members and 195 organization members, AANP represents the interests of approximately 167,000 nurse practitioners around the country.

Nurses in the News

Raines Receives Diabetes Educator Award

Hackensack University Medical Center's Kathleen Raines, MSN, APN, CDE, administrator of Donna A. Sanzari Women's Hospital, Diabetes Inpatient and Outpatient, Pastoral Care, and the Planetree Alliance has been awarded the 2013 Garden State of Diabetes Educators (GSADE) Distinguished Service Award. "Kathleen Raines embodies a standard of excellence to which all nursing professionals should aspire," said Dianne Aroh, RN, MS, NEA-BC, Hackensack UMC, executive vice president, chief nursing and patient care officer; "for years she has been a tireless advocate for the diabetes community, I can think of no one more deserving of this award." Raines remarked: "It is my great honor to accept this award. Diabetes can be a terribly destructive disease, but there have been remarkable advancements in recent years; if we all work hard and we work together, we really can achieve anything!"

Raines holds dual Masters Degrees in Nursing Administration and Medical/Surgical-Maternal/Child Nursing, and is a certified Advanced Practice Nurse. Through her leadership efforts, the MOLLY Diabetes Center has maintained full ADA Outpatient Education Recognition accreditation for more than 10 years. She was responsible for the creation of the Hackensack UMC Diabetes Team, which led to the medical center's designation as the first hospital in NJ to receive the Joint Commission's Advanced Inpatient Diabetes Certification. She holds active memberships in many nursing and diabetes organizations, including the North Eastern American Diabetes Council, American Diabetes Diversity Council, AONE, and ANA. She has published in *Diabetes Spectrum*, edited several books on diabetes, and has presented nationally for the American Association of Diabetes Educators and the Planetree organization.

The GSADE Distinguished Service Award is presented to individuals who have demonstrated

commitment to the health and well-being of the diabetes population through increasing access to care, fundraising, research, or promoting patient rights and beneficial legislation. Candidates selected have played an integral leadership position in addressing key diabetes issues, and serves as a role model as an effective leader for colleagues.

Kirby Named Cooper President/CEO

The Cooper Health System Board of Trustees has named Adrienne Kirby, PhD, FACHE as President and Chief Executive Officer of Cooper University Health Care. Kirby joined Cooper in January 2012 as Senior Executive Vice President and Chief Operating Officer. In her new role as President and CEO of Cooper University Health Care, she will manage all hospital and ambulatory operations, and oversee the physician group and the institute structure at Cooper.

Kirby will take the lead on the advancement of strategic healthcare partnerships and the implementation of new models of care delivery to improve quality and service, and decrease cost. Recently, Kirby stated that nurses "leave a lasting impression on the hearts and minds of every patient they treat. It is their unconditional compassion and devotion to this profession that continues to make Cooper a wonderful place to work."

John P. Sheridan, Jr. remains President and CEO of the Cooper Health System. Sheridan was appointed President and CEO of the Health System in 2008. Kirby will continue to report to Sheridan.

Since joining Cooper, Kirby has spearheaded

initiatives to improve access and customer service, while enhancing operational efficiency through the use of Lean Six Sigma. She has also led an organizational realignment, developing patient centered Institutes and Service Lines to better meet the healthcare needs of patients and their families.

"Dr. Kirby is providing Cooper with a strategic direction and a clear focus on service excellence," noted George E. Norcross, III, Chairman of the Board of Trustees at Cooper. "We are confident that her strong, visionary leadership will enable our organization to continue its growth, and help improve access and quality of care for patients throughout South Jersey."

Kirby has more than 30 years of healthcare management experience, much of it at hospitals in the Delaware Valley. Prior to joining Cooper, she served as President of Medstar Franklin Square Medical Center in Baltimore, a 380-bed community teaching hospital and the third largest hospital in Maryland. Kirby also spent more than 10 years at Virtua Health, serving in various leadership positions, including Chief Operating Officer of Ambulatory Services and Programs of Excellence and Chief Operating Officer of Virtua Hospital Voorhees.

Kirby has served as the chairman of numerous physician-health system joint venture boards. She has also served on many community boards in Southern New Jersey. In 2010 and 2013, she led the Southern New Jersey American Heart Associate's Go Red for Women events.

Kirby earned her Bachelor of Science in Nursing degree from Rutgers University, Camden, and her Master's and Doctoral degrees from the University of Pennsylvania. She has been a Fellow of the American College of Healthcare Executives since 2003 and a certified healthcare executive since 1998. Born at Cooper, she grew up in South Jersey.



Adrienne Kirby

NJAC Update: You Tube Video Online

The New Jersey Action Coalition (NJAC) has been engaged in implementing the Institute of Medicine, *Future of Nursing: Leading Change Advancing Health Report* since 2011. NJAC is focused on transforming APN and RN practice, education (academic progression and residencies), leadership (nurses on policy making boards/committees) and having workforce data to provide information about who our workforce needs to be in the future.

To reach nurses in NJ our goal is to offer various media sources to help spread the message. Two NJAC Co-leads, Mary Wachter and Edna Cadmus have recorded a video of the work that NJAC is doing in NJ. You can access this video through (http://www.youtube.com/watch?v=OEX2G_uZ67A; or <http://campaignforaction.org/videos>). Learn about what is happening at both a national and state level by logging on to <http://campaignforaction.org>.

Also, we plan to send a video and PowerPoint slides to all CEOs and CNOs to present to their boards. If you have any questions you can contact us: ednacadm@rutgers.edu, mary.wachter@yahoo.com, and third Co-lead, David Knowlton, dknowlton@njhcqi.org.



Mary Wachter and Edna Cadmus

NJNI Name Holmes and Salmond as New Program Directors

Bakewell-Sachs named Oregon Health Science University School of Nursing Dean and VP Nursing Affairs

The *New Jersey Nursing Initiative* (NJNI) has announced that Aline M. Holmes, MSN, RN, and Susan W. Salmond, EdD, RN, ANEF, FAAN, became program directors following the departure of Susan Bakewell-Sachs, PhD, RN, PNP-BC, who has served in that position since NJNI's inception. Sponsored by the Robert Wood Johnson Foundation (RWJF) and the New Jersey Chamber of Commerce Foundation, NJNI was launched in 2009 to address the state's nurse faculty shortage and help avert the projected shortage of more than 23,000 nurses in New Jersey in less than two decades.

Susan B. Hassmiller, PhD, RN, FAAN, RWJF's senior advisor for nursing, said "Aline Holmes and Susan Salmond bring exceptional skills and experience to NJNI. Their passion for promoting the health and well-being of New Jersey's citizens is apparent in their work, and that translates beautifully to the mission of NJNI: ensuring that a nurse will be there for you."

Holmes is New Jersey Hospital Association (NJHA), senior vice president for clinical affairs, as well as the director of the NJHA Institute for Quality and Patient Safety. She also serves as a principal investigator/project director for several patient safety improvement initiatives funded by RWJF and the Healthcare Foundation of New Jersey, and directs NJHA's efforts under a Centers for Medicare and Medicaid Services contract to serve as a Hospital Engagement Network in the Partnership for Patients, a national initiative. A U.S. Navy Nurse Corps veteran, Holmes was awarded a BSN from University of Massachusetts and received a MSN from the Catholic University of America. She is pursuing a doctorate in nursing leadership at Rutgers University, College of Nursing. Her background includes leadership roles in nursing administration, patient care services, and operations. She has also served as an advanced practice nurse, worked in long-term care and managed care, and held faculty appointments in New Jersey, Chicago, and Washington, D.C. "As a nurse and as an administrator, I've long known the fundamental role that nurses have in providing care and promoting health," Holmes said. "I'm eager to tackle the challenges in New Jersey that NJNI has focused on so tirelessly for four years."

Salmond is the Rutgers University, School of Nursing, dean and professor; formerly, she was Dean of the University of Medicine and Dentistry of New Jersey (UMDNJ), School of Nursing, prior to the merger of UMDNJ with Rutgers University on July 1.

Salmond spearheaded development of New Jersey's first doctor of nursing practice (DNP) degree program, which was launched at UMDNJ in 2006. Under her leadership, the school has also established new masters' programs in clinical leadership, advanced community health nursing, advanced emergency nursing, and nursing education. Salmond serves as co-chair of the NJ Action Coalition's Academic Progression Committee and has been a member of NJNI's Leadership Council. She received a BSN from Villanova University, College of Nursing, which in 2012 presented her its highest honor, the College of Nursing Medallion. She is a 2012 inductee into the Seton Hall University, College of Nursing, Hall of Honor, where she received a MSN, with specialization in chronic illness management. She earned an EdD from Teachers College, Columbia University. "NJNI has made remarkable progress in fueling the pipeline of nurse faculty in the state," said Salmond. "It's an honor to assume the leadership of NJNI, with Aline Holmes, and build on its success."

Bakewell-Sachs, who also until recently was interim provost of The College of New Jersey, has accepted an appointment as Oregon Health & Science University, dean of the School of Nursing and vice president for nursing affairs, in Portland. **(See article on this page)**

NJNI's Faculty Preparation Program has supported 61 New Jersey Nursing Scholars who are pursuing, or have completed, masters or doctoral degrees in New Jersey nursing programs. These nurses are now poised to assume nurse faculty roles in New Jersey.

NJNI launched *WeTeachNursingNJ.com*, a website dedicated to nurse faculty career information and has also led the development of several clinical innovations projects across the state to more closely link nursing education and practice, including dedicated education units and renewed education for clinical preceptors. NJNI has a key role in the New Jersey Action Coalition, which helps the Future of Nursing: Campaign for Action implement recommendations from the Institute of Medicine's landmark 2010 nursing report, as part of a nationwide effort to transform nursing and the delivery of health care in America.

Holmes and Salmond will continue in their current roles with NJHA and Rutgers University, School of Nursing after beginning their NJNI appointments on July 1.

Susan Bakewell-Sachs, RN, PhD, APRN BC, has been named Oregon Health Science University School of Nursing Dean and Vice President for Nursing Affairs following a nationwide search. As the 11th School of Nursing dean, Bakewell-Sachs assumed the role in July. She will oversee education, research and faculty practice at the School's Portland campus, and four satellite campuses, as well as the virtual online programs.



Susan Bakewell-Sachs

Recently, Bakewell-Sachs served as Interim Provost and Vice President for Academic Affairs at the College of New Jersey, where she previously led the School of Nursing, Health and Exercise Science, as Dean and Professor of Nursing. Also, since 2009, she was the NJ Nursing Initiative inaugural Program Director for the program sponsored by the Robert Wood Johnson Foundation and the NJ Chamber of Commerce Foundation to address NJ's nurse faculty shortage and help to impact the projected shortage of nurses in the state anticipated over the next two decades.

In a parting letter to NJ nursing colleagues, Bakewell-Sachs wrote the following:

"It is with mixed emotions that I write to share with you that I have accepted the position of Dean of the School of Nursing and Vice President for Nursing Affairs at Oregon Health Science University...I am excited about this next role and also sorry to leave the wonderful relationships and incredible work that I have enjoyed through the NJ Nursing Initiative. I am very proud of our accomplishments...and know that NJNI will continue to advance nursing education and nursing."

Prior to her academic administrative career, Bakewell-Sachs specialized in the care of preterm infants and published books and articles on this practice. University of Pittsburg awarded her a BSN, and she obtained a master's and doctoral degree from the University of Pennsylvania.

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Sue Weaver, MSN, RN, CRNI, NEA-BC COPP Chairperson

For the first time ever, the Super Bowl is coming to New Jersey! On February 2, 2014 Super Bowl XLVIII will be played at MetLife Stadium in East Rutherford. Fans are wondering and predicting which teams will play in the Super Bowl and who will perform at halftime. Meanwhile, New Jersey law enforcement has been preparing for an increase in prostitution and human trafficking in the state. NJSNA Congress on Policy and Practice (COPP) believes that New Jersey nurses should be educated about human trafficking and know that it occurs not just in foreign countries, but here at home, in the United States.

The fact of the matter is that historically in the United States (US), these crimes increase in and around locations that host major sporting events. According to the Attorney General's Office, New Jersey often serves as a domestic and international trafficking corridor because of its location in relation to New York, Philadelphia, Baltimore and Washington. Newark Liberty Airport, as well as other airports and travel industries in the Metropolitan Northeast Region will be on high alert looking out for human trafficking victims being sent here like human cargo to be sold and used like commodities. Staff at hospitality industries, such as hotels and motels, is being trained to be on the lookout as well.

Definition

The US Department of State (2011) explains that human trafficking is an umbrella term used when one person obtains or holds another person into compelled service. Human trafficking can be for sexual exploitation, as in prostitution and/or for labor exploitation, as in domestic service, agriculture, and health and elder care (US Department of State). US citizen victims are more often found to be exploited for sexual human trafficking, whereas foreign victims are more often exploited for labor human trafficking (US Department of State).

The United Nations Trafficking Protocol contains the first internationally agreed upon definition of human trafficking:

Trafficking in persons is the recruitment, transportation, transfer, harboring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person, having control over another person, and for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labor or services, slavery or practices similar to slavery, servitude or the removal of organs (United Nations Office on Drugs and Crimes, 2004).

Victim-Centered Care

It is a crime to force a person to work against his or her will. Debt servitude is illegal as is involuntary servitude. Women, children and men are susceptible to victimization. Many victims are young, speak another language and have no support. They are totally dependent on their traffickers and are conditioned to respond to other people in such a way that they go undetected. The traffickers will train their victims on how to react and speak if a police officer interrogates them for any reason. They are beaten and abused into submission and have little power to help themselves. They are often coerced into coming to America for a better life and income only to be tricked and reduced to a hellish, hopeless life of sex slavery, servitude and hard physical labor.

The old approach to this type of criminal activity was based on the mentality that women and children choose prostitution, thus prostitutes were arrested and charged while often the pimps, the johns, and other traffickers were ignored. The new approach is victim-centered care in which holistic services are provided, as well as arresting and prosecuting the perpetrators (buyers and sellers). NJ has and will continue to make progress in the fight to preserve human rights. The implementation of evidence-based prosecutions, the creation of specialized human trafficking units and ongoing support from organizations like the Polaris Project, the NJ Coalition against Human Trafficking (which is made up of over 40 diverse local organizations), and The League of Women Voters of NJ, proves that identifying and rescuing human-trafficking victims is truly a multi-organizational and community effort.

Legislative Efforts in NJ

The Attorney General's Office, then headed by Jeff Chiesa (newly appointed US Senator), created The Human Trafficking Unit of NJ last summer, and by October brought its first case, charging a NJ man with first-degree human trafficking for allegedly drugging young men, including minors, and prostituting them to male clients. Also last year, the NJ Senate Caucus to End Human Trafficking was created as a bipartisan effort to raise awareness and to plan and implement the best strategies to prosecute traffickers and identify and rescue victims. This past May, Governor Christie signed the legislation (A3352), known as the Human Trafficking Prevention, Protection and Treatment Act into law which was initially authored and championed by Assemblywoman Valerie Vainieri-Huttles (D37-Bergen). In addition, the Governor signed resolutions to make January 11 Human Trafficking Day in NJ, and January to be Human Trafficking Awareness Month. To date, there are 11 more NJ Assembly and Senate Bills relating to Human Trafficking in the 2012-2013 Legislative Session.

Nurses and Health Care Professionals

When victims feel that their needs and concerns are addressed, they are more likely to cooperate with police and prosecutors. Who better to address their needs and concerns than caring, trustworthy nurses and other healthcare providers? The 2013 Human Trafficking Report focuses on the importance of effective victim identification, so that victims do not go unrecognized. As nurses and health care providers it is vital to learn how to identify known and potential victims, which in turn will lead to investigations and rescues. We will need training as to how best to encourage and support victims to step forward and accept medical assistance, as well as take advantage of support services that are so vital to their healing. We need to help empower victims and inform them of their options, so that they may begin to reclaim their lives. Success is measured by the number of lives restored!

The NJ Human Trafficking Task Force staffs a 24 hour hotline. Please put the number in your cell phone: 877-986-7534. To learn more, visit the following websites: www.polarisproject.org, www.njhumantrafficking.org, and www.lwvny.org/issues_womenfamily.html.

The Congress on Policy and Practice wants to hear from nurses about this issue and other issues related to nursing practice. Please send any practice issues/questions for the COPP to: jamies@njsna.org.

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IFN PRESIDENT'S REPORT

Norma Rodgers, BSN, RN, President

The Institute for Nursing (IFN) Board of Trustees, NJSNA's Foundation, is comprised of volunteers giving of their time and expertise. The IFN cannot move forward without the ongoing support of the IFN Board of Trustees.



Norma Rodgers

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."—Margaret Mead

As the IFN Board is currently being restructured, I would like to thank the following NJSNA Board of Directors members and IFN Board of Trustees for their service on the IFN board during the initial restructuring phase: Benjamin M. Evans, RN, Vice

President; Jo Anne Penn, RN, Treasurer; Rosemarie Rosales, RN, President, Region 3 and Mary Wachter, RN, Board of Director. It has been an honor having them serve on the board and provide valuable input to the IFN. As they transition off the board I look forward to continuing our relationship on behalf of the mission of the IFN and nursing. In addition, a special thanks to June Brandes Chu, RN, Secretary, and Patricia Barnett, RN, for their continued support as we work together to move the IFN forward.

NJSNA/IFN Convention 2013 will take place October 9 – 11, 2013 at Bally's in Atlantic City. IFN will sponsor events during convention: acknowledging our 2013 Scholarship recipients at the opening meeting, APPLE Awards honoring outstanding physicians, and the Sylvia Edge Endowment fundraiser, as we continue to honor the legacy of Sylvia C. Edge. Continue to check the NJSNA website for details and registration information. (www.njsna.org)

We encourage you to continue to provide support to the IFN, so that we can support the membership through education, scholarships and research grants.



APPLE Awards Gala

Institute for Nursing to Honor Physicians with Prestigious "APPLE" Awards

Physicians who embody spirit of support and collaboration with nurses
To be recognized at October 9th Gala

The Institute for Nursing announced the winners of the APPLE Awards. These prestigious awards will be given by nurses to physicians who demonstrate that they value, respect and collaborate with nurses. The physicians will be honored at the Institute's APPLE Award Benefit Gala "Acknowledging Physician Partners: a Liaison for Excellence" to be held on October 9th at Bally's Casino and Resort in Atlantic City, New Jersey.

The 2013 honorees are:

Lorenzo Borromeo, MD

Attending Physician, Cardiologist/Internal Medicine, St. Peter's University Hospital

Mark Brescia, BS, MD, FACOG

Director, Chief of Obstetrics, Palisades Medical Center

George C. Davis, MD

Medical Director, Critical Care Unit, Section Chief of Pulmonary, Monmouth Medical Center

Reza Farhangfar, MD

Attending Physician in Pulmonary Medicine, Chilton Hospital

Michael Goldfarb, MD, FACS

Chairman and Program Director, Department of Surgery, Monmouth Medical Center
Professor of Surgery, Drexel University, College of Medicine

Ronald Librizzi, DO, FACOG

Chief of Maternal Fetal Medicine, Virtua

Clark Philogene, MD

Self-Employed, Union Medical Group

Mark Rosenberg, DO, MBA, FACEP, FACOEP-D

Chairman, Emergency Services, St. Joseph's Regional Medical Center

Dominic Ruocco, MD

Medical Director, Emergency Department, Palisades Medical Center

Theresa Soroko, MD

Chief Medical Officer, Hackensack University Medical Center, Mountainside

Christopher Valerian, DO, MMM

Chief Medical Officer, St. Mary's Hospital

Marilouise Venditti, MD

Chief Medical Officer, AtlantiCare Regional Medical Center

Frederick Weinbeg, MD

Section Chief, Cardiology, University Medical Center of Princeton

Eran Zacks, MD, FACC

Cardiology Attending, Electrophysiologist, Penn Cardiac Care

The winners will be nominated for the honor by the Chief Nurse Executive/Vice President at their hospital who will present the physicians with the award at the gala. The awards are an opportunity for nurses to acknowledge and honor "those doctors who value, respect, and collaborate with them. Funds raised by this premier event are used to provide educational scholarships and research grants to nursing students and nurse scholars in our state.

The Institute for Nursing was founded in 1988 as the charitable affiliate of the New Jersey State Nurses Association (NJSNA). The purpose was to have a mechanism to receive contributions to provide scholarships, research grants, and to increase education programs. The Institute complements the work of NJSNA, the largest nursing organization in the state, by raising funds and developing and managing grants to support advances in research, education, and clinical practice. The mission of the Institute for Nursing is to advance the nursing profession and the quality of health care in our communities through scholarship, research and education, current goals include fundraising to expand our scholarship and Research programs.

RESEARCH CORNER

Mock Code Study

Roxanne Sabatini, MSN, RN-BC
Nurse Educator,
Morristown Memorial Hospital

Problem: Nurses are often the first responder in real "Code Blue" CPR Resuscitation situations (Leontiou, 2001). Nurses are a vital part of the team and can positively impact patient outcomes (Madden, 2006). "Most nurses do not feel comfortable in codes" (Stryzewski, 2006) and this may affect their performance in these stressful events. In 2006, Morristown Memorial Hospital experienced 176 Code Blue situations and 40 percent of these were outside of critical care in a medical/surgical environment. Because of this occurrence, the hospital began simulated mock code training in the new bio-skills lab; however, it was unclear if this training was effective. As a nurse educator, I submitted a proposal to the Nursing Research Committee and the hospital's IRB to conduct a research study investigating nurse confidence before and after training.

Methods: Nurses were asked to complete a short pre-test survey using two confidence tools; a Visual Analog Scale (VAS) and the Grundy Confidence scale were used to measure nurse confidence in responding to Code Blue situations. Nurses were included in a group Mock Code skill training using a high fidelity, human patient simulator and debriefing was provided. Nurses then completed post-test measures of confidence and overall satisfaction scores for the training itself.

Results: Pre and post-test measures for the group confidence scores for participants' mean scores show statistically significant increases in confidence after the simulated sessions. Some group differences were noted at the baseline. Significant pre-test confidence differences were found between critical care nurses ($p < 0.001$), ACLS trained nurses, and those exposed to a previous Mock Code session in comparison to others ($p < 0.05$). The literature supports increased confidence after BLS training, but this study did not see any differences based on recent BLS training. This outcome may be due to the large number of new graduates in the sample.

Discussion: Study findings may support simulation training as an evidenced-based teaching modality to improve confidence. The study also provided information related to predictors of confidence in nurses related to Code Blue Resuscitation. Further research is needed to investigate the link between confidence and competence in the clinical setting.

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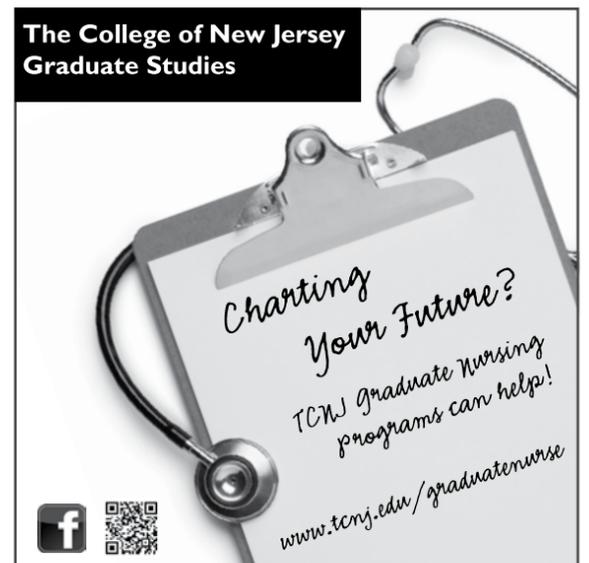
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The College of New Jersey Graduate Studies



RECOVERY AND MONITORING PROGRAM UPDATE

By **Suzanne Alunni-Kinkle, RN, BS, CARN,**
RAMP Program Director

The Recovery and Monitoring Program (RAMP) is an alternative to discipline monitoring program for nurses with issues that may impair their practice. RAMP was established in 2003 and New Jersey Board of Nursing contracts with NJSNA's *Institute for Nursing* to provide monitoring services. Nurses with issues of impaired practice may be eligible to participate in RAMP monitoring rather than having disciplinary action taken on their license. In addition to monitoring, the nurses in RAMP are offered support for their personal health and professional wellbeing. It is a voluntary program that works with the Board of Nursing, employers and nurses to ensure public safety, safe practice and health.

2013 Projects

RAMP will continue to strive for excellence and improve the services provided for the nurses and the New Jersey public. As founding members of the **Multistate Research Group**, RAMP is involved in developing best practices for nurse monitoring programs. RAMP continues to collaborate with colleagues around the country to standardize best

practices and build the body of research related to impaired practice, occupational risks and the monitoring program paradigm.

In order to protect public safety and provide nurses with the support they need, the healthcare community must be aware of the issues of impaired practice, prevention and intervention efforts. To this end, RAMP has launched an online **Employer's Tool Kit** which is available to the public at: www.njsna.org. The toolkit includes slide presentations to acquaint supervisors about the issues of substance use disorders in nursing, and ways to educate staff. The toolkit also includes a brief orientation for supervisors working with a nurse in the RAMP monitoring program. Please check website for more helpful information.

Peer Support Groups

The Peer Assistance Program has been advocating for nurses and nursing practice since 1981. The primary activity of the Peer Assistance Program is to offer nurse-led support groups for nurses with substance use disorders and mental illness. The peer groups are self-help groups facilitated by nurses, who understand addiction, mental illness and the recovery process. The peer groups are offered throughout the state, a full listing of the groups is available at: www.njsna.org.

RAMP and the Peer Assistance Program have been actively expanding the peer support groups throughout the state, by recruiting new Peer Facilitators and offering new locations. We are happy to welcome two new nurse support groups; the first group is in Millville, Cumberland County on Wednesday mornings, and the second is in Voorhees, Camden County in the afternoons. If you are interested in supporting our colleagues by becoming a Peer Facilitator; please contact me at 609-883-5335 X 24

Coming Soon

The American Nurses Association estimates that addiction among nurses is 8-10%, thus, it is imperative that all nurses are aware of the risks of impaired nursing practice. The *Institute for Nursing* will be launching a webinar series about impaired practice including prevention, intervention and returning to work. The webinar will be available for all NJSNA members for no cost at: www.njsna.org.

For more information please go to the NJSNA website at www.njsna.org or call 609-883-5335 extension 24. Our **24 hour telephone hotline** is answered by nurses 7 days a week and is available for anyone who needs to talk. **Hotline number is: 800-662-0108**



2013 FNAP Professional Education Day
Friday • October 11, 2013 • Bally's, Atlantic City
7:30 am to 4:15 pm • \$90 Members - \$150 Non-Members
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Kinkle Named New RAMP Program Director

NJSNA's *Institute for Nursing* welcomes a new Director of the Recovery and Monitoring Program (RAMP), **Suzanne Alunni-Kinkle, RN, BS, CARN**. Kinkle took the helm of RAMP in May. "Suzanne is a dynamic force who is dedicated to nursing and the mission of RAMP" said Pat Barnett, RN, JD, NJSNA/IFN CEO. With a 20 year background in the addiction field and Certification in Addiction (CARN), she has been an *Institute for Nursing* Peer Facilitator for over 7 years, and has served as a RAMP consultant. "I feel fortunate that I have had the guidance of Jamie Smith MSN, RN, CCRN, Interim Director of RAMP, as I transition to my new position" Kinkle said.



Suzanne Alunni-Kinkle, RN, BS, CARN, RAMP Program Director

Kinkle is joined at RAMP by four experienced, enthusiastic staff: **Nancy Haddock MS, RN** has been a case manager with RAMP since 2008. Haddock has expertise in nursing administration, mental health and chemical dependency. She was appointed to the New Jersey State Board of Nursing Alternative to Discipline Committee and served a term as the Chair to the Peer Assistance Forum. Email: Nancy@njsna.org 609-883-5335 Ext. 21.

Annemarie Edinger joined the RAMP team in 2011 and is the RAMP Communications Coordinator. Edinger organizes communications for both RAMP and the Peer assistance Program and provides support to the RAMP nurses and staff. Email: Annemarie@njsna.org 609-883-5335 Ext. 15.

Wendy Summers MSW, LSW, LCADC joined RAMP in 2011 as case manager. Summers' expertise is in substance abuse, she has experience as a program director, treatment coordinator, therapist and educator. Email: wendy@njsna.org 609-883-5335 Ext. 23.

Donna Gillane RN, our newest team member, started as case manager in July. As a nurse for the past 33 years, Gillane has worked with clients who have substance use disorders for seven years, and has case management experience. Welcome Donna! Email: donna@njsna.org 609-883-5335 Ext. 34.

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REGION NEWS

Region 1 – Morris, Passaic, Sussex, Warren Francesca A Nordin, VP for Communications

ELECTIONS: CONGRATULATIONS to our newly elected New Jersey State Nurses Association (NJSNA) Region 1 Officers who will serve from August 2013 to July 2015: President: Daniel Misa, BS, RN, CEN; President-Elect: Mary Ellen Levine, BSN, RN; Vice-President of Membership: Lauren Krause, BSN, MBA, RN; Vice-President to the Institute: Eleni Pellazgu, RN-BC, CMSRN, CRC/CRA, CCT; Sussex County Coordinator: Charlene O'Sullivan, RN; Morris County Coordinator: Josephine Sanchez, MSN, RN, CRRN; Nominating Committee: Ellen Ehrlich, Ed.D., NCPsyA, RN and Susan Weaver, MSN, RN, CRNI, NEA-BC

OFFICER VACANCIES: Post-Election Mary Ann Freeman, RN, BSN has stepped forward to be the Warren County Coordinator. There remain vacancies for the following Officers: **Secretary, Vice President for Education and Vice President to the Congress on Policy and Practice.** Please contact Nominating Committee Chairperson Doris Mallette at aquilla10@gmail.com, President Dan Misa danmisa1@gmail.com for more information concerning leadership opportunities by serving NJSNA Region 1 through one of these open positions.

MEETINGS: Please join us at our meetings that are rotated to all the counties represented by Region 1: Sussex, Morris, Warren and Passaic. See the NJSNA website <http://www.njsna.org/> and our Facebook page www.facebook.com/NJSNARegion1 for more information.

We shared a wonderful time at the Brownstone in Paterson, NJ on August 10 during an installation

brunch for our newly elected Region I Officers. On September 10, 2013 members assisted at the Institute for Nursing (IFN) Golf Scholarship Fundraiser at the Forsgate Country Club in Monroe Township.

Region 1 members will attend the 111th NJSNA State Annual Nursing Convention Oct 9-11, 2013. These conference days offer attendees great camaraderie and fellowship in the work of NJSNA/IFN to support nurses and to promote nursing practice.

Sponsored by Region 1, a Continuing Education event will be held on Oct 19, 2013 at Hackettstown Regional Medical Center. Dr. Bruce Mintz (Eastern Vascular Associates) will be our keynote speaker sharing on the topic of Venous Thrombo-Embolism (VTE).

NURSING AWARD: Congratulations to Region 1 member Katie Pierson, MSN, RN-BC, ONC. On June 5, 2013 she received the Nurse.com GEM Award for Nursing Excellence in Clinical Care for the New York/New Jersey region.

CONNECT with NJSNA REGION 1: Please visit our page and "Like Us" on FACEBOOK www.facebook.com/NJSNARegion1. E-mails from NJSNA also announce all our events. At our meetings, nurses enjoy networking with peers and experience support for nursing practice issues. Please contact our President Dan Misa at danmisa1@gmail.com, or President-Elect Mary Ellen Levine melevine2495@gmail.com with any concerns impacting nurses, nursing practice or if you know of any opportunities for Region 1 to serve our communities. Thank you.

Region 2 – Bergen, Hudson John Fajvan, RN VP Communications

Region 2 members have been busy over the past several months...

Several members attended the St. Patrick's parade in Seaside Heights. This event was a fund raiser for the victims of Hurricane Sandy. A good time was had by all, and all members are encouraged to join in the event next March, 2014.

Dr. Lucille Joel spoke to the graduating senior nursing class at Ramapo College of New Jersey. Dr. Joel's topic was on "Leadership in Nursing."

Linda Wolfson attended Norma Rodgers 50th birthday party celebration which was held at NJPAC in Newark. This special event was a fund raiser for the Institute for Nursing.

Regions 1 & 2 met together on April 9th for a joint educational presentation given by Molnyke Wound Care.

Dr. Mary Ann Donohue was recently interviewed by Steve Aduato for his "Caucus" television show. The video can now be found on YouTube (<http://www.youtube.com/watch?v=HKsD06-lQpA>).

Dr. Carolyn Tuella was presented with the Distinguished Alumni Award at the 60th Anniversary of the Fairleigh Dickinson University School of Nursing.

We are hoping to see as many Region 2 members as possible at this years NJSNA convention, which will be held October 9-11 at Bally's Hotel & Casino in Atlantic City. Region 2 member, Fatima Sanchez will present a poster presentation at convention titled "Does Simulation Influence Respiratory Assessment Skills in a Practical Nurse Program?"

Region News continued on page 15

Where does
insurance
fraud end in
New Jersey?

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Elizabeth Zweighaft, EdD, RN
Associate Dean

Department of Pre-Licensure Nursing
262 South Main Street
Lodi, NJ 07644
zweighafte@felician.edu

REGION NEWS

Region News continued from page 14

To align more closely with NJSNA elections, Region 2 has voted to change our elections to the fall. Currently, the following positions are up for consideration this year: President, Vice-President to the Institute, Vice-President of Membership, Member-at-Large (2 positions) and Nominations and Elections (2 positions). Members are encouraged to run for an office, and to become further involved in your professional organization.

Region 3 – Essex, Union Rosemarie Rosales, RN President

Region 3 had their Spring General Membership Conference and Meeting that was very successful with over 30 attendees. Dorothy Carolina, RN, PhD was the speaker at the conference which was followed by a general membership meeting. The Venue was at the Appian Way in Orange, NJ. Dr. Carolina's topic was on Nurses' burnout and she gave successful tips on recognizing burnout. The event was also attended by Judy Schmidt, President of NJSNA, Annette Hubbard, Founding President CBNN, Lynda Arnolds, President of CBNN, Dr. Portia Johnson, President-Elect CBNN,

President-Elect; Vice President Membership; Vice President to the Institute for Nursing; Vice President for Nominations and Elections, Secretary, Member-at-Large (Somerset). Please visit the NJSNA website Region 4 page to view the duties for the above positions.

Region 5 – Burlington, Camden, Cumberland, Gloucester, Salem Kate Gillespie, RN President

This year we are happy to announce the awarding of three \$1000.00 scholarships to the following NJSNA members: Sarah Kline pursuing her MSN at Drexel University; Jordan Hopchik pursuing her DNP at LaSalle University; Elizabeth Aromin completing her BSN at Rowan University. Congratulations to all are recipients!!

Region 5 held an educational program in September on the topic of "Disasters and the Role of Nursing" at Tavistock Country Club which included the program, full dinner, and the Region 5 Annual Business Meeting. Additional information will be posted on our NJSNA region page.

A call for nominations for our open board positions was sent out to all Region 5 members in August. For more information on the Region 5 elections, contact Kate Gillespie at jcgksg@aol.com. Hoping we see everyone down at the convention in October!

Region 6 – Atlantic, Cape May, Monmouth, Ocean Kathleen Mullen, RN, VP of Communications

The annual meeting for Region 6 was held on June 11, 2013 at the Captain's Inn in Forked River. New officers were installed. An auction of a wide array of gift baskets, donated by the board members in support of the scholarship fund, preceded the business meeting. The recipients of the annual Beulah Miller Scholarship for Nursing Education were announced. Four scholarships are awarded annually by Region 6. Each scholarship winner received a \$1,000 award and will assist the Scholarship Committee with evaluation of applicants for the 2014 cycle.

The evening's program featured a presentation on organ donation and transplantation by Sharing Network Nurse Educator, Barbara Turci. Education on organ donation and transplantation has been incorporated into the curriculum in all high schools in NJ, most commonly during driver education. Though gains have been made in deceased organ donor registration through the online database at the Motor Vehicle Commission, New Jersey lags behind the rest of the nation and is ranked at #45 for donors as a percentage of the population. Contact hours were awarded and the program fulfilled the continuing education requirements mandated by the NJ Hero Act.

Jamie Smith provided an update on INPAC's recent activities in preparation for the 2013 NJ State elections. Each INPAC trustee has been reviewing State Senate and Assembly candidates' positions on issues affecting nursing and health care in the state. INPAC will submit its final recommendations to the membership in September and endorsement of individual candidates will follow. INPAC encourages all nurses to get involved, become informed, and vote! An early morning breakfast fundraiser for INPAC is planned to kick-off the convention on October 9, 2013 from 7 am to 8:30 am at the Reserve at Bally's Casino and Resort in Atlantic City. Everyone is welcome!

Upcoming Region 6 plans include the NJSNA Annual Meeting and Educational Summit in October, a Holiday dinner, and educational meetings during 2014. Call for Nominations: contact Barbara Johnston (bjohnsto@monmouth.edu) to learn more about available leadership positions as officers in Region 6, in particular, county representative for Ocean or Cape May.



Region 3 Board: Rose Mary Allen-Jenkins, Grace Beaumont Brownlee, Marvin Sauerhoff, Rosemarie Rosales, Dorothy Carolina, Barry Bontempo, Norma Rodgers, Varsha Singh, Marlene McCloud and Kenneth Ashianor.

Rose Mary Allen-Jenkins, President, NNJBNA, Majuvy Sulse, President, PNANJ and Varsha Singh, President AAIN-NJ2.

NJSNA Is still looking for nominations for the upcoming October Elections. If interested, please email Marlene McCloud at mcclouddouse@aol.com. The following positions are open: President- elect, VP of Congress, Policy and Practice, VP of Membership, 3 for the Nominating Committee, 1 member at large – Union, and Member at large – Essex.

Upcoming events: October 4, 2013 PNANJ Awards Night and Dinner Dance, October 9-11, 2013 – NJSNA Annual Convention, and November, 2013 – NJSNA Region 3 Fall Conference and General Membership Meeting.

Region 4 – Hunterdon, Mercer, Middlesex, Somerset Sandy Quinn, RN President

Region 4 members please log onto the NJSNA web site to view the proposed changes to the Region 4 Bylaws. If you have any comments please send them to the Region 4 president Sandy Quinn at nursequinn519@aol.com.

CALL FOR NOMINATIONS: The following are open board positions for Region 4. Please contact Patty Stevens, VP of Nominations and Elections at cardiomanager@verizon.net or Sandy Quinn, Region 4 President at nursequinn519@aol.com by October 14, 2013 if you are willing to run for a position:

CardiacEd & Emergency Cardiac Care, Inc. Present the Following Seminars:

Presentations by:

Laura Gasparis Vonfrolio, PhD, RN
Hemodynamic Monitoring, SVT vs. VT, & 12-Lead EKG
Contact Hours: 3.75*
Regular Tuition: \$65; 10 days before: \$75
October 1st, 2013 10am – 3:30pm

Nurses' Night Out: Nurse Entrepreneur Dinner
"Making a Million in Healthcare"
Contact Hours: 3.1*
Regular Tuition: \$59.50; 10 days before: \$75
Includes: dinner, program/handouts, networking, and a fabulous night out!
October 1st, 2013 5:30pm – 9:30pm

CEN® Emergency Review Course
Contact Hours: 7.5
Early Bird Tuition: (before 10/1/2013) \$85
Regular Tuition: (10/1/2013-11/8/2013) \$119.50
10 days before: \$130
Group Table (seats 10-limited front rows): \$995.00
Hotel Room? Only \$85/night; Call for group discount code
November 18th, 2013 8am - 4:30pm

All Inclusive Seminar Vacation
November 6th-10th, 2013
Punta Cana, Dominican Republic
See our website for details (flight not included)
Only \$625/per person (double/triple occupancy)

"I've Graduated Nursing School and I Need Help Finding Work!" Dinner & Seminar
Multiple Speakers: Directors, Recent Hires, Recruiters
Contact Hours: 3.25*

Regular Tuition: Only \$55; 10 days before: \$65
Tuition Includes: dinner, handouts, contact hours, and presentation.
September 30th, 2013 5:30pm – 9:30pm

Legal Nursing: Legal Nurse Consulting, Forensic Nursing, Expert Witness, & Legal Documentation
Lauren Bohacik-Castillo, JD(s), BSN, RN, LNC
Contact Hours: 2
Regular Tuition: \$39.50; 10 days before: \$49.50
Includes: program/handouts, networking, and a fabulous presentation!
October 1st, 2013 8am – 10am

Location: The Imperia, 1714 Easton Ave, Somerset, NJ 08873
Registration required. www.CardiacEd.com or
(732) 579-8690

See website for details and cancellation policy.

*This continuing nursing education activity was approved by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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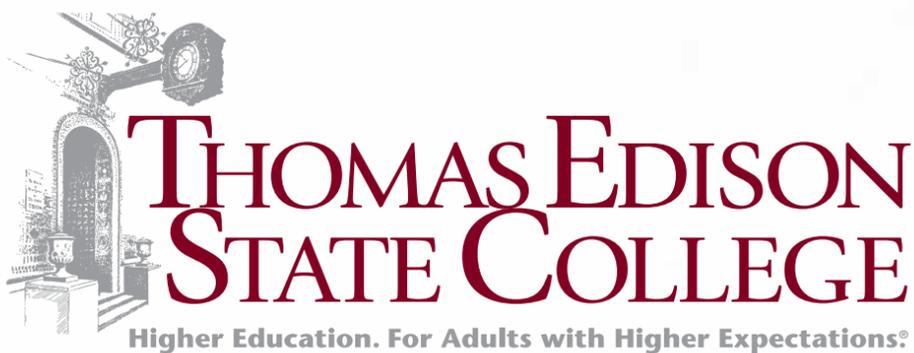
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