



## WHAT'S INSIDE...

Congratulations to our Seniors.....	2
Trauma Informed Care.....	3
Convention Updates.....	4
Spring Event Recap.....	5
What's Your "Why"?.....	6
Current Congress Bills.....	7
NSNA Award Highlights.....	8

# CONGRATULATIONS TO OHSNA BOARD SPRING GRADUATES

## MERIS SHUWARGER

Emergency Medicine



## MARIA LEWIS

Critical Care



## AVERY BEDNARSKI

Behavioral Health



## TAYLOR MOORE

Critical Care



# TRAUMA INFORMED CARE

## WHAT IS IT? WHAT ARE THE GOALS? HOW DOES IT LOOK IN NURSING?

Contributor: Avery Bednarski

### TRAUMA-INFORMED CARE

**TRAUMA-INFORMED CARE OCCURS WHEN PROVIDERS CONSIDER THE PATIENT'S ENTIRE LIFE AND SITUATION TO BOTH BETTER SERVE AND BETTER UNDERSTAND THE PATIENT.**

#### WHY IS IT IMPORTANT?

Trauma-informed care can help healthcare workers avoid the re-traumatization of patients, understand hesitations and concerns, understand social dynamics, improve cultural competency, and provide sensitive care.

#### GOALS FOR TRAUMA-INFORMED CARE

The Center for Healthcare Strategies Trauma-Informed Care Implementation Resource Center identifies the following goals:

- Realize the widespread impact of trauma and understand the paths for recovery
- Recognize the signs and symptoms of trauma in patients, families, staff, etc.
- Integrate knowledge about trauma into policies, procedures, and practices
- Actively avoid re-traumatization

#### ADVERSE CHILDHOOD EXPERIENCES

The CDC originally published a study on Adverse Childhood Experiences (ACEs) in 1998. An ACE is a potentially traumatic event experienced between the ages of 0-17. The study showed that 61% of adults have experienced 1+ ACE and that 5 out of the top 10 leading causes of death are associated with ACEs. Visit the CDC website for more information.

#### HOW DOES THIS LOOK IN NURSING?

- Using appropriate language with patients
- Being aware of tone and body language
- Encouraging health promotion that is appropriate for the patient's situation
- Reviewing trauma history prior to care
- Checking our own triggers and how they may impact care
- Preventing ACEs in the pediatric population
- Using trauma-informed deescalation techniques
- Always respect and trust the patient and their narrative

Information gathered from The Center for Healthcare Strategies and the Centers for Disease Control

# 2021 CONVENTION UPDATES

## JOIN US ON OCTOBER 3RD, 2021

### KEYNOTE SPEAKER

#### CATHY PARKES



Cathy Parkes BSN, RN, CWCN, PHN is the Chief Educator at LevelUpRN and a part-time wound nurse at Scripps Memorial Hospital in Encinitas, CA. She has a B.S. in Computer Science from the University of Virginia and earned her nursing degree from California State University in San Marcos. Cathy has 5 years of nursing experience and was voted "Nurse of the Year" in 2019 at her hospital. She is passionate about nursing education, and is known for her fun and informative videos on YouTube as well as her LevelUpRN flashcards. When she isn't making videos and working at the hospital, Cathy loves camping, hiking, puzzling, and traveling.



### ADDITIONAL SPEAKERS:

Claire Phillips MN, RN  
Founder of Nursing the System

Cat Golden RN  
Founder of Nurses Inspire Nurses

Diana Page ACNP-BC  
Nurse/APP mentor, Burnout Educator,  
Clinical Wellness Advocate at Self Care Catalyst

# **SPRING EVENT RECAP**

Contributor: Rashmi Kumbhani

## **COVID ETHICAL CONSIDERATIONS WITH DR. MICHAEL GILLETTE**

Speaker Dr. Michael Gillette is an expert in clinical ethics. During this event, he addressed how clinical ethics was questioned during COVID-19 and some of the changes that were made to accommodate the influx of patients. He addressed five categories of ethical issues: allocation, fairness, liberty I and II, and public coordination. Allocation is defined by triage and resource distribution. When COVID-19 hit, medical personnel had to decide how to choose who gets the ventilators and beds, because there weren't necessarily enough resources to go around for each person in need. Normally, having to make choices about who receives support and who doesn't are much rarer.

Ethics committees had to contemplate if this was the best practice in a time of such great need. Should resources be given to patients with higher chances of survival and withheld from those who had poor prognosis? Fairness deals with the medical professionals and how risks should be fairly distributed among them.

Liberty I deals with freedom. How can professionals ethically place public guidelines, like closing businesses, quarantine requirements, and mask requirements? Liberty II deals with freedom for medical staff. Is it ethical to require staff to stay on shift past the allowed time? Is it ethical to rush licensure and skip testing for new graduates to make up for short staffing? Is staff obligated to help patients despite any risks they face due to their chosen profession? Is it ethical to require a vaccine for employment?

The last issue is coordination. Dr. Gillette felt that we, as a nation, failed in this area. It requires every individual governing body to work together to tackle disaster situations and remain consistent at all levels. There is hardly ever a right or wrong answer when it comes to ethical dilemmas, but getting ethical guidelines and addressing these issues helps professionals make difficult decisions in times of need. The key to dealing with these dilemmas is sacrifice and figuring out what is a reasonable amount of sacrifice.

## **NURSING ABROAD WITH DR. THERESA PUCKETT**

Dr. Theresa Puckett discussed nursing abroad, specifically in Romania. She shared valuable personal experiences of her time in Romania. She also shared information on where to find opportunities for nursing abroad, what the requirements include, and how to prepare prior to the assignment. Dr. Puckett shared first hand tips for those interested in nursing abroad. For a more detailed look at her experience, check out her book, "Medical Mission to Romania: An Inward and Outward Journey."

### **Medical Mission to Romania:**

An Inward and Outward Journey



Theresa L. Puckett, R.N., M.S.N., C.P.N.P.  
Copyrighted Material

**Visit our website to view virtual recordings of these events, and more!**

# **STUDENT NURSES SHARE THEIR "WHY" WHY DID YOU CHOOSE NURSING?**

"I've seen first hand the difference incredible nurses have made during my own struggles with chronic health problems. I became a nurse because I wanted the opportunity to provide exceptional care to others." -Meris S.

"This has been a goal 10 years in the making for me. It was through my experience as an intern while in school for my public health degree that I found out about how perfectly public health and nursing can be combined. Even though my current dream/focus is on critical care, I want to bring my passion for public health nursing to life by helping others and advocating for them in their most crucial times, both in and out of the hospital." -Maria L.

"I started nursing school a little lost about what I wanted to do. Over the past 5 years, I have found my passion within behavioral health and addiction medicines. I hope to promote harm reduction and mental wellness in the community. I am excited for a career that allows me to help people recover from and manage their mental health concerns.

-Avery B.

"I chose nursing to effect change within the healthcare system. Nurses have an intimate understanding of both patient needs and health system functions. As a nurse, I can be a catalyst for increased access to care, cultural competence, and patient rights." -Iasha P.

"I chose nursing because a nurse chose me. My father had brain cancer and wanted to see me in the hospital. He was in the ICU and kids were not allowed back at the time. A kind nurse took me back to see him and ever since I wanted to be a nurse." -Marissa K.

"I wasn't happy in my last career and I was looking for a change. I've always respected nurses, so when COVID19 hit, I finally made the decision to make a change. I've never been happier or more excited about my future." -Rashmi K.

"The reason I chose nursing is because I wanted to make a difference in people's lives. Growing up, my mom worked in nursing homes and I always enjoyed sitting and talking to the patients there. I also wanted a career with flexibility that I could tailor to any stage of life, and nursing provides that!"

-Taylor M.

# UPDATES ON CONGRESS BILLS

## HOW CURRENT BILLS IN CONGRESS ARE AFFECTING THE WORLD OF NURSING

Contributor: Iasha Palko

### **Medicare for All Act of 2021**

This Act serves to provide medically necessary care to all individuals regardless of age, race, gender, employment status, or income. Within the bill, medically necessary care includes hospitalizations, doctor visits, dental visits, hearing services, mental health care, reproductive services, long term care and prescription drug coverage. All services would be cost-free for patients at the point of care; healthcare providers would be reimbursed through national health program funds. Additionally, the bill establishes the Office of Health Equity to address disparities in underserved populations.

**Status:** *Introduced to the House of Representatives on 3/17/2021.*

### **Workplace Violence Prevention for Health Care and Social Service Workers Act**

Developed in response to the growing issue of violence within healthcare settings, this bill establishes enforceable federal standards for workplace violence in health care, social services, and other sectors. Proposed requirements of the bill include mandatory violence prevention plans, site-specific protections, and investigations into reported incidents. Furthermore, employers would be required to submit annual reports on the number of violent incidents within a facility to the Department of Labor.

**Status:** *Received in the Senate on 4/19/2021.*

### **American Rescue Plan Act of 2021: Student Loan Tax Relief Provision**

The American Rescue Plan Act of 2021 is an enormous piece of legislation that brought aid to both industries and individuals impacted by the COVID-19 pandemic. Within the Act, Congress included a tax exemption for student loans forgiven through January 1, 2026. Previously, student loan cancellation could leave borrowers with significant tax liabilities. With this law's enactment, student loan forgiveness will become tax free.

**Status:** *Became public law on 3/11/2021.*

### References:

- Library of Congress. (2021). H.R.1195 - 117th Congress (2021-2022): Workplace violence prevention for health Care and Social Service Workers Act. Retrieved from <https://www.congress.gov/bill/117th-congress/house-bill/1195>.
- Library of Congress. (2021). H.R.1319 - 117th Congress (2021-2022): American rescue plan act of 2021. Retrieved from <https://www.congress.gov/bill/117th-congress/house-bill/1319>.
- Library of Congress. (2021). H.R.1976 - 117th Congress (2021-2022): Medicare for all act of 2021. Congress.gov. <https://www.congress.gov/bill/117th-congress/house-bill/1976>.

# NSNA AWARD HIGHLIGHTS

*Congratulations  
OHSNA!*



OhSNA won the following 2021 NSNA program awards:

- ribbon icon Health policy and Advocacy Awards
- ribbon icon Get Out the Vote Award
- ribbon icon Image of Nursing Award
- ribbon icon Population and Global Health Award

Special congratulations to Dr. Katheryn Fernandez, PhD, RN-BC, AHN-BC as she received the prestigious 2021 Weingarten Leader of Leaders Award!

