President’s Message

by Dan Suarez, MA, RN

NAHN Members:

Two years ago I began my presidential term. In my first column in this newsletter, I shared my personal story with you. I wanted you to understand how important it is for me to connect with you and to lead an organization that is dedicated to improving our skills and opportunities so that we can make a difference in the lives of people around us.

Over the last two years it was not only my story you learned about. Mario Chavez’s encouragement from his Aunt Sylvia that led him to a Los Angeles Emergency Room. Sonia Valdez reading about Florence Nightingale in fifth grade that led her to become a medical assistant and then a nurse who advocates for the rights of her patients. Armando Riera’s difficult journey from Cuba that led to his involvement in the Association of Operating Room Nurses which led him to invest his efforts in building the Miami chapter of NAHN.

We all have a story to tell. Our struggles, disappointments and victories are important for others to know. Through NAHN, we can encourage, educate and support each other. Together we have created the capacity to make a difference in the world. Individually, through each chapter and as a national association we have built on the work of Dr. Rohde and all those leaders, members and volunteers who have come since then.

At our upcoming 41st Annual Conference we will conclude the latest chapter of NAHN and start a new one. Under Anabell Castro’s leadership we will continue to build on the work of previous generations, leaders and volunteers. We will find new ways to serve patients and the Hispanic community. We will face new and unfamiliar challenges that will test our resolve and our resources. We will rise to meet those challenges because we understand how to work together.

Thank you for your involvement in NAHN and for joining together with your fellow Hispanic nurses to make a real difference in the lives of others. As my Presidential term ends I encourage you to stay involved and tell your story. Share your successes and concerns with your fellow NAHN members. Every day, we have the capacity to make a difference. When we join together and work together, we can change the world.

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NAHN Members in the News

Anabell Castro Thompson, RN, MSN, ANP-C is among 164 highly distinguished nurse leaders inducted into the American Academy of Nursing’s 2016 class of Academy fellows. The inductees will be honored at a ceremony to be held during the Academy’s annual policy conference, October 20-22, 2016 in Washington DC. Anabell is a nurse practitioner with Hospice of the Valley in Phoenix, AZ and serves as NAHN’s president-elect. The Academy fellows, with the addition of this newest class of nursing professionals, represent all 50 states, the District of Columbia and 28 countries.

On April 18, NAHN chapter presidents from Connecticut, Delaware, Garden State, Greater Orlando, Houston, New York, Northeastern Pennsylvania, Philadelphia, Westchester, New York and the NAHN National honored Celia Trigo Besore, CAE for her dedication and service to the association and the nursing profession. Besore, who served as NAHN’s executive director for nearly six years, retired at the end of April.

Adriana Perez, PhD, RN, NPB, FAAN represented NAHN on a CMS Webinar discussing the best-practices identified by the Chapter participants of NAHN’s HHS ACA Grant. The webinar focused on Post Enrollment Outreach Strategies: Engaging newly enrolled consumers.

NAHN president Dan Suarez, MA RN was among a large contingent of nurses invited to participate in the ringing of the closing bell during the New York Stock Exchange’s Closing Bell ceremony. The ceremonial bell-ringing commemorated the last day of National Nurses’ Week and took place on May 12, Florence Nightingale’s 196th birthday. The nurses were among the guests invited by the Johnson & Johnson Campaign for Nursing’s Future.

For the past 15 years, Sylvia S. Estrada, DNP, WHNP-BC, AONE Appointed Board Member has volunteered as part of the Los Angeles (LA) Team to rural Guatemala as part of a medical mission. On May 13, 2016, at the LA Team banquet in Antigua, Guatemala, she was honored with an award and gift for her 15 years of service to HELPS, Intl, a non-profit Christian based organization that provides free medical care and surgical services to poor indigenous Guatemalans. Dr. Estrada has been the clinic section leader for the LA team and has provided obstetrical and gynecological services to indigenous women of Guatemala.

Patricia Messmer PhD, RN-BC, FAAN is one of two nurses who received a 2016 Hall of Fame Award from the American Nurses Association at a ceremony on June 23 at the Grand Hyatt Washington, DC. Dr. Messmer, a member of NAHN and the Miami Chapter, is a consultant for nursing research and education in the Benjamín León School of Nursing at Miami Dade College. She chairs the Nurses Charitable Trust and has been a dedicated ANA member for more than four decades. She is also a member of the Florida Nurses Association. Her longstanding commitment to academic and scholarly research of nursing practice issues has benefited hospital-based nurses and nursing faculty. She is one of the few nurses to receive a Smithsonian medal, and she has mentored nurses and physicians to achieve workable solutions to clinical practice problems.

Ruth Amador was the recent recipient of the Holyoke Community College Rising Star Award, which celebrates alumni who have received their undergraduate

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NAHN Chapter Tidbits

Houston Chapter

Certificate of Congressional Recognition

The NAHN Houston Chapter received a Certificate of Congressional Recognition for the Muevete USA / “Let’s Move” event. The award was presented to Houston Chapter president Jackie Crespo Perry and other NAHN members by Congressional intern Alma Seneca Sanchez, representing Texas’ 18th Congressional District and Congresswoman Sheila Jackson Lee. The Houston Chapter Muevete USA event was held at Our Lady of St. John’s Parish located in the Third Ward community of Northeast Houston, Texas.

Deadline for 2016 Student Scholarship

The deadline for students to apply for scholarship is August 1, 2016. To be eligible to apply, a student must be enrolled or accepted into an accredited nursing program in the Houston area and carry at least a 3.0 GPA. The applicant must commit to attend two NAHN general meetings and participate in two community projects during the year. For more information visit www.nahnhouston.org/scholarship

Massachusetts Chapter

Aspiring Nurse Leader Starts a Nursing Salon

Claudia Ascencio, BSN, RN, a labor and delivery nurse at North Shore Medical Center – Salem Hospital and community outreach specialist for the NAHN Massachusetts Chapter, is a 2015-2016 Aspiring Nurse Leader Fellow. As a part of her fellowship, she is launching a “Nursing Salon” to engage in a thoughtful conversation with other nurses about the nursing profession.

The conversations take place in informal gatherings where nurses can connect and share their experiences in a casual environment.

Claudia’s program is supported by Joan Vitello-Cicciu Ph.D, RN, NEA-BC, FAHA, FAAN, who is dean of the Graduate School of Nursing at the University of Massachusetts and Joan M.K. Russo, RN, MSN, a partner/consultant at The Keddy Group.

The first Nursing Salon took place on May 23 where nursing students, registered nurses, and nurse leaders, who came together to share experiences and participate in meaningful dialogue.

The Aspiring Nurse Leader Fellowship program is designed to provide mentors for Hispanic nurses aspiring to become leaders, to help aspiring nurse leaders build relationships with experienced leaders, and to help nurses embrace networking experiences to help them learn the key aspects of knowledge, skills and attributes central to health care leadership.

Claudia is working under the mentorship of Judi Cullinane, MSN, RN, CCRN.

Illinois Chapter

Illinois Chapter Changes its Name, Elects Officers

The Illinois Chapter of NAHN has changed its name from IHNA to Illinois NAHN and has a new logo. The chapter also has elected the following new officers: President Susana González, RN, MSN, MHA, CNML; President-Elect Elizabeth Florez PhD, RN; Secretary Wanda Moterrubio, BSN; Secretary-Elect Irene Mendez, BSN; Treasurer Nancy Garcia, BSN; Treasurer-Elect Gloria Barrera, MSN.

Illinois NAHN Participates in ¡Vive tu Vida!

The Illinois Chapter also participated in the ¡Vive tu Vida! Annual Community Health event at the McKinley Park Fieldhouse in Chicago on June 4. The event is designed to promote individual and family physical activity for better health. It included organized physical activities for adults and children, health screenings and take-home information. The chapter mem-

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National Organ Donation Month Brings Awareness to the Need for Donors

by Elizabeth Roman for The Springfield Republican and MassLive

SPRINGFIELD — Organ donation can be a sensitive topic, particularly when the “gift of life” often comes after the death of another. So every April hospitals, doctors, nurses, organ donors and organ recipients come together to bring awareness to the issue.

“The decision of whether to donate your organs or not is a very personal one and it is something you should discuss with your family while you are in a position to decide for yourself,” said Ruth Amador, a registered nurse at Hartford Hospital and Baystate Wing Memorial Hospital in Palmer, and president of the Western Massachusetts chapter of the National Association of Hispanic Nurses.

“I am an advocate of organ donation and the preservation of life because I have seen the impact it has on patients and their families as well as the families of people who choose to donate,” she said.

Amador stopped by WTCC 90.7 FM in Springfield recently to discuss frequently asked questions and address some of the misconceptions about organ donation.

One of the biggest myths, she said, is that if a person becomes an organ donor and is in an accident, doctors will not care for them as well as they would someone who is not an organ donor.

“That is absolutely not the case,” she said. “In order to be an organ donor you have to have healthy organs, so even if something happened and you were in an accident a doctor’s first duty is to care for you and also to protect your organs.”

Most people think of kidneys, bone marrow and liver donations, but Amador said there are many parts of the body that can be donated including eyes, bones and even skin.

“Organ and tissue donation is not always about saving a life, but also improving the quality of someone’s life,” she said, citing examples of people who have been able to see for the first time after receiving an eye or cornea donation. An average of 48,000 patients have their sight restored through corneal implants each year, she said.

Some facts about organ donations:
• There are currently 122,000 men, women and children waiting for organ transplants in the U.S. More than 1,000 of them are children 10 or younger.
• About 58 percent of patients awaiting lifesaving transplants are minorities.
• About 30,000 people were saved or had their quality of their life improved due to organ donation in 2015.
• About 8,000 people die each year waiting for an organ donation.

After discussing it with family and loved ones, there are many ways to become an organ donor, from registering at local health fair or when renewing a driver’s license or by visiting www.donatelife.net.

(Note: This article was published in The Springfield Republican and MassLive on April 22 to recognize April as National Organ Donor Month)
NAHN Updates

Membership Dues Changes

It is now easier than ever to join NAHN and renew your dues. When you click on the link to join NAHN or renew your dues, the online membership app takes you directly to the NAHN membership module. If you have an open transaction listed, you can simply pay your dues by clicking a link and going to the online shopping area. Or you can click on the link to “Online Store” from the menu at the left hand side of the page. That will take you to NAHN’s shopping area where you can choose your level of membership as well as your chapter membership, pay with your credit or debit card or through PayPal. Your new membership or membership renewal will be in effect immediately, and your new membership card will arrive in the mail within a couple of weeks.

Your email address and password will serve as your passport to NAHN’s members only area and will allow you to keep your membership record up to date. Feel free to contact NAHN if you need help and we’ll be happy to assist.

NAHN Journal Call for Papers

Become a published author by submitting your work to Hispanic Health Care International (HHCI), the official journal of the National Association of Hispanic Nurses. This peer-reviewed journal serves as an interdisciplinary forum for the dissemination of information for clinical practice, education, research, and policy on issues concerning Hispanic/Latino populations in the United States.

HHCI is a multilingual quarterly journal that publishes stand-alone English articles and Spanish language articles in a given issue. HHCI serves as an interdisciplinary forum for the dissemination of information for clinical practice, education, research and policy on issues concerning Hispanic/Latino populations in the United States.

Visit www.nahnnet.org/NAHNJournal.html

NAHN Job Board

Take Advantage of This Great Resource

Did you know that NAHN’s Career Headquarters has some wonderful job openings in many different positions around the U.S.? The Career Center is part of the National Healthcare Career Network, connecting employers and job seekers to a variety of opportunities and specialists across the United States.

For nurses seeking a job, look no further than the Career Center. As we go to press, there are 42 jobs listed on our site alone, plus many others in the National Healthcare Career Network.

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The 41st NAHN Annual Conference is shaping up to be a great meeting. We are featuring many opportunities for attendees to build their professional networks, attend tracks for nurses at every career stage, and more than 70 exhibitors bringing a wealth of knowledge to the conference.

The conference theme, “The E’s of Excellence: Encouragement, Empowerment, Elevation” encompasses the overall goals that NAHN strives to bring to its members all year round. In Chicago, we’ll gather to celebrate our accomplishments and lift ourselves up in supportive and inclusive atmosphere.

Preconference Workshops

The NAHN Policy Committee is excited to host our first ever Policy Workshop at the national conference on Tuesday, July 12th from 1-4 p.m. in the Hyatt Regency Chicago, Water Tower Room. Committee members will be joined by two nationally recognized policy experts and topics will be helpful in guiding local chapter and national efforts designed to make an impact on Latino health policy. Our agenda includes:

- Welcome & Introductions: Susana Gonzalez, MHA, MSN, RN, CNML, NAHN-ILLINOIS President & Policy Committee
- NAHN 2 Year Policy Accomplishments: Adriana Perez, PhD, ANP-BC, FAAN, Policy Committee Chair
- NAHN’s policy priorities (based on survey): Maria Elena Ruíz, Policy Committee Chair & Leda Garside, RN, BSN, MBA, Policy Committee
- Advocacy vs. Lobbying: Definition of public policy; What can nonprofit (501c3) organizations do or not do? Who are the stakeholders that influence public policy? Aida Giachello, PhD
- Learn how a bill becomes a law & How to build your advocacy toolkit: Carmenza Millán, DHA

Attendees will be entered in a drawing for tickets to attend a special networking event on Thursday evening, July 14th. Use this link to RSVP: https://www.surveymonkey.com/r/Y5WZWQH

Educational Tracks

Heighten your nursing expertise in four key areas: “My Nursing Career & Leadership,” “Advanced Practice & Best Practices,” “Clinical Practice” and “Student” tracks.

The conference includes a variety of substantial topics, organized into concurrent sessions, poster sessions, plenaries, and keynote addresses. This year’s program includes five hours of poster and continuing education sessions, three plenary sessions and three keynotes to be delivered by outstanding professionals Esther Aguilera, CEO of the Congressional Hispanic Caucus Institute; Kate Judge, executive director of the American Nurses Foundation, and Dr. Juan Quintara CRNA, DNP, MHS, president of the American Association of Nurse Anesthetists.

Other Highlights

In addition to exhibits, educational activities and pre-conference workshops, conference attendees will enjoy grant updates, NAHN’s annual business meeting, a terrific volunteer project and updates on the grants we use to partner with other organizations to promote our nursing profession and help our communities.

The conference offers ample networking opportunities during receptions, meals and special meetings, all culminating in the annual gala reception and dinner, followed by an evening of music and dancing to close out another wonderful conference.

Questions About the Conference or Workshops?

If you have questions about the NAHN conference or about the free policy workshop, please contact the National Association of Hispanic Nurses:

Phone: 919-573-5443
Email: info@thehispanicnurses.org
News From Our Corporate Partners

Nurse Leaders Place Highest Value on Their Ability to Effect Change

More than 60 percent of nurse leaders say they place the highest value on the features of their profession that effect change, according to the results of a marketing research study conducted by Nurse.com, the leading healthcare brand of OnCourse Learning.

Sixty-two percent of study respondents said having a voice in organizational growth is the aspect they value most in their leadership role. Other key job features for respondents were fostering leadership in staff and colleagues (61 percent) and being part of the decision-making process (60 percent).

“Career advancement was mentioned as important to 34 percent of study respondents,” said Nurse.com senior vice president and chief nurse executive Eileen Williamson, MSN, RN. “The study participants included leaders with titles from nurse manager to nurse executive, working in a variety of settings.”

Read the Nurse.com Leadership Profile for more information from the study.

Grand Canyon University Offers More Than 20 Health Care Programs

Since 1949, Grand Canyon University, a private, Christian university, has been preparing learners to become global citizens, critical thinkers, effective communicators and responsible leaders by providing academically challenging, values-based curriculum.

Students can choose from more than 20 programs and certificates in the fields of nursing and health care, including RN to BSN, Master of Science in Nursing (MSN) and health care administration. GCU’s bachelor’s and master’s programs in nursing, as well as Doctor of Nursing Practice at GCU are accredited by the Commission on Collegiate Nursing Education (http://www.aacn.nche.edu/ccne-accreditation). GCU’s College of Nursing and Health Care Professions is approved by the Arizona State Board of Nursing. Grand Canyon University is regionally accredited by the Higher Learning Commission. (800-621-7440; http://hlcommission.org/)

For more information, visit gcu.edu/NAHNNet

Pfizer Doubles Income Eligibility Limit to their Patient Assistance Program to Benefit Even More Patients in Need

Pfizer has been helping patients gain access to the Pfizer medicines they need for more than 25 years, and the company has stepped up that effort by doubling the allowable income level for its patient assistance program, so that even more patients in need could be eligible to receive their Pfizer medicines for free.

Since November 2015, Pfizer increased the income limit from 2 times the Federal Poverty Level (FPL) to 4 times the FPL (adjusted for family size) for more than 40 medicines offered for free through its patient assistance program. That means that a single person earning at or below $47,520 per year or a family of four earning at or below $97,200 per year could qualify for free medicines from Pfizer.

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Industry News

MACC Task Force & National Kidney Foundation Release New CKD Resources

Last March the Medicare Advantage Care Coordination (MACC) released two new resources for individuals suffering from chronic kidney disease. The resources were developed in partnership with the National Kidney Foundation to commemorate National Kidney Month.

The two resources include the CKD Care Coordination Pocket Companion (en español): The Task Force and National Kidney Foundation compiled some simple tips to help increase early diagnoses, improve care coordination if you are living with CKD and provide helpful resources to anyone touched by CKD.

Issue brief: CKD and Care Coordination: Working Together to Improve Outcomes (en español): The MACC Task Force recently met with a number of individuals with expertise in the chronic kidney disease field – including patients, providers and community health leaders – to learn more about what resources are available to patients and what opportunities exist to improve care coordination in the near and long term. This issue brief includes perspectives on what patients and the health care system can do to improve care coordination.

http://www.medicarechoices.org

CMS Releases Public Use File for the Medicare Current Beneficiary Survey for Health Disparities Researchers

The MCBS 2013 Access to Care public use file (MCBS PUF) provides the first publically available MCBS file for researchers interested in the health, health care use, access to and satisfaction with care for Medicare beneficiaries, while providing the very highest degree of protection to the Medicare beneficiaries’ protected health information. Celebrating 25 years of continuous data collection and the completion of over 1 million interviews, the MCBS is a continuous, in-person, longitudinal survey of a representative national sample of the Medicare population. As the largest federal health survey of the Medicare population, the MCBS plays an essential role in monitoring and evaluating key aspects of the Medicare program and is the leading source of information on Medicare and its impact on beneficiaries.

The development of the MCBS PUF was supported by the CMS Office of Minority Health as part of their activities to increase the availability of data to monitor the impact of CMS programs in improving minority health and eliminating health disparities. The file is prepared from data collected in 2013 from over 13,000 community dwelling Medicare beneficiaries and contains standard demographic variables, such as age categories, race/ethnicity and gender, as well as information about health conditions, access to and satisfaction with care, type of insurance coverage, and information on utilization, such as the number of fee-for-service claims per beneficiary for certain health care event types. Additionally, the file was designed to facilitate use of the file to explore issues related to health equity and health disparities.

The MCBS 2013 ATC PUF is available free for download, along with its accompanying documentation at:


United Health Foundation Releases America’s Health Rankings Senior Report

Last month the United Health Foundation released the fourth annual America’s Health Rankings® Senior Report, which provides a comprehensive analysis of senior population health on a national and state-by-state basis across 35 measures of senior health.

Building on the traditional state rankings, this year’s Senior Report also examines today’s middle-aged population (age 50 – 64) who will age into senior status (age 65+) over the next fourteen years, and compares their health to the health of the middle-aged population in 1999.

Among the report’s key findings:

• Current middle-aged Americans have a 55% higher prevalence of diabetes and a 25% higher prevalence of obesity compared to 15 years ago. These health concerns, combined with a projected 50% growth in the size of the senior population by 2030, are expected to put significant strains on the Medicare program and the overall health care system.

• Increasing rates of obesity also impact the current senior population, whose obesity rate increased by 9% over the past three years.

• Current seniors reporting very good or excellent health increased by 7% over the past three years, preventable hospitalizations declined by 19% and the number of home health care workers increased by 18%.

• Massachusetts tops the list of healthiest states for older adults, rising from sixth place last year and replacing Vermont. Louisiana ranks 50th again this year, followed by Oklahoma, Mississippi, and Arkansas.

For more information, visit http://www.americashealthrankings.org/
Industry News

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National Alliance for Hispanic Health Applauds Landmark Consumer Protection Bill

The National Alliance for Hispanic Health is celebrating the passage of landmark legislation that protects consumers from dangerous chemicals in their homes.

“We applaud Congress for passing this historic bill that will keep Americans safe from dangerous chemicals found in everyday household products,” said Dr. Jane L. Delgado, president and CEO of the National Alliance for Hispanic Health. “For too long, the chemical industry has used its influence to prevent these common sense protections. We know that exposure to toxic chemicals can lead to cancer and other illnesses, and this new regulation prioritizes consumer safety.”

The Alliance, a leader in environmental protection efforts for consumers, praised the Frank R. Lautenberg Chemical Safety for the 21st Century Act, which was passed with bipartisan support by the House last May and by the Senate in June. It is expected to be signed into law by the President.

The Alliance has long advocated for an overhaul of the 1976 Toxic Substances Control Act, which governs the use of chemicals created and used in numerous products. This new legislation will ensure that the tens of thousands of toxic chemical substances introduced since the Act was made law will also come under EPA review and be subject to regulation before going to market.

Consumers can contact the Alliance’s bilingual Su Familia Helpline at 1-866-783-2645 for guidance on safe household products, or visit its Nuestras Voces National Hispanic Network to Reduce Tobacco-Related and Cancer Disparities at www.nuestrasvoces.org to learn more about cancer prevention. Or visit www.hispanichealth.org.

NAHN Updates

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The Career Center is also the place to go for employers looking for that special medical professional. By posting job openings on the NAHN site or through the National Healthcare Career Network, employers will have access to the resumes of hundreds of qualified job candidates.

In addition to job listings, the Career Center offers special resources, including tips for reference checking, resume critique and assistance, and mentoring and career coaching.

If you or someone you know is looking for a new opportunity, or a new employee, remember to check out the NAHN Career Center, http://careers.nahnnet.org./

Research News

Faculty-to-Faculty Incivility

Janet Ogunbote, a doctoral student at Capella University is undertaking research for her dissertation entitled “Culturally Diverse Nurse Educators’ Perceptions of Faculty-to-Faculty Incivility,” which will examine the perceptions of the culturally diverse nurse educator when encountering faculty-to-faculty incivility in a non-diverse nursing education environment.

The purpose of the study is to better prepare current and future culturally diverse faculty educators and researchers with additional interventions and strategies to cope and address uncivil behaviors they may have experienced in a non-diverse nursing academic environment. Ms. Ogunbote also seeks to ultimately increase retention of the culturally diverse nurse educators as a result of the research findings.

Ms. Ogunbote’s research is ongoing throughout the summer and will be overseen by a faculty mentor.

Contact information is: jogunbote@capellauniversity.edu

End-of-Life Care: A Phenomenological Study

Volunteers are needed to participate in a qualitative phenomenological research study entitled: “Novice Registered Nurses Lived Experience Providing End-of-Life Care: A Phenomenological Study.”

The purpose of the study is to explore the lived experiences of novice RNs who provide care in the end-of-life to gain understanding and meaning of the experience from the participant’s perspective. The study includes an hour-long phone interview to learn about your experiences.

The eligibility criterion includes:
• Novice RNs with a Bachelor’s Degree in Nursing
• Novice RNs employed full time in an acute care setting
• Novice RNs with less than three years of nursing experience
• Novice RNs with experience caring for a patient in the end-of-life
• Nurses with three years’ experience or more will not be eligible for participation

For more information contact Ruby Chu at 281-414-1113 or email rzchu59@sbcglobal.net.

Let’s Get Social!

It’s never too late for NAHN members to “get social” and join the NAHN Social Media sites. Become a fan of the NAHN Facebook page and follow our tweets on our Twitter page.

Click on the links below and join us now!

NAHN Facebook Page: www.facebook.com/pages/National-Association-of-Hispanic-Nurses/357006211890
NAHN Twitter Page: @nahnnursing or www.twitter.com/nahnnursing
NAHN LinkedIn: www.linkedin.com/groups/National-Association-Hispanic-Nurses-2358996/about
NAHN Instagram Site: www.instagram.com/nahnnursing
NAHN Pinterest Site: www.pinterest.com/nahnnursing
NAHN Flickr Site: www.flickr.com/photos/101014955@N03/
Make a living, make a difference.

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View career opportunities and apply online today.
www.yvfwc.org | RNjobs@yvfwc.org
Pfizer’s action is in response to the ongoing challenges patients face in paying their out-of-pocket costs for their prescription medicines.

“We have listened to patients and acted quickly to significantly expand the eligibility of our patient assistance programs. While patient assistance is not a permanent solution, it is a necessary step for helping to solve some of the high co-pay issues that some patients face,” said Sally Susman, Executive Vice President, Corporate Affairs at Pfizer.

Through its Pfizer RxPathways® initiative, Pfizer connects patients, including those with health insurance and those without, to a range of Pfizer programs to help them gain access to Pfizer medicines. These programs include:

- Patient assistance programs that provide Pfizer medicines for free to those who qualify
- Savings program that provides savings ranging from 35% to 50% off the retail price on Pfizer medicines for uninsured patients, regardless of income
- Insurance support services for select Pfizer medicines to help patients understand the coverage offered through their insurance plans
- Co-pay cards for those with private/commercial insurance and information on alternate sources of help, like independent co-pay foundations
- Referrals to other industry resources that may help if it is discovered that a patient is not taking a Pfizer medicine

In the last five years alone (2011-2015), Pfizer helped more than 2 million uninsured and underinsured patients across the United States receive over 25 million Pfizer prescriptions for free or at a savings, making it the most comprehensive program of its kind.

Pfizer trusts that the expansion of the income limit for its patient assistance program will help bridge the gap for patients in need while the healthcare system continues to build into one that provides good coverage for all patients. “The real solution is to have a system that provides patients with access to innovative new treatments their doctors prescribe and insurance plans with good coverage,” added Susman.

There are currently over 60 medicines available for free through Pfizer RxPathways. This change affects those medicines that previously had income limits of 2 times the FPL – about 40 medicines in total. The other medicines – mostly oncology and specialty medicines – already had income limits at or above this level.

Patients, healthcare providers, and patient advocates can visit www.PfizerRxPathways.com to learn more about Pfizer’s programs, including eligibility criteria and how to apply, as well as to download applications or program brochures.

Witnessing the Burden of Oncology Caregiving: Stories from the Post-Anesthesia Care Unit

Cancer Treatment Centers of America® (CTCA) hosted a webinar to raise awareness on the complexity and struggle of caregivers as seen by post-anesthesia care unit (PACU) nurses. Sheena Hill-Dilla, RN, BSN, CPAN, Charge Nurse in Pre-Op/PACU at the CTCA Western Regional Medical Center led the discussion based on her personal experiences, other’s experiences and resources available through CTCA.

Caregivers serve as patient advocates. They take on the responsibility for managing the schedule of the patient and family (e.g. grocery shopping, transportation/carpool); managing medical insurance claims; providing transportation for the patient and family; offering legal assistance (e.g. property/residence concerns, living will, patient wishes); serving as financial manager (e.g. budget); helping with housekeeping; coordinating prescribed medications through administration, safekeeping, submitting and picking up; reporting suspicious activities; communicating with all family members; deciding if the treatment(s) prescribed are working, and presenting alternatives/modifications.

Caregivers experience substantial stress through their patient advocate roles, but the stress becomes greater when the caregiver begins to neglect the needs of their personal life. CTCA asks their caregivers to support one another and to identify signs of stress by paying attention to caregiver’s nonverbal communication e.g. crying without wanting to be noticed, flat affect (signs of stress/depression/anxiety), distant or hovering, pacing (sign of nervousness), sighing, body language (arms crossed, rolling eyes).

CTCA offers and reminds their caregivers that they are not alone during stressful times by making numerous resources available. CTCA offers pastoral care, providing both emotional and spiritual support. Another resource is the use of support groups, primarily made up of cancer survivors, where caregivers are able to communicate troubles and learn from other’s experiences. Lastly, two self-help books are available to help caregivers express their feelings and find ways to successfully address concerns—Strength for Helping Hearts by Shelly Beach and Developing Resilience While Caregiving Under Stress by Rev. Robin Childs.

To receive additional information on how to support caregivers please visit: http://www.cancercenter.com/community/caregivers/

To listen to the complete webinar please visit: http://www.nahhnet.org/NAHNWebinars.html

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News From Our Corporate Partners
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Specialized Nutrition Supplement Improves Nutrition Outcomes in Patients with Disease Associated Malnutrition

by Kelly Strausbaugh, MS, RN, Research Scientist, Global Scientific Affairs, Abbott Nutrition; Kelly.strausbaugh@abbott.com

Diseases Associated Malnutrition (DAM) is a growing problem in the United States. This condition occurs across all care settings with an incidence of approximately 13 to 50 percent, with highest rates occurring in the hospital settings and lower rates in outpatient settings. (Coats, Morgan, Bartolucci, & Weinsier, 1993; Giner, Laviano, Meguid, & Gleason, 1996; Guigoz, Lauque, & Vellas, 2002; Somanchi, Tao, & Mullin, 2011; Thomas et al., 2002) DAM is a serious concern because it is associated with a number of adverse clinical outcomes, which can negatively impact recovery. Historically DAM has not been identified as a condition that poses a threat to a patient’s safety. However, in a recent article on malnutrition, the leadership of the American Society of Parenteral and Enteral Nutrition (ASPEN) stated “Although disease related malnutrition has generally not been treated as a “patient safety issue, the impact and scope of the condition argues for its importance as a safety concern.” (Gunter et al., 2015) In addition, the 2015 Leapfrog Hospital Survey, the only standardized and endorsed set of measures that captures hospital performance in patient safety, quality and resource utilization, added malnutrition as one of five patient safety risk areas that should be monitored. (“2015 Leapfrog Hospital Survey”)

While it is unlikely that DAM will ever be completely eliminated, the incidence could be significantly reduced. Many of the adverse outcomes associated with DAM are potentially preventable by treating the underlying malnutrition. (Tappenden et al., 2013) Several interventions have proven to be effective in identifying, preventing and/or treating DAM, including nutrition assessment, screening, and intervention. Patients unable to meet their nutritional needs through diet alone may also benefit from nutritional supplements. Numerous studies have demonstrated that oral nutritional supplements (ONS) may reduce complications, mortality and hospital readmissions in malnourished patients. (Dernling, 2009; Stratton et al., 2005)

The recently published NOURISH (Nutrition Effect On Unplanned Readmissions and Survival in Hospitalized Patients) clinical trial, was conducted in the United States between May 2012 and October 2014. (Deutz et al., 2016) This Abbott-sponsored study was a prospective, randomized, double-blind, placebo controlled trial that compared the effects of a specialized nutrition supplement with high protein (20 grams), ß-hydroxy ß-methylbutyrate (HMB)* and vitamin D to a placebo supplement, on the composite endpoint of hospital readmissions or death 90 days after hospital discharge. Participants in the NOURISH study included 652 malnourished adults who were 65 years of age or older, admitted to the hospital with a primary diagnosis of congestive heart failure (CHF), acute myocardial infarction (AMI), pneumonia or chronic obstructive pulmonary disease (COPD).

Study Results

- Those who received the specialized nutrition supplement were associated with a significantly lower (50 percent) mortality rate.
- The two groups had similar rates of hospital readmissions
  - Significantly improved nutritional status in the specialized supplement group
  - Significantly increased body weight at 30 days in the specialized supplement group
  - Consistently higher weight in specialty supplement group at 60 and 90 days
  - Significantly higher Serum levels of 25-hydroxy vitamin D in the specialized supplement group at 30 and 60 days
  - Continued improvement in serum levels of 25-hydroxy vitamin D in the specialized supplement group at 90 days

The NOURISH study demonstrates the positive effect that specialized nutrition supplements can have on improving clinical outcomes in malnourished patients with chronic disease. The nutrients and nutrient levels (e.g. protein, HMB and vitamin D) found in the specialized ONS used in this study are all important components for helping repair and rebuild muscle, and aiding recovery from hospitalization and illness. Ensure® Enlive®, the specialized nutrition supplement evaluated in this study is commercially available.

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Kelly Strausbaugh is a Registered Nurse and Research Scientist in the Global Scientific Affairs group at Abbott Nutrition. She provides global medical, clinical and scientific support to adult medical nutrition therapies, with a focus on acute care nutrition and tube feeding. Kelly is a member of Sigma Theta Tau, Honor Society of Nursing.

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Committing to Quitting: Tobacco Cessation Initiatives in Convenient Care

by Kristene Diggins, DNP, FAANP, CNE, NEA, Corporate Senior Educator, MinuteClinic/CVS Health; Kristene.Diggins@cvshhealth.com

At CVS Health, we remain committed to helping people lead tobacco-free lives, as part of our company’s larger purpose to help people on their path to better health. Tobacco is the leading cause of preventable illness and death in the United States (National Cancer Institute, National Institute of Health, 2012), with smokers who do not quit by the age of 35 having a 50% chance of dying from tobacco-related disease. This is a problem specifically for Latino Americans specifically, as tobacco cessation is less successful for Hispanic adolescents (Gandhi, & et.al, 2009). The use of menthol in cigarettes has been found to make it easier to start smoking and harder to quit smoking (CDC, 2016). The opportunity to address these alarming trends rests with overcoming patient barriers to seek out effective smoking cessation counseling and treatment that is long lasting to our patients and their families. In fact, nearly 70% of smokers report a desire to quit smoking, and yet fewer than half report being able to quit.

At CVS Health’s MinuteClinic—a network of 1,135 walk-in care facilities—our providers have worked diligently to encourage and promote smoking cessation in our communities, recognizing that advice from a healthcare provider increases quit attempts and use of effective medication treatment—leading to double or triple the rate of smoking cessation (Cahill, 2014). This type of evidence motivates our MinuteClinic providers and collective group practice to assess and identify each and every patient with tobacco abuse, regardless of their presenting complaint at the time of visit.

MinuteClinic providers actively practice to promote smoking cessation counseling and/or treatment in all patients that present with a reported history of tobacco abuse. Under-

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standing that the risk of tobacco abuse is greater with Hispanics than the general population (National Determinants, 2015), our focus is to support, counsel, and educate patients and their families about the increased risks related to tobacco abuse that directly impacts the Latino population. That has led CVS Health to partner with the National Council of La Raza this year to develop smoking cessation programs designed specifically for the Hispanic community, as part of the company’s $50 million Be The First initiative to help deliver the nation’s first tobacco-free generation. While our approach is evidence based care, our MinuteClinic providers attempt to deliver options that are cost effective and sustainable for all patients. For example, our providers often suggest an approach which focuses on Nicotine Replacement Therapy (NRT). NRT can help manage withdrawal symptoms, such as cravings and irritability, which tobacco users experience when quitting. Patients and their families are counseled and advised on these symptoms well ahead of time before the patient attempts to quit smoking. It is extremely important for patients to be informed on the process, experience, and expectations that occur with smoking cessation. This information provides the pathway for sustainable smoking cessation at the time of patient interaction.

Each patient’s story is unique, and understanding the specific risks and needs of patients in vulnerable categories is even more important for our MinuteClinic providers. This is a key factor in why we integrate these facts in our evidence based guideline approach to care, giving each and every provider the evidence to promote health and provide options for patients that will truly diminish their risks for smoking-related diseases; such as cancers, cerebrovascular disease, cardiovascular disease, dental disease, and respiratory diseases. We have many stories of patients’ journey to smoking cessation, which involves an approach to families and patients that integrates all aspects of care. At MinuteClinic, we see the value of focusing on the family’s needs together with the patient, ensuring that the patient and family work together towards smoking cessation goals. A goal of smoking cessation is a collective family endeavor, and Convenient Care allows us to involve the family in each and every visit, due to the very walk in nature of the visits. This is truly the advantage MinuteClinic providers have in the convenience of retail stores and clinics, as families and support caregivers work together to help the patient set and focus on specific goals and needs. This is especially essential when we consider the value of assessing and recognizing Latino families who may be high risk or may not have awareness of the many smoking-related risk factors or have availability to key resources to promote and achieve successful smoking cessation in the community.

Everyday MinuteClinic providers are following the guidance of the American Cancer Society and National Cancer Institute to promote smoking cessation options to patients in our communities. With the awareness of smoking-related statistics in the Hispanic community, MinuteClinic patients successfully benefit from having our providers as a valuable resource for support and smoking cessation counseling, and CVS Health continues to address the number one public health epidemic in the United States: tobacco abuse.

For information about how you can become a member of CVS Health’s MinuteClinic or Specialty nursing teams, visit http://jobs.cvshealth.com/NAHN. We look forward to seeing you at the NAHN Conference July 12-15 in Chicago!

**References**


**NAHN Members in the News**

degrees within the last 12 years and have made significant contributions to society through their professional or philanthropic work. She received the award at the 39th Annual Holyoke Distinguished Alumni Awards Dinner on June 7, Amador, who graduated from Holyoke in 2005, is a registered nurse at Baystate Wing and Hartford hospitals and founder of the Western Massachusetts Chapter of NAHN. The award was presented by Dawn Bryden, Holyoke Community College Alumni Association President and Trudy Monson, First Vice President. (Photo by Ed Cohen)
bers performed blood pressure screenings, assisted with hands-only CPR instruction, and handed out healthy heart information using American Heart Association materials.

**Muevete USA Program**

On June 10, the Illinois Chapter conducted a Muevete USA program at Aspira Haugan Middle School. Nancy Garcia, who leads the Muevete program for the chapter, organizes and delegates all of the responsibilities for the lesson plans, which cover healthy eating, exercise and other topics.

**Northeastern Pennsylvania Chapter**

**Chapter Holds Inaugural Meeting**

The Northeastern Pennsylvania Chapter held its first official chapter meeting June 16 at Sacred Heart Hospital in Allentown, PA. Participants held a meet and greet session and made plans for the chapter’s first Wellness Expo. The Expo will be held August 14 at Franklin Park in Allentown from 3 until 6 p.m. Sacred Heart Hospital will serve as a partner and will provide physicians, dental interns and CMS.

Chapter participates in Dr. Dorothy I. Height Tea Event with State Rep. Rosemary Brown

The Northeastern Pennsylvania Chapter was among a number of organizations hosting the Second Annual Dr. Dorothy I. Height Tea event on March 19, featuring Pennsylvania State Representative Rosemary Brown. NEPA Founding President Daisy Perez was also a speaker at the event and addressed health care disparities.

**New York Chapter**

**New York Chapter Marches in Gay Pride Parade**

The New York Chapter hosted a delegation of members at the Gay Pride Parade in New York City on June 26. The Latino Pride Center of the Bronx and the Queens Pride House staff issue the following thank-you note:

“I wanted to take the time out to thank all those who attended and worked hard to make (the march) possible. It was truly meaningful to come together as an agency and be joined by so many participants, volunteers, and members of other community organizations. Standing in solidarity with millions of others for the Victims of the Orlando Tragedy and in remembrance of other countless causes that we have lost our community members to was a reminder of why we do the work we do.”

**NAHN DC Chapter**

**NAHN DC Chapter Celebrates Nurses Day at the Ballpark**

Members of NAHN DC attended a National Nurses Day at the Nationals Ballpark on May 10 to celebrate Nurses Week. The franchise donated $8 of every ticket sold to the MD/VA/DC Nursing Scholarship Program. Those who attended are: Daniel Wittenberg, Fernando Gómez, and Diego Suarez with AHRPM; Sarah Roque, president; Maribel Torres, member and Isolina Pistolesi, vice president.