



Monthly Membership Newsletter

2023/2



**NATIONAL BLACK
NURSE PRACTITIONER
ASSOCIATION**

Prepared By
Bryttany Chambers FNP-C
NBNPA Vice President

A professional headshot of Dr. Allyssa Harris, a Black woman with long, wavy brown hair, smiling. She is wearing a black blazer over a white top. The background is a neutral, light gray.

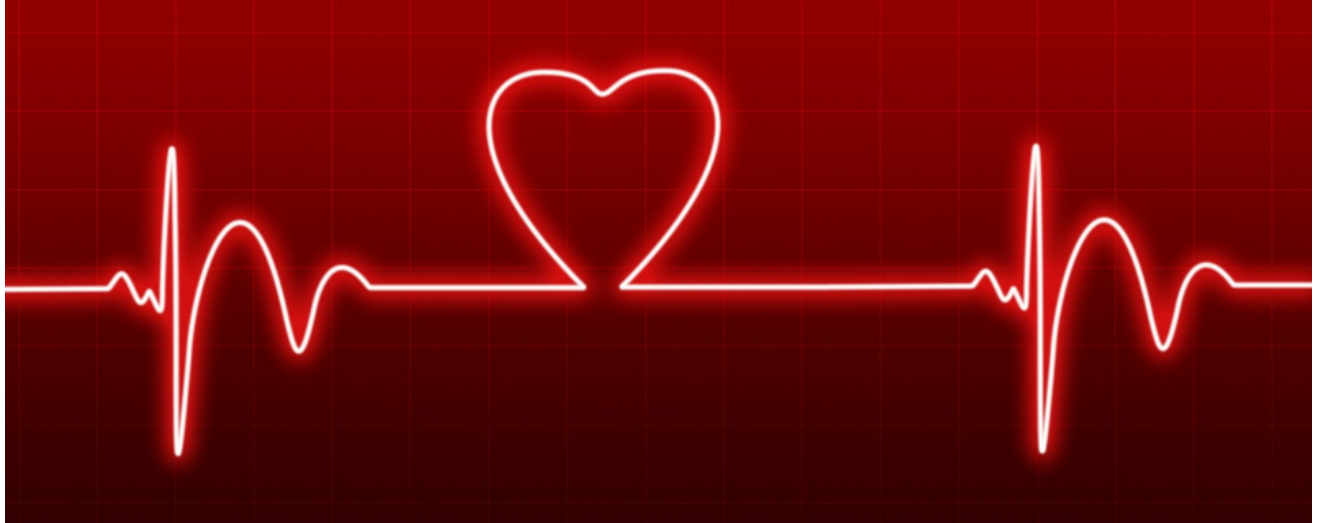
The Nurse Practice Corner 02

The National Black Nurse Practitioner Association would like to highlight the contributions of nurse practitioners not only during Nurse Practitioner Week but throughout the year.

Our first nurse practitioner is **Nurse Scientist Dr. Allyssa Harris RN, PhD, WHNP BC**. Dr. Harris obtained her doctorate, masters and bachelor's of science in nursing from the William F. Connell School of Nursing, Boston College. At the Connell School of nursing, she served as the Nursing Department Chair, Program Director and Associate Professor. She is presently serving as the Dean of Nurses at the renown Prairie View A and M University College of Nursing.

Her contributions to nursing expand for 30 years including serving as the Director of Operations at Roxbury Comprehensive Health Center and has served as the principal and co-investigator for over 15 funded research and scholarly projects. In addition, Dr. Harris is published, has presented in several scholarly presentations both nationally and internationally and has served as a contributor to several textbooks. She currently serves as the Secretary elect, Executive Board of Directors, Nurse Practitioners in Women's Health Association (NPWH) 2022, President elect, Texas Organization of Baccalaureate and Graduate Nursing Education (TOBGNE) and a Member, Board of Trustees, HCA Houston Medical Center, Houston, TX just to name a few. In December 2022, Dr. Harris received the National Black Nurse Practitioner President's Award for all of her contributions as an advance practice nurse.

Please help us celebrate Dr. Alyssa Harris.



Education information for patients and providers:

According to the CDC, heart disease is the leading cause of for women in the United States, killing 301,280 women in 2019—or about 1 in every 5 female deaths. ² For Hispanic and non-Hispanic Asian women, heart disease is second only to cancer as a cause of death. ³

It is known as a silent killer:

Heart attack: –Chest pain or discomfort, upper back or neck pain, indigestion, heartburn

Arrhythmia: (fluttering feelings in the chest (palpitations))

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck pain

What can you do to for Heart Health?

- Manage your stress.
- Exercise 4-5 times per week.
- Drink water.
- Know your numbers.
- Blood pressure 120/80 optimal goal
- Total Cholesterol less than 200
- LDL (bad cholesterol less than 70)
- HDL (good cholesterol greater than 50 depending on age)
- Stop smoking/ vaping.
- Decrease the Alcohol intake.

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February Meeting

**Please Join Us
for our February 23rd Meeting
at Federal American Grill**



**Heart Failure Presented by:
Dr. Salazar**

**Federal American Grill
27700 Interstate 45 N,
Oak Ridge North, TX 77385
(The Woodlands)**

Check nbnpa.enpnetwork.com for Registration.

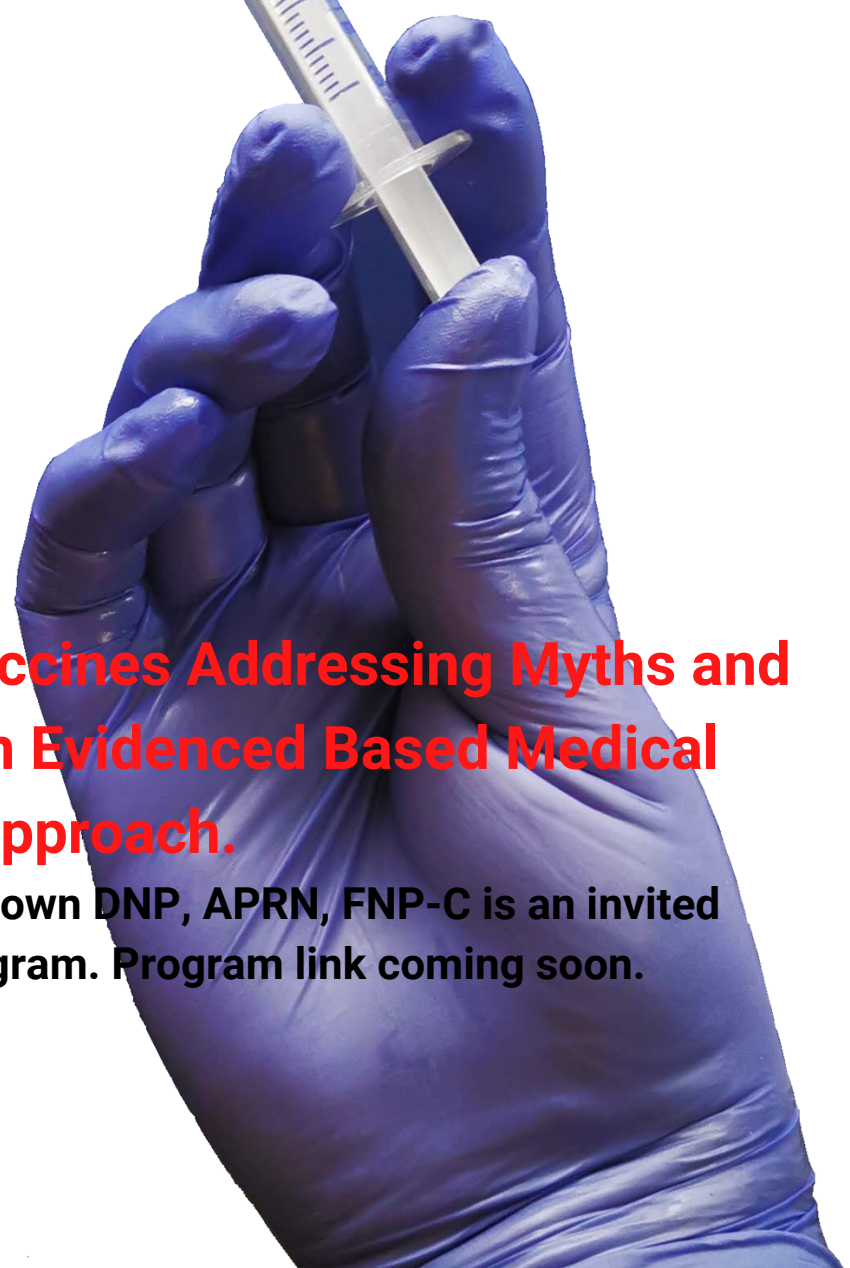
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Moderna Presentation

Please join us
February 23, 2023 at 7 pm for a
Moderna Sponsored Presentation:

**COVID-19 Bivalent Vaccines Addressing Myths and
Misconceptions: An Evidenced Based Medical
Approach.**

Our member, Stephanie Brown DNP, APRN, FNP-C is an invited contributor to this program. Program link coming soon.



Save the Date

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April 15th



NBNPA, in collaboration with The National African American Male Wellness Walk (NAAMWW) will be hosting its inaugural African American Wellness 5K Walk, 7am to noon in Houston TX.

NBNPA is asking for all Advanced Practice Providers to volunteer 2 hours as a medical screener and educator. This event welcomes the whole family.

<https://form.jotform.com/tracee357/Screening-participation-NAAMWW>

***Please indicate "NBNPA" under the vendor company and "Medical Screener" under description**

Questions, contact Dr. Stephanie Brown-Elder at
Dr.byhealthcare@outlook.com

Save the Date

07

NBNPRA

Annual Education Conference 2023



April 21-22

Conference Kickoff

Friday, 4/21/23

Open to all RNs, NPs and CRNA's

Promote your Buisness

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**Are you ready to take you or your company to
the next level? Promote your Business by
becoming a
Educational Conference Sponsor.**

By sponsoring the conference, you not only promote your brand or company, but you also show your support for graduate education among African American Nurses. Help advertise your company by supporting our 2023 conference.

Go to the link below to review the different sponsorship packages available.

https://s3.amazonaws.com/enp-network-assets/production/files/20226/original/2022_Scholarship_Sponsorship_Packet_revised.pdf?1663733004



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Help Wanted

The Education Committee will begin virtual meetings to plan the 2023 Education Conference.



If you are interested in assisting with the planning of the next conference, please email NBNPAS@gmail.com with your contact information,

Subject line: 2023 Education Conference.

Everyone has something to offer!

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Membership and it's Privileges



Join NBNPA Today!

The benefits of becoming a paid member of NBNPA includes:

Full access to NBNPA website

Professional networking opportunities

\$10 discount on AANP individual full membership dues

Legislative updates

Continuing education opportunities

Clinical/professional practice updates

Attend free monthly sponsored meetings in Houston surrounding areas

**A fee of \$20.00/ per person for non-members (you will be allowed to attend
ONLY one meeting)**

**** Membership is non refundable**

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PAC Updates



NBNPA supports legislation that would lift barriers that prevent Nurse Practitioners (NP) from practicing to the full scope of their education and licensure. There are several organizations and institutions who are adept in understanding that advance practice registered nurses (APRN's) contributions to medical care improve timely delivery of healthcare, thus increasing access to our most vulnerable populations. Currently, NP's practice independently in 26 states and in Washington DC.

Please review your state's current legislation and contact your state legislatures to inform them of the importance of allowing NP's to practice to the fullest scope of their education and clinical training.

See the link below to view a recent article of support:

<https://www.mcknights.com/news/clinical-news/nurses-back-new-legislation-that-would-lift-restrictions-on-aprns-scope-of-practice/>