



# NORCALNNA

Northern California Nigerian Nurses Association

The newsletter of the Communications Committee of NorCalNNA

## From the Desk of the President

by Dr. Agatha Ekeh, EdD, RN

### COVID19 and Health Stigma

Leprosy, Tuberculosis (TB), Human Immunodeficiency Virus (HIV) / Acquired Immune Deficiency Syndrome (AIDs), Cancer (CA), Epilepsy, Mental health disorders to mention a few are all conditions that affect many people and those affected have at one time or the other suffered some form of being feared, isolated, or talked about-Stigmatized, (Stangl et. al., 2019). As noted by Nyblade et. al., (2019), people who suffer stigmatization as a result of being affected by a disease also suffer "labeling, stereotyping, separation, status loss, discrimination", (p.2).

The Novel COVID19 is yet another new disease that the world is trying to understand and cure. Much as the world has talked about the possible treatments, there is still no cure. Many people are confused, millions have been affected and hundreds of thousands have died. Many of those who have been affected, especially health care workers may be afraid to acknowledge the condition for fear of being stigmatized, and as a result are severely impacted in many ways including death.

So many diseases when they were newly affecting humans caused the victims to become isolated and as a result did not seek care and eventually died. This behavior is not unfounded. As noted by Nyblade et. al. (2019) stigma as a result of being affected by certain diseases lead to barriers to seeking care.

Many health care workers including Nurses are at the frontline managing the health of infected patients and are exposed to possible contamination. We pray that many of the health care workers at the frontline will not be afraid to seek assistance if impacted during this COVID19 Pandemic. Please use our various sources of information to be informed. We also have Support Hotline for our Nurses and any other Nurses in the community who could benefit from our support. Stay Safe.

#### REFERENCE LIST

Nyblade, L., Stockton, M.A., Giger, K. et al. Stigma in health facilities: why it matters and how we can change it. BMC Med 17, 25 (2019). <https://doi.org/10.1186/s12916-019-1256-2> <https://rdcu.be/b3Hi3>

Stangl, A.L., Earnshaw, V.A., Logie, C.H. et al. The Health Stigma and Discrimination Framework: a global, crosscutting framework to inform research, intervention development, and policy on health-related stigmas. BMC Med 17, 31 (2019). <https://doi.org/10.1186/s12916-019-1271-3>

## NEXT EVENT

### Chapter Meeting

June 20, 2020 | 10am-12pm

Location TBD (Please stay tuned!)

## NEWS



### NorCalNNA (Local) COVID-19 Support Line

Every Saturday

10am - 10:30AM Pacific Time

515-604-9827 | Code: 680370

### NANNNA (National) COVID-19 Support Lines

#### • Support Hotline

Mon - Fri 7pm to 8pm Eastern Time

319-527-3511 | Code 345066#

#### • Prayer Support Hotline

Saturdays 10am Eastern Time

319-527-3511 | Code 345066#

*Due to the COVID-19 pandemic and social distancing measures, our chapter held TCON meetings for March and April.*

## CURRENT PRACTICE

## SELF-CARE

(see page 6)

### COVID-19 articles relevant to nurses

(see page 2)  
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**ALL MEMBERS** are encouraged to **send information for publication.**

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## Supporting Each Other

by Kosoluchi Ibe, MBA, BSN, RN

Globally, as of April 2020 there are nearly **2,724,809** confirmed cases and almost **187,847** deaths (WHO, 2020). As the number of COVID-19 cases has increased exponentially, health care workers continue to make enormous sacrifices. NANNNA is offering support to nurses in many ways. Notably, NANNNA is holding a daily support line where nurses can call in to discuss their experiences on the frontlines (the number is in the column to the right). We are here for one another and together, we will get through this.

**CURRENT  
PRACTICE**

**SELF-CARE**  
(see page 6)

COVID-19 articles relevant to nurses



**ALL MEMBERS** are encouraged to **send information for publication.**



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**Northern California Nigerian Nurses Association**



**@norcalnigeriannurses**

*We must be learning all of our lives.  
-Florence Nightingale*

## COVID-19 Resources for Nurses

# CURRENT PRACTICE

Click links to read articles relevant to COVID-19 and nursing practice

### **PROCEDURE MANUAL: COVID-19 RESOURCES**

American Association of Critical Care Nurses. procedure manual: Covid-19 resources. (April 2020). Retrieved from:  
<https://www.aacn.org/newsroom/procedure-manual-covid-19-resources>

### **USE OF FACE MASKS BROUGHT FROM HOME**

The Joint Commission. (2020, April 1). Joint Commission Statement on Use of Face Masks Brought From Home. Retrieved from  
[https://www.jointcommission.org/-/media/tjc/documents/resources/patient-safety-topics/infection-prevention-and-hai/covid19/public\\_statement\\_on\\_masks\\_from\\_home.pdf](https://www.jointcommission.org/-/media/tjc/documents/resources/patient-safety-topics/infection-prevention-and-hai/covid19/public_statement_on_masks_from_home.pdf)

### **CHARACTERISTICS OF HEALTH CARE PERSONNEL WITH COVID-19 IN USE**

Characteristics of Health Care Personnel with COVID-19 — United States, February 12–April 9, 2020. MMWR Morb Mortal Wkly Rep 2020;69:477–481.  
DOI: <http://dx.doi.org/10.15585/mmwr.mm6915e6>

### **COVID 19 RESOURCES & CE**

COVID-19 Resources and Continuing Education/Professional Development Opportunities Updated March 30, 2020.  
[https://s3.amazonaws.com/nursing-network/production/files/93307/original/2020\\_COVID-19\\_Resource\\_and\\_CE\\_List.pdf.pdf?1586219377](https://s3.amazonaws.com/nursing-network/production/files/93307/original/2020_COVID-19_Resource_and_CE_List.pdf.pdf?1586219377)

### **TRANSMISSION OF COVID-19 TO HEALTH CARE PERSONNEL DURING EXPOSURES TO A HOSPITALIZED PATIENT**

Heinzerling A, Stuckey MJ, Scheuer T, et al. Transmission of COVID-19 to Health Care Personnel During Exposures to a Hospitalized Patient — Solano County, California, February 2020. MMWR Morb Mortal Wkly Rep 2020;69:472–476.  
DOI: <http://dx.doi.org/10.15585/mmwr.mm6915e5>

### **IMPLEMENTING SAFETY PRACTICES FOR CRITICAL INFRASTRUCTURE WORKERS WHO MAY HAVE HAD EXPOSURE TO A PERSON WITH SUSPECTED OR CONFIRMED COVID-19**

[Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19](#)

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## COVID-19 Resources for Nurses

# CURRENT PRACTICE

Click links to read articles relevant to COVID-19 and nursing practice

### **WHAT TO DO IF YOU FEEL SICK**

North Carolina Department of Health and Human Services. (2020, March 23). What to do if you feel sick . Retrieved from <https://files.nc.gov/ncdhhs/documents/files/covid-19/C19-PatientGuidance-3.23.20-FINAL-003-.pdf>

### **VIDEO: HOW TO OBTAIN A NASOPHARYNGEAL SWAB SPECIMEN**

F.M. Marty, K. Chen, and K.A. Verrill. (2020, April 17). How to Obtain a Nasopharyngeal Swab Specimen. Retrieved from <https://www.nejm.org/doi/full/10.1056/NEJMcm2010260?query=RP>

### **CLINICAL CHARACTERISTICS OF COVID-19 IN NEW YORK CITY**

P. Goyal et al. (2020, April 17). .Clinical Characteristics of Covid-19 in New York City. Retrieved from: <https://www.nejm.org/doi/full/10.1056/NEJMc2009020?query=RP>

### **GUILLAIN-BARRÉ SYNDROME ASSOCIATED WITH SARS-COV-2**

G. Toscano et al. (2020, April 17). Guillain-Barré Syndrome Associated with SARS-CoV-2. Retrieved from: <https://www.nejm.org/doi/full/10.1056/NEJMc2009191?query=RP>

### **CLINICAL CHARACTERISTICS OF PREGNANT WOMEN WITH COVID-19 IN WUHAN, CHINA**

L. Chen et al. (2020, April 17). Clinical Characteristics of Pregnant Women with Covid-19 in Wuhan, China. Retrieved from: <https://www.nejm.org/doi/full/10.1056/NEJMc2009226?query=RP>


### **COVID-19 NOTES: IN PURSUIT OF PPE**

A.W. Artenstein. (2020, April 17). Covid-19 Notes: In Pursuit of PPE. Retrieved from: <https://www.nejm.org/doi/full/10.1056/NEJMc2010025?query=RP>



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## COVID-19 Resources for Nurses

# CURRENT PRACTICE

Click links to read articles relevant to COVID-19 and nursing practice

### **THE UNTOLD TOLL — THE PANDEMIC'S EFFECTS ON PATIENTS WITHOUT COVID- 19**

L. Rosenbaum. (2020, April 17). The Untold Toll — The Pandemic's Effects on Patients without Covid-19. Retrieved from:  
<https://www.nejm.org/doi/full/10.1056/NEJMms2009984?query=RP>

### **AFRICA IN THE PATH OF COVID-19**

W.M. El-Sadr and J. Justman. (2020, April 17). Africa in the Path of Covid-19. Retrieved from:  
<https://www.nejm.org/doi/full/10.1056/NEJMp2008193?query=RP>

### **COVID-19 AND THE NEED FOR HEALTH CARE REFORM**

J.S. King. (2020, April 17). Covid-19 and the Need for Health Care Reform. Retrieved from:  
<https://www.nejm.org/doi/full/10.1056/NEJMp2000821?query=RP>

### **COVID-19 AND IMMUNITY IN AGING POPULATIONS — A NEW RESEARCH AGENDA**

W.C. Koff and M.A. Williams. (2020, April 17). Covid-19 and Immunity in Aging Populations — A New Research Agenda. Retrieved from:  
<https://www.nejm.org/doi/full/10.1056/NEJMp2006761?query=RP>

### **PREPARE YOUR PRACTICE FOR COVID-19**

Prepare your practice for COVID-19. March 31, 2020. CDC. Retrieved from:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/preparedness-resources.html>

### **MENTAL HEALTH AND THE COVID-19 PANDEMIC**

Betty Pfefferbaum, M.D., J.D., and Carol S. North, M.D., M.P.E.. (2020, April 13). Mental Health and the Covid-19 Pandemic. Retrieved from:  
<https://www.nejm.org/doi/full/10.1056/NEJMp2008017>

*Take care of yourself first. You can't pour from an empty cup.  
-Unknown*

# SELF-CARE

Click links to read articles on taking care of  
yourself & others during COVID-19 pandemic

Staying  
healthy &  
well in light  
of COVID-19

## Self-Care

American  
Psychological  
Association:

Self-Care Advice

Indiana State  
Nurses  
Association:

Self-Care for  
Nurses

Featuring  
NANNNA's very  
own!

## Stress, Anxiety & Grief

American  
Psychological  
Association:

Resources for  
Stress, Anxiety  
and Grief

Centers for  
Disease Control  
and Prevention:

Stress and Coping

## Meditation & Exercise

American Council  
on Exercise:

Free Exercise  
Library

Headspace:

Free access to  
Meditation

# IN MY OPINION

**NorCalNNA Members share their opinions**

## **COVID-19: The 2020 Nightmare**

**By: Angela Ikeme, BSN, RN**

**Chair of Education & Mentorship Committee**

Before 2020 year, many of us travel and return back to work and there after, activities of life go on as usual. The world was ushered into 2020 with an unusual virus that presented with flu like symptoms in January 2020. Little did we know that it would become a pandemic-a global nightmare. The virus was officially named the Novel Coronavirus also known as COVID19 and, has unfortunately become a household name.

COVID19 has caused a nightmare that the global community is trying to wake up from. The world Health Organization (WHO) and the United States Public health departments were called to action to facilitate arresting of the effects of the virus through screening, quarantining of suspected victims. As the COVID-19 continues to spread like a wildfire, countries with advanced health care system started putting systems in place to educate their citizens, minimize the spread of the virus and limit the health, social, financial and political impact of the virus.

Many countries ramped up public education on hand hygiene, shelter-in-place, social distancing and supplying personal protective equipment (PPEs) to their health care workers and citizens. Health care workers were supplied with and educated on proper use personal protective equipment (PPEs) to protect them from COVID-19 infection. These measures seemed to have helped to decrease the spread of the virus and flattened the rate of infection in the counties that adhered to them.

Many countries including African nations are working to provide education for the public to enhance adherence to the concept of shelter-in-place and social distancing guidelines. Nigerian government has announced mitigation measures such as closing of schools, markets, churches, large gatherings, and some states have closed their borders. It remains a challenge to implement and adhere to the guidelines in Nigeria. *(continued on next page)*



**COVID-19: The 2020 Nightmare (*continued from page 7*)**

Some factors that may hamper the implementation of and adherence to these guidelines include lack of awareness, poverty, people living in very crowded unsanitary conditions, and fear of food scarcity. The big cities in Nigeria like in other countries are overcrowded. The health centers are not advanced and are in poor sanitary conditions, they are understaffed, limited PPEs, while rural communities have poor roads, unreliable overcrowded public transportation system (El-Sadr & Justman, 2020).

In Nigeria, there seems to be fear that people will die of hunger and starvation than from the effects of the virus, especially in the rural communities. Majority of Nigerians are vulnerable and poor; hence, their survival depends on the informal economy from selling and buying at daily markets. With the closure of state borders and markets, this puts strain on their livelihood and survival. There seems to be shortage of food supplies as a result of people huddling food items or food supplies and food items not getting to people in the rural communities.

Lack of advanced functional health care facilities with required care resources, overcrowding, and scarcity of Personal Protective Equipment (PPE) could pose hardship (El-Sadr & Justman, 2020). Though the spread of COVID19 seems slow in Nigeria, people living in Nigeria may be at high risk due to lack of preparation on how to manage a pandemic of this magnitude.

Epidemic or pandemic knows no boundary. The people in Nigeria need our support and assistance in providing educational resources on prevention and safety habits to minimize spread of the virus. Caregivers and health care centers will benefit from supply of PPEs and other essential equipment to provide safe care. Education on how to utilize available resources will support effective use of resources. Looking ahead how can we use our knowledge of functional care guidelines and processes to support our colleagues, families, friends and our communities in Nigeria?

Technology has made it possible to communicate and work with colleagues and leaders in Nigeria to ensure that COVID-19 do not impact our communities in Nigeria as it has in other parts of the world. So many Nigerian health care workers and philanthropists in diaspora are using their skills, knowledge, resources, and financial resources to push for education of COVID-19 prevention in local communities in Nigeria. Reach out to your local community leaders here or in Nigeria and discuss ways to prevent this virus from reaching and ravaging your community. Join existing effort in your community, town or village to bring education and resources to the people. As the saying goes, the best defense is a good offense. Stay safe and participate in supporting the people.

**References**

El-Sadr, W.M. & Justman, J. (2020), *Africa in the Path of COVID-19*. *The New England Journal of Medicine*. DOI: 10.1056/NEJMp2008193

THANK  
YOU

for reading!



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