

SUMMER 2020

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Literary Contribution



Article by
Lovelyne Jean
Erhabor

MSN, BSN, FNP-BC, CCRN, PCCN

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President's Message
Lukmon Kalejaiye, MS, RN-BC, CNS

It's a very interesting time to be a nurse, with the challenges of the COVID-19 pandemic. Every aspect of our nursing practice has been challenged within the last six months. On March 11, 2020 the World Health Organization declared the COVID-19 as pandemic, follow by the declaration of a national public health emergency. Consequently, the state of New York was locked down to reduce the spread of this novel virus.

As at the end of June 2020, over twenty two thousand (22,755) deaths and over two hundred and forty four thousand (244, 000) confirm cases of COVID-19 are recorded in New York City. Our nurses had played a very crucial role in identifying people infected with coronavirus, and provided care to this population under unprecedented strenuous and dangerous working conditions. Our health care system was tested, and the lack of a functional public health system was exposed.

Kudos to all our great nurses that risked their lives and the health of their families going to the hospitals every day to work without proper protective equipment. Nurses were redeployed to areas outside their normal practice to support the overwhelming Intensive Care Units (ICU) and Medical surgical units without any cross training. Makeshift ICU spring up overnight to accommodate the increasing number of patients in need of ICU level of care. Ventilators became the most important devices in the treatment of COVID-19 patients and it very low in supplies. Despite all of these challenges, nurses rose above and beyond those challenges and provided exceptional quality and safe care when it mattered most. THANK YOU!!!

As we are reopening the city, we need to be very vigilant, because according to reports, the last pandemic in 1918 lasted over three years before normality returned. Places are opening because of the economy, but not because it is safe. We are witnessing the sudden increase in the number of COVID-19 cases from states that opened too soon, and those that disregarded the evidenced methods of reducing the spread of COVID-19: Wearing mask, keeping social distance, and washing hands. Let be very vigilant, don't lay down your guards. We should continue to educate the public about maintaining social distancing and continuing to wear PPE as needed. As a nurse, it is your right to be protected by your employer following strict infection control and OSHA rules. Let's SPEAK UP when the work area is not safe.

Despite the pandemic, let's remember that The World Health Organization (WHO) has designated 2020 as the Year of the Nurse and the Midwife (2020 YNM)! We are delighted about this designation, since it speaks to the professions we so proudly represent. It's the 200th anniversary of Florence Nightingale. We shall continue this celebration in a very different way, by honoring every nurses that survived COVID-19, and remembering those that we lost at the line of duty. We are planning a celebration in October or November that will honor every member. Please get your short biography ready.

Due to the pandemic and social isolation requirements, this year's annual meeting was held via video conference. I would like to thank every member that has participated in the various video conferences to support each other during this lockdown. Also, new NACLI officers were elected last month, and the number of members that participate in this election is very encouraging. The participation was the highest at this present time. Join me in welcoming all our elected officers. It's your volunteering that keeps this organization growing. We thank you all for your commitment to serve. Together we shall continue to make differences.

Lukmon F. Kalejaiye, MS, RN-BC, CNS-BC.
President – Nurses Association of Counties of Long island.

NACLI ELECTION RESULTS



President 2020 - 2022

Lukmon Kalejaiye , MS, RN-C,CNS

Directors at Large

Sarah Marshall, DNP, RN C, ICCE **2020 - 2022**

Pearline Okumakpeyi, DNS, RN **2020 - 2023**

Treasurer 2020 - 2022

Kimberly Velez, MSN, RN

Nominating Committee 2020 - 2022

Jessica Varghese, PhD, RN

Patricia Dillon, MA, RN

NACLI NEW BOARD 2020-2022



President

Lukmon Kalejaiye,
MSN, MS, RN-BC, CNS



Vice President

Gloria Qualles, RN



Secretary

Glennie Millard, BSN, RN



Treasurer

Kimberly Velez, MSN, RN



Director at Large

Deborah McMillan Coddington
MSN, RN



Director at Large

Pearline Okumakpeyi,
DNS, RN



Director at Large

Sarah Marshall
DNP, RN, C, ICCE



Director at Large

Lovelyne Jean
MSN, FNP-BC, CCRN, PCCN, RN-BC

Nominating Committee



Shirley Gotheiner BSN, RN,
Amma Massage Therapist



Lorraine Emeghebo
EdD, RN



Jessica Varghese
Phd, RN



Patricia M. Dillon
MA, RN



2020 NACLI AWARDS NIGHT

November 5, 2020

Calling All Our Great Front-Line Nurses

The year 2020 has been declared the “Year of Nurse and Midwife”. The Nurses Association of the Counties of Long Island (NACLI) is dedicating this year’s NACLI Awards Ceremony to honor all our front-line nurses who provided care during the COVID-19 Pandemic. We salute you and we want to recognize you.

You can self-nominate or nominate anyone that meets the following criteria for the NACLI Front-Line Nursing Awards:

- ✓ NACLI members in good standing
- ✓ Those nurses or student nurses who provided health care to patients or families with COVID-19 during the pandemic
- ✓ Those nurses or student nurses who worked in COVID-19 designated facilities during the pandemic

If you meet the above criteria or want to nominate someone who meets the criteria, please submit the following by September 30, 2020:

1. Nomination form
2. A personal essay (maximum of 150 words) sharing the nominee’s COVID-19 experience and how the nominee coped (Prefer the essay be written by the nominee, but will accept from nominator.)
3. A bio (maximum of 150 words) of the nominee with a quality professional picture suited for posting with the bio

NACLI Board of Directors

NOMINATION FORM

Please type/print all information requested including the nominee's signature of consent.
Members may self-nominate.

I nominate the following individual for the following Front-line Nursing Award:

Nominee's Name: _____.

Academic Degree: _____.

Address: _____.

City/State/Zip _____.

Employer: _____.

Position: _____.

Business Address: _____.

City/State/Zip _____.

Nomination Submitted By: _____.

Phone: (_____) _____.

Address: _____.

City/State/Zip _____.

Please attach the following: (Required)

1. Nomination form

2. A personal essay (**maximum of 150 words**) sharing the nominee's COVID-19 experience and how the nominee coped (**Prefer the essay be written by the nominee, but will accept from nominator.**)

3. A bio (**maximum of 150 words**) of the nominee with a quality professional picture suited for posting with the bio

Signature _____ . Date _____.

Nominee's Signature _____ . Date _____.

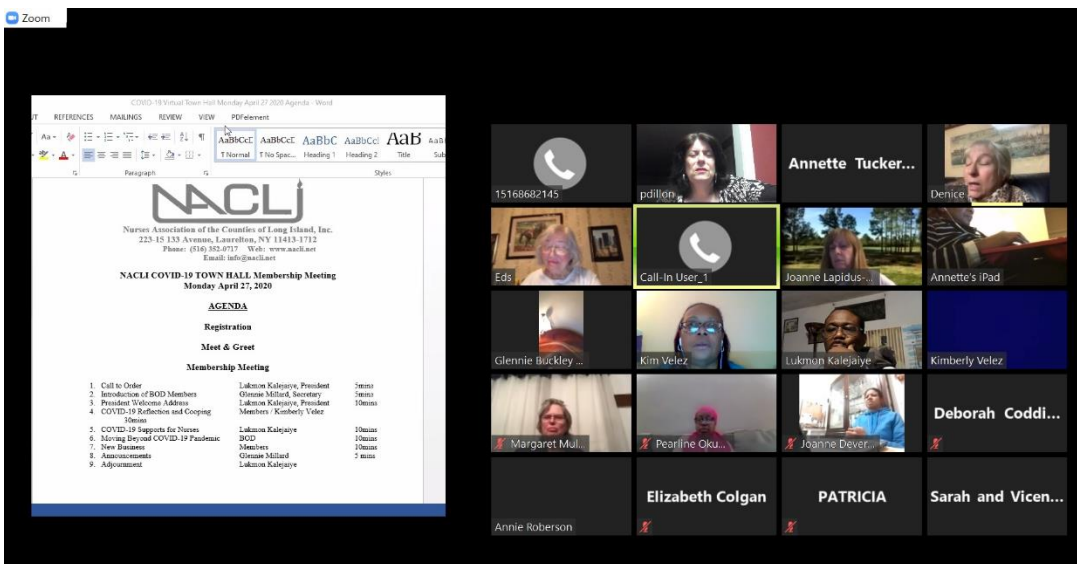
PLEASE eMAIL OR MAIL THIS FORM & SUPPORTING DOCUMENTS TO NACLI BY SEPTEMBER 30, 2020.

eMAIL: info@nacli.net POSTAL MAIL: NACLI, 223-15 133rd Avenue, Laurelton, NY 11413

NACLI in the Community

NACLI held a number of COVID-19 Town Hall Meetings in Spring and Summer 2020 to afford its members an outlet for verbalizing their feelings during this difficult pandemic and supplying various supportive resources as well.

NACLI COVID-19 TOWN HALL MEMBERSHIP MEETING – APRIL 27, 2020



NACLI COVID-19 TOWN HALL Membership Meeting Monday April 27, 2020

AGENDA

Registration

Meet & Greet

Membership Meeting

1. Call to Order	Lukmon Kalejaiye, President	5mins
2. Introduction of BOD Members	Gloria Millard, Secretary	5mins
3. President Welcome Address	Lukmon Kalejaiye, President	10mins
4. COVID-19 Reflection and Coping	Members - Kimberly Velez	10mins
5. COVID-19 Supports for Nurses	Lukmon Kalejaiye	10mins
6. Moving Beyond COVID-19 Pandemic	BOD	10mins
7. New Business	Members	10mins
8. Announcements	Gloria Millard	5 mins
9. Adjournment	Lukmon Kalejaiye	5 mins

NACLI TOWN HALL - "COPING WITH COVID-19 CHALLENGES" June 8, 2020



NACLI COPING WITH COVID-19 CHALLENGES VIRTUAL TOWN HALL Monday June 8, 2020 @ 7:30 pm

AGENDA

Registration

Meet & Greet

Membership Meeting

1. Call to Order	Lukmon Kalejaiye, President	5mins
2. Introduction of BOD Members	Gloria Millard, Secretary	5mins
3. President Welcome Address	Lukmon Kalejaiye, President	10mins
4. COPING WITH COVID-19 PANDEMIC CHALLENGES PRESENTATION	Dr. Kathleen Bratby, PhD, RN, Clinical Associate Professor, SUNY Downstate Health Science University, College of Nursing	30mins
5. Managing Financial Challenge Post Pandemic	Dr. Ednah Madu, PhD, FNP-C, RN, Assistant Professor, Adelphi University College of Nursing & Public Health	10mins
6. COVID-19 Reflection and Coping Q & A	Members - Kimberly Velez	30mins
7. Moving Beyond COVID-19 Pandemic	BOD	10mins
8. New Business	Members	10mins
9. Announcements	Gloria Millard	5 mins
10. Adjournment	Lukmon Kalejaiye	5 mins



BECOME A MEMBER TODAY!

The Nurses Association of the Counties of Long Island, Inc. (NACLI), founded in 1919, is a membership organization of Registered Nurses and Nursing Students who live and/or work in Kings, Queens or Nassau Counties. Fill out Membership Application below, either via the **NACLI** website at nagli.net or via **Postal Mail** to **NACLI, 223-15 133rd Avenue, Laurelton, NY 11413.**

- Learn new trends in Nursing
- Network with colleagues and other professionals
- Gain a voice in the profession & work with other nurses to determine the direction of our profession
- Receive the official NACLI newsletter, "Nursing News"
- * Keep abreast of changes in legislation and regulations
- * Have the opportunity to be recognized by your peers

Services & Programs:

NACLI's website (www.nagli.net) & newsletter "Nursing News" contains the most current information on Nursing, Health Care Issues, and announcements of upcoming programs and Membership news.

- Access to Continuing Education
- Awards and Recognition
- Advancing the Image of Nursing
- Legislative Programs
- Social Media: FACEBOOK & TWITTER NACLI sites
- SPAN – Statewide Peer Assistance for Nurses (<https://www.statewidepeerassistance.org/>)

COMMITTEES:

All members are invited to serve on a committee. Each unit establishes dates, times and locations of meetings:

Awards/Programs Committee- Develops categories and criteria for awards to be presented, and proposes continuing education topics and programs. Actively seeks recommendations from members to submit to the Board. This committee also plans and prepares the annual Awards Dinner & Journal.

Bylaws Committee -Reviews, evaluates, and prepares proposed amendments for approval by the Board of Directors for submission to the voting body. Reviews organizational units' rules to insure they are not in conflict with bylaws.

Editorial Task Force Committee -Coordinates the proof reading process for "Nursing News" and develops a theme for the newsletter where appropriate. Critiques each edition and makes suggestions on format and design for future issues.

Finance Committee -Prepares an annual budget. Reviews the financial status of the Association and advises the Board of Directors.

Membership Committee-Works steadfastly to increase the membership of NACLI with an emphasis on expanding participation. Develops new plan of action to communicate the Association's overall activities and programs. Assures that all members feel welcome.

Public Policy Committee -Studies and evaluates legislation and regulations relevant to nursing and the delivery of health care. Communicates with local, state, and national legislators. Informs and educates members on current Issues, political action skills and strategies.

Social Media Committee - Creation of social media accounts, engaging with the organization on social media platforms, promoting the social media accounts and inviting others to become involved (**Facebook and Twitter**).



NACLI Membership Application & Annual Dues

\$45 Retired (over age 65) ----- \$50 RN ----- 20 Generic Nursing Student

Name _____ Credentials _____

Address _____

City _____ State _____ Zip _____

Phone # (W) _____ (H) _____

** (please include) **E-mail** _____ RN LIC # _____

Employer _____ Address _____

City _____ State _____ Zip _____

Position/Title _____ Specialty _____

For Students: School of Nursing _____ Graduation Date: _____

Referred by: _____

Please mark the Committee you are interested in:

☐ Awards/Programs	☐ Finance	☐ Social Media
☐ Bylaws	☐ Membership	
☐ Editorial/Advisory	☐ Public Policy	

Please complete the application with email. The email will only be used for NACLI business:

a) Online and pay via PayPal on **NACLI** website: <http://www.naccli.net> or

b) Mail completed application & check payable to **NACLI**, 223-15 133rd Avenue, Laurelton, NY 11413

Thank you for Becoming a New Member and for those Renewing Memberships!



Nurses Association of the Counties of Long Island, Inc.

223-15 133 Avenue, Laurelton, NY 11413-1712

Web: www.nacli.net Phone: (516) 352-0717

Email: info@nacli.net

SCHOLARSHIP APPLICATION AND DEADLINE

A \$500 merit scholarship will be awarded by NACLI.

NACLI's Annual Scholarship

1. The purpose of this scholarship is to assist generic students pursuing career in the field of nursing, or a nurse who is pursuing an advanced degree.
2. The scholarship will be awarded in the fall and will be presented directly to the recipient.
3. A student, who has received the scholarship in previous years, may not reapply.
4. All applicants are considered, regardless of sex, race, color of skin, creed, national origin or sexual orientation.
5. The deadline for submission of applications will be **September 30, 2020** for awarding in year 2020.

Criteria in Selection of Recipients

1. Acceptance into or retention in an accredited* nursing program
2. Financial need
3. Cumulated College GPA of 2.5-4.0
4. Volunteer activity

SCHOLARSHIP ELIGIBILITY REQUIREMENTS:

1. Most recent College transcript
2. Proof of current enrollment (i.e. most recent Bursar's receipt, or letter from Registrar's office)
3. Two letters of Recommendation
4. Essay of 500 words or less to include **all** of the following:
 - a. Reason for choosing nursing as a profession or pursuing a higher degree in nursing.
 - b. Describe any pertinent information that would be helpful in accessing financial need.
 - c. Describe how your participation in a community service project benefited a group or an individual.
 - d. What contribution will you make to the nursing profession?

To apply:

- Email the completed application and all documents to [**info@nacli.net**](mailto:info@nacli.net)
- Subject line: "2020 NACLI Annual Scholarship – add your name"
- Application must be received by September 30, 2020

***Applicant should be prepared to provide proof of school accreditation, if requested.**

APPLICATION for NACLI SCHOLARSHIP

Applicant Information:

1. Name

Last: _____ First: _____ MI: _____

2. Address: _____

3. Telephone #: _____

4. Email: _____

5. Information regarding applicant's education:

a) Name of school: _____

b) Expected date of graduation: _____

c) Degree: _____

6. Essay – (500 words **see eligibility requirements)

7. Documents required with submission of this application

a) Transcript

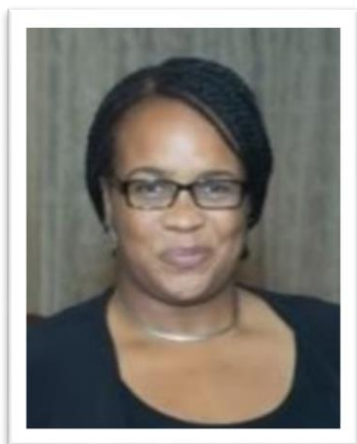
b) Two Letters of recommendation

c) Letter of acceptance/retention from school of nursing and nursing program

d) Proof of enrollment

Signature of applicant: _____ **Date:** _____

MEMBER LITERARY CONTRIBUTION



Covid-19: A metastatic intruder threatening to obliterate nothing less than our Humanity

By Lovelyne Jean Erhabor MSN, BSN, FNP-BC, CCRN, PCCN



“Jean, watch out!” a colleague screamed as she pitched a syringe filled with epinephrine towards me. I had frantically rushed into the room of a 53-year-old covid-19 positive patient in cardiac arrest to initiate CPR and asked that she threw the medication to me. The other code team members were in the process of donning their gowns to assist. Sadly, despite our efforts to revive the patient, she passed. This had been the sixth Coronavirus 2019 (Covid-19) related expiration that occurred on our 12-hour shift as compared to 3-5 deaths per week. I recall hearing 3 additional code blue announcements over the loudspeaker on my way out.

“How did we get here?” were the only words that I could utter to my colleague as the tears flowed? Once at home, I proceeded to assist my three children with their online schoolwork. Abrupt school closings, reduction of physical contact from family/friends, layoffs and waiting in long lines to purchase groceries were some of the new adjustment required consequently to this virus. Covid-19 managed to invade and alter every aspect of our lives. Over 13 million individuals globally have contracted covid-19 and have sadly claimed the lives of millions. In the United States alone, 136,000 individuals have died. How could our leaders have failed us so egregiously? Why were we, clinicians, so unprepared to deal with this storm? While these questions are valid and warrant an honest response, focusing on ways to save lives must take priority.

The objective of this article is to share my front-line experience of caring for patients during the peak period of COVID-19 as a critical care nurse in New York City and provide a few related issues that supports the urgent need for which this global pandemic must be stopped.

According to the Center for Disease control and prevention (CDC), COVID-19 is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. It is believed to spread mainly by individuals in close contact through respiratory droplets when the infected person talks, coughs or sneezes. It may also

spread by people who are asymptomatic. While clinical presentation of the virus may vary, most persons will experience the following: fever, cough, fatigue, anorexia, shortness of breath and myalgia. Incubation period of 14 days with a median time of 4-5 days from exposure to symptoms.

During the height of the pandemic our 20-bed capacity critical care unit was filled with COVID-19 patients while several more waited in the Emergency Room, for beds. 90 to 100 percent of our patients were placed on mechanical ventilators and sadly this did very little to halt the deterioration of their condition. The trauma associated from being ambushed by this pandemic was further exacerbated by the shortage of personal protection equipment (PPE), e.g., face mask, shields and gowns. First line responders including nurses, doctors and grocery clerks lost their lives from the lack of proper PPE. My heart ached for the patients and their family members. Enduring the experience of feeling of loneliness, fear and isolation with minimal to absolutely no contact with a loved one is traumatic. While virtual visitations seemed like a nice as alternative, the majority of our patients were too ill to be an active participant. The degree of physical and psychological trauma associated with such an experience may have long-term consequences such as depression or posttraumatic disorder.

According to Brown et al. (2020) trauma is defined as an event or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning, and mental, physical, social, emotional, or spiritual well-being. Helplessness and guilt are some of the feelings that nurses, and physicians may develop while caring for these patients. The Informed Care (TIC) framework provide guidelines to aid patients and care providers to minimize both immediate and long-term psychological distress. This pandemic is a public health crisis unlike any that you or I have ever encountered in our lifetime. Navigating through it will be particularly challenging, however we must strive to permit no less than the brightest of our humanity to shine through in this moment. Nurses can play a pivotal role during this moment by advocating for the availability of proper mental health services to all in need.

Nurses can encourage government and local leaders to ensure that funding is available for all, especially African Americans and Latinos communities that have been disproportionately crippled by the pandemic. There is so much more that we need to learn about this virus. Ongoing research studies will lend to generating more effective practices, testing and ultimately a vaccine. Scientists and clinicians should consider ongoing support of organizations such as the CDC, WHO and NIH, but also hold them accountable for ensuring that the integrity and public trust gained so far not be compromised by any external forces. Educators, students, and many others are

among those who are entrusting that such agencies develop safe/objective guidelines for transitioning to a new way of life. This is not easy, but the fate of our humanity depends on it.

Link (2020) states that “All nurses have a duty to participate in inclusive, respective dialogue on how best to create a more just society in America...” (p. 2). This statement supports the idea that while we may have made significant strides in addressing public health issues, more work needs to be done. COVID-19 is a national health crisis that implores the love and action of all humanity. We must all be united and empowered to reverse the trajectory of this global pandemic because the fate of our humanity is depending on it.

References:

Brown, C., Peck, S., Humphreys, J., Saks, N. T., Sumser, B....Elia, G. (2020). COVID-19 lessons: the alignment of palliative medicine and trauma-informed Care. *The Journal of Pain and Symptoms*.

<https://doi.org/10.1016/j.jpainsymman.2020.05.014>

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<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Link, D.G. (2020). A new normal. *The Journal of Nurse Practitioners*.

<https://doi.org/10.1016/j.nurpra.2020.06.007>

ARTICLE SUBMISSION

We encourage all members of NACLI to submit articles for publication or announce your accomplishments.

Please call; mail your comments, ideas, and articles to NACLI. We look forward to your input!

info@naccli.net

Newsletter Editors

Lukmon Kalejaiye, MSN, RN-BC, CNS-BC
Kimberly Velez, MSN, RN
Lovelyne Jean, MSN, FNP-BC, RN-BC, CCRN, PCCN
Patricia M. Dillon, MA, RN

NACLI Events



Calendar for 2020

- Feb. 8** NSANYS 68th Convention, NYC
- April 2** ~~NACLI Meeting~~ - Cancelled due to Covid-19.
- April 27** Covid-19 Town Hall Meeting 1
- June 8** Covid-19 Town Hall Meeting 2
"Coping with Covid-19 Challenges"
- June 22** NACLI Annual Business Meeting via Zoom
- Sept.** Virtual Membership Meeting- (To-be-announced!)
- Oct. 22-24** ANA-NY Hybrid Annual Convention
<https://ananyork.nursingnetwork.com/nursing-events/130800-8th-ana-ny-annual-conference#!info;>
NACLI Legislative Night - (TENTATIVE)
- November 5** NACLI Awards Night
- Upcoming** Muse Paint Event & Research Day
Poster Show

Email suggestions for future events to us at:
info@nacli.net

Contact Us at:

NACLI

223-15 133rd Avenue
Laurelton, NY 11413

PHONE: (516) 352-0717

for the Quickest Response:
Use our new e-mail:
info@nacli.net

Check us out on our
NACLI Website for more details:
<http://www.nacli.net>

Check out our
NACLI Facebook page (NACLI II)
(<https://www.facebook.com/NACLI-II-558406994368935/>) and please join
our NACLI Group Site (NACLI II)
(<https://www.facebook.com/groups/1864527690338708/>)



Officers

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Gloria Qualles, RN, Vice-President
Glennie Millard, RN, Secretary
Kimberly Velez, RN, Treasurer

Board of Directors

Deborah McMillan Coddington, RN
Sarah Marshall, RN
Lovelyne Jean, RN
Pearline Okumakpeyi, RN



Advertising

NACLI publishes the "Nursing News" four (4) times per year: January, April, August, and October.

Please contact NACLI Editor by Email – info@nacli.net or Telephone 516-352-0717 to place an ad.

<u>RATES</u>	<u>Single Issue</u>	<u>4 Issues Same Ad*</u>
Full Page	\$100	\$300
1/2 Page	\$75	\$225
1/4 Page	\$50	\$150
Business Card	\$40	\$120

* There is an additional charge for ad layout changes of \$25.00.

