



**NANNNA Partnership with
Memorial Sloan Kettering
Cancer Center (MSK).**



ISSUE 3 | SPRING 2021

NEWSLETTER

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- **Community Outreach**
- **Webinar on COVID-19
Pandemic: Holistic approach
and management**
- **Back to the basics, what is
nursing?**
- **Wetin Nurses dey do sef?**
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Impact Policy Development**
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SCIENTIFIC CONFERENCE ON
GLOBAL HEALTH CALL FOR
ABSTRACT**



Back to the basics, what is nursing?

From the editor's desk.

Folake Elizabeth Adedokun. DNP, MSN, MBA-HCA, BSN, RN, PHN
Chair / Chief Editor

In the 21st Century, it might be surprising to know that there are some people who still struggle about understanding what nursing is. Nursing involves autonomous and collaborative care of individuals across life span, families, groups, and communities either sick or well and in all settings. Nursing entails promotion of health, illness prevention, care of the ill, disabled, and the dying. It involves advocacy, promotion of safe environment, research, participation in shaping of health policy, patient, and health system management, including quality assurance, and education. Nursing has also been described as both an art and a science. At its heart is respect for human dignity and an intuition for a patient's needs, supported by rigorous core learning. There is vast range of specialties and complex skills in the nursing profession with each nurse possessing specific strengths, passions, and expertise. Nurses' roles range from direct patient care and case management to establishing nursing practice standards and other specialties such as, legal practitioners, nurse practitioners, nurse specialists, public health practitioner, nursing informatics, transcultural nursing, and many other specialties. Nursing is in the front lines of health care reform, advocacy, policymaking, and community nursing care. Nursing continue to be innovative in response to society's health care and wellness needs and to be innovative in the development of the profession. In this edition you will read about what nurses do best - community service, educational achievement, collaboration with other health practitioners and issues pertinent to the profession. The next time someone ask you what nurses do, with pride educate them about what nurses do, and how you make a difference in the lives of others every single day. I am glad to belong to the noble and esteemed profession of nursing. Are you? Ich glaube, du bist (I believe you are). Go do what nurses do.

Nannna Partnership With Memorial Sloan Kettering Cancer Center (msk).

NANNNA is partnering with MSK on a project of Cancer education and screening for cancer especially colorectal cancer in the Nigerian Community of New Jersey, New York, and Connecticut to ensure early detection and prevention of death. MSK has been doing cancer screening in Nigeria, the organization discovered that colorectal cancer was discovered in advanced stage there, nothing much could be done for patients at that stage. They wanted to follow up with the Nigerian Community in USA to find out if it is the same thing happening. The focus will be on education, risk reduction, and early screening. The modality will be community outreach, early screening, referral, promoting access to healthcare through health navigators provided by MSK. There is availability of training and grants to support the mission. Community outreach will be scheduled in partnership with MSK. Watch out for more details.

Congratulations NANNNA, Congratulations MSK!
Folake Elizabeth Adedokun. DNP, MSN, MBA-HCA, BSN, RN, PHN
Chair / Chief Editor



**Dr. Ngozi Odoh, PhD, MSN, AGNP,
ANP-BC, APRN.
President: Nigerian Nurses Association Florida Inc.**



**Florence Nkechi, Dr. Nkeiruka Achinihu
& Pastor Ngozi Ekpundu**



Dr. Ngozi Odoh

a Nigerian Nurses Association Florida Inc Newsletter



As the President of Nigeria Nurses Florida Inc. I am honored to be part of Association that has worked so hard to support and to advocate for the welfare of people during the Pandemic era of the COVID-19. These are challenging times to be in the health care arena. Both patients, families, and the entire Nations have suffered. Nevertheless, we have always known how to survive and support one another through the Grace of God. The good news is that the society and research scholars have been working hard to find a solution to eradicate this problem. At last, COVID-19 Vaccine is here, the Pfizer and Moderna vaccines." The Centers for Disease Control and Prevention (CDC) recommends health care providers to give the second dose of the Moderna vaccine four weeks after the first shot. Doses of the Pfizer-BioNTech vaccine are supposed to be given three weeks apart, according to the CDC, Feb 12, 2021" One needs to have both doses to achieve the highest level of protection. It typically takes few weeks for the body to build immunity after vaccination. As a provider, I am committed to encourage and educate anyone who is eligible and choose to get the vaccine to get it. Also, to be sure to monitor any signs and symptoms of vaccine reactions or side effects and to report it immediately.

Thanks.

COVID-19 restrictions, led to innovative forms, other than the traditional community outreach. The president, Dr Ngozi Odoh, presented cash donation for food, blankets, and clothes to American Charities Corporation on behalf of Nigerian Nurses Association FL INC.

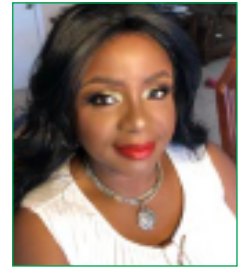
Community outreach is one of the goals of Nigerian Nurses Association of Florida (NNAF). Feeding the homeless topped the list on avenues to reach the community. With the advent of COVID-19 and ensuing restrictions, we faced the challenge of how to continue to feed and clothe the homeless and needy in our community. But COVID-19 brings out the resilience in humanity, and the ability to turn tragedy into triumph and we always find a way." ...Whatsoever you did for one of the least of my brothers and sisters of mine, you did for me". Matthew 25:40



Dr. Ngozi Baez DNP,
APRN-C, CCRN
Chief Editor



TO VACCINATE, OR NOT?



Dr. Otega Ojukwu DNP, APRN
FNP-BC, PMHNP-BC,
Ass. Chief Editor

Health care professionals are burdened with the responsibility of being the role model in terms of proper health dissemination through education and practice. This is a responsibility that has remained innate until COVID-19 hit the globe. It became imperative for NNAF to do what it can locally to educate the community. It is a known fact that there remains a group of people who believed COVID-19 is not real. They believe that COVID-19 is like the seasonal flu, giving that finding, it is of no surprise that there are many who distrust the vaccine, the influx of legitimate and illegitimate information circulating social media has not been helpful.

According to the CDC Vaccination is, "The act of introducing a vaccine into the body to produce immunity to a specific disease." (CDC, 2018). Vaccination primarily prevent disease from occurring. COVID-19 vaccine according to CDC will provide immunity against COVID-19 illness (CDC, 2021). As of today, COVID-19 has infected over 28 million Americans and over 500,000 have died.

Despite the rising number of infected individuals and casualties, there is immense public distrust in a vaccine that was produced within 6 months. Some experts doubt the validity of the research carried out of both the Pfizer and Moderna vaccines. Vaccine hesitancy can describe the distrust the public have in the vaccine. We can help inform the community by answering frequently asked questions, such as :-

a). How am I sure that I will be alright after taking the COVID-19 vaccine? **Answer:** Before the US Food and Drug Administration approving and releasing a vaccine for emergency use, clinical trials would have been conducted to determine effectiveness. As it is released and is in use, the FDA continues to conduct studies to see the efficacy in real life. (CDC, 2021).

b). Is it true that the COVID vaccine will change my DNA? vaccine that was produced within 6 months. Some experts doubt the validity of the research carried out of both the Pfizer and Moderna vaccines. Vaccine hesitancy can describe the distrust the public have in the vaccine. We can help inform the community by answering frequently asked questions, such as :-

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b). Is it true that the COVID vaccine will change my DNA? **Answer-** Anyone can get the COVID-19 disease (even healthy people), and serious problems from COVID-19 can happen at any age.

g) When does the antibodies begin to protect me, after receiving the vaccine? **Answer:** It takes a few weeks for the body to develop immunity. This means that one can be sick with COVID-19 after taking the vaccine if one caught it just before the vaccine or right after taking the vaccine.

Educating patients during routine visits to the clinic and modeling by health providers may increase the percentage of people who will immunize against covid-19. Modeling means that health providers need to take the vaccine to increase others' beliefs in the benefits of the COVID-19 vaccine. CDC encourages modelling by providers and other healthcare professionals. Hopefully, this will increase the number of people willing to receive the vaccine,

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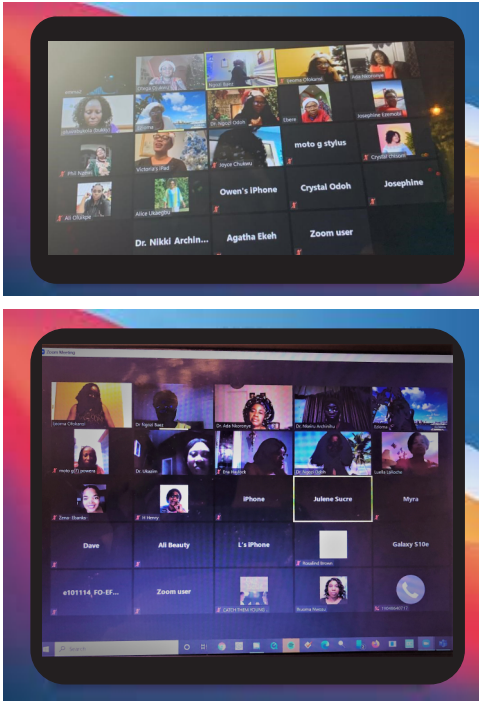
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EVENTS VIA ZOOM

As mentioned earlier, COVID-19 imposed restrictions on all communities across the globe. Being human comes with the ability to be innovative and ingenuos, so, instead of hindering us, we have found new ways to reach the community. After the first webinar on COVID-19 Pandemic: Holistic approach and management, we were invited to present the same topic to Kissimmee SDA Church, (above left). We continue to be invited to present more topics of concern for the community. And above right,, against all odds, we held our first zoom Christmas party. We are using this opportunity to thank all that took time out of their busy schedule to zoom in. We had a blast.

RECENT GRADUATES



Oluwabukola Akanbi
Bachelor of Science,
Nursing (BSN)
Western Governor University
January, 2021

Dr. Joyce Chukwu
Doctor of Nursing Practice (DNP)
Frontier Nursing University
December 2020

Dr. Otega Ojukwu
Post Masters Certificate
Psychiatric Mental Health
(PMHNP)
Florida Atlantic University
December 2020



Wetin Nurses Dey Do Sef?

Nursing is one the leading life-saving profession in the world which is well practiced by Registered Nurses. Most are not fully aware about who Nurses are and what they do but I tell you that being a Registered Nurse [RN] is beyond putting on white as uniform. Its a pity we now have quacks practising as a Nurse. Our work as Nurses is actually unlimited but can be well proved to the world by *action, practice, expression, speech and touch*. Here are Nurses, letting the world know who they are and what they do: "*Wetin Nurses dey do sef?*"

- ü Diagnosis is not the end, but the beginning of practice. After the diagnosis, the real art of Nursing comes into play. This is where the art of compassion and strength from a nurse can change a life.....**RN Omasoro Stella**
- ü Nurses aren't trained just to give injections; we're well equipped to ensure the world stays healthy, we are agents of love and care.....**RN Adedokun Adebimpe**
- ü I am a nurse. I didn't become a nurse because i couldn't cut it in medical school, or failed organic but rather because I chose this profession and I love almost every minute of it. This wasn't my plan B, it was my plan A and I would gladly choose it again. I work to maintain my patient's dignity through intimate moments, difficult long-term decisions, and heart breaking situations
.....**RN Adeyemo Sunday.**
- ü As Nurses, we are fully aware of how precious each moment of life is, we learn to care, love and live well. We learn compassion, love, peace and more by performing our daily duty. Nurses are constantly reminded of the necessity valuing the dignity and worth of every person. We develop communication skills and open hearts which makes us more loving members of the health team and families. We become tolerant and appreciate the diversity of all the people on this earth..... **RN Ojo Ibironke.**
- ü Nurses are often times the first to recognize when a patient is doing poorly and take immediate action. Nurses are in constant communication with patients and families, impact of illness on a patient in a way that no lab or study can.
.....**RN Adesoji Ayomiposi.**
- ü Nurses are angels with the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around..... **RN Aregbe Oluwanifemi.**
- ü Nurses encompasses an art, an humanistic orientation, a feeling for the value of the individual, and an intuitive sense of ethics and of the appropriateness of action taken..... **RN Kolawole Tobi.**
- ü As Nurses, our job is to love people. When it hurts, when it's awkward when it's uncool and embarrassing. Our job is to stand together, to carry the burden of one another and to meet each other in our questions..... **RN Olalere Paul & crew.**
- ü Nothing happens in a hospital without NURSES. Nothing! We are integral in preparing care plans, essential for carrying them out and a vital part of the hospital leadership infrastructure that defines how a hospital runs..... **RN Kareem Titilola.**
- ü I'm an ex-convict. I have aids. I'm a prostitute. I'm poor. I'm old. I'm a gay. I aborted my baby. I'm a teen mom. I'm an bacchanal. I'm a drug user. I have cancer. I have a contagious disease. But the Nurse said..... Don't worry, thats why I'm a Nurse. I'll take care of you..... **RN Salaudeen Adetola.**
- ü Nursing is a profession, unique, identifiable and autonomous. As a profession, nursing has the authority and responsibility to define its standards of practice. It is clear that the profession of Nursing, is closely related to the practice of medicine. Nursing is indeed, distinct with its own licensing scheme, educational requirements, areas of specialization, code of ethics, models, theories and contract with society[ICN, 2010]Therefore the public have to be aware that a Nurse is not a junior doctor nor submissive helper of the physicians..... **RN Olaleye Jemimah.**

compiled by:

RN Bolarinde Pelumi, 09034488624

HOW COMPETING NEEDS IMPACT POLICY DEVELOPMENT



Nursing shortage is a pertinent issue that has for a long-time impacted the delivery of safe and effective patient care. Haddad and Toney-Butler (2019) reveal that nursing shortage is due to lack of nurse trainers, high turnover, and inadequacy in workforce distribution criteria. The high nurse-patient ratios coupled with overwhelming assignments result in increased nurse burnout due to strain and the obligation to deliver safe and effective patient care. Nurses working in such challenging environments often call for policy change that would help reduce the nurse-patient ratio.

Healthcare Issue/Stressor

The complexity of adopting a low nurse-patient ration faces two competing needs; the need to achieve reduced workforce cost as well as improved nurse satisfaction. I work in a mental health hospital as a psychiatric nurse and the hospital has lately been adversely hit by drastic nurse shortages which has forced it to have a high nurse-patient ratio. Previously I used to work an 8-hour shift but since the COVID-19 outbreak, we have been forced to work a minimum of 12-hour shift daily with one nurse expecting to care for over fifteen patients. The repercussion of adopting such a work schedule has had a lot of untold strain on us. Many of my colleagues are considering taking a break because they could not handle the work pressure of delivering error-free care amidst such tight schedules. The potential for hiring more nurses to help reduce the hospital's nursing shortage and consequently reduce the nurse-patient ratio leads to escalated workforce costs, which compromises the proceeds of the hospital. As a result, the hospital may not afford to fund other sectors of the hospital such as medication, management, and other sectors that promote the delivery of safe patient care.

Addressing the Competing Needs

Hiring more staff implies that nurses will have manageable number of patients to attend to as well as less exploitative schedules and this promotes nurse satisfaction and consequently contributes to nurse retention. According to Spetz (2020), bedside nurses actually deciding acceptable nurse-patient ratios instead of managers, will lead to better job satisfaction, higher retention rates, and less desire to leave their chosen profession. Appropriate staffing levels will decrease errors, increase patient satisfaction, and improve nurse retention rates.

It is therefore necessary that while striving to manage nursing shortage through reducing the nurse-patient ratio, a compromise is found between the two competing needs of reduced workforce cost and improved nurse satisfaction. Organizations must be creative in meeting the needs of nurses while providing the best and safest care to the patients (Qureshi et al., 2019). An environment that empowers and motivates nurses is necessary to rejuvenate and sustain the nursing workforce. Empowerment in autonomy in staffing ratio decisions considering high volume and acuity levels will lead to less burnout and desire to leave the workforce (Haddad & Toney-Butler, 2019). Many organizations have endorsed and sought after the Magnet Certification to provide superior nursing processes and a high level of safety, quality, and patient satisfaction (Haddad & Toney-Butler, 2019).

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Data Ogolo, LLB Law, BSN, RN

News from Illinois

Who are you as a Nurse?

What goes on your mind every day as you take care of your patients? Are you a compassionate nurse? Or a judgmental nurse?

My name is Grace Eneogwe. I have been a nurse since age 18 though I never dreamt of becoming a nurse. Growing up Nigeria as a young girl, my dream was to become a lawyer and eventually a Judge that will jail all men that beat their wives. Spousal abuse was common then, and women had no rights especially women in the rural areas with low level education. Therefore, most women were victims and abused in marriage by their husbands. As a young girl then, I said to myself that I will go to law school and change the ongoing abuse of women in Nigeria. This dream of mine came to a halt when my father applied for me to take an entrance exam to nursing school. If you are an obedient child to your parents as I was growing up, I could not say no to my father, though internally I grudged about his decision of having me go to nursing school.

Today, I say thanks to my parents and to my dad for enrolling me in nursing school. I say this because there is nothing more rewarding than helping the sick to get well and feel loved and cared for. Our role as nurses' includes teaching, advocating, and going over and beyond to help our patients. Sometimes, our patients see us as angels that have come to mend their lives. No amount of money can really pay nurses for the work that we do. Though nursing is art and science, the foundation is based on caring and love. Therefore, when tending to our patients, we must show that love and compassion by our words, actions, and demeanor. It is also interesting to see that the founder of nursing Florence Nightingale thought of caring when she tended for the wounded soldiers during the Crimean war.

Therefore, my esteemed professionals, perform your nursing duties every day with love and compassion in your heart. Maintain eye contacts with your patients, and pray for them, Leave a lasting impression in their hearts. By so doing, you are fostering the vision of our founder Florence Nightingale.

Thank you all for your compassionate work!

Grace Eneogwe MSN, FNP-C

Congratulations!

TO OUR NEW DNP



Dr. Anne Ohakosim



Dr. Juliana Nwauwa

Some of our Nurses getting the Covid-19 Vaccine.



The Hidden Epidemic: *Anxiety and Depression*

The Nigerian Nurses Association- New York Chapter hosted an Educational Webinar on August 1st, 2020. The title of the webinar was The Hidden Epidemic: Anxiety and Depression. The objective of this webinar was to educate not just the nurses, but the community at large on this deadly mental health illness called Anxiety and Depression. For us to know where and how to seek for help and also understand the signs and symptoms to look out for with these mental health illness. There has being a tremendous increase in Anxiety and Depression during this time of Covid. We wanted to educate the participants of this webinar that it is not a stigma to feel anxious or depressed. They are not alone, and that there are resources out there where they can seek for help.

We had four speakers, Dr Grace Adepoju –who is a Psychiatric Nurse Practitioner in the New York area for over a decade spoke on Depression. The second speaker, Mrs. Cynthia Oronsaye-Ogbovoh who is currently the Chief of in- patient services at Queens Children Psychiatric center spoke on Anxiety. Mrs. Ruth ifediora – a Nurse Professional Development Practitioner and CEO of comfort foundation, an organization dedicated to public and professional education and de-stigmatization of mental illnesses spoke on Suicide prevention. To round up the webinar, Dr Victoria Nworu- who has been a registered nurse for over 30yrs and worked in multiple facets throughout her career spoke to use about self-care, she spoke on the importance of taking care of our mental, emotional, social, spiritual and physical health. She gave us tips to achieve successful self-care.

The webinar was well attended with over 100 participants which included nurses from various chapters and friends, family, and others in the community. The committee got a lot of positive feedback from the participants.

Submitted by
Patience Currie – Okanlawon
Education Committee Chair- NY Chapter



NANNNA 2021 VIRTUAL SCIENTIFIC CONFERENCE ON GLOBAL HEALTH CALL FOR ABSTRACT



5-6, NOVEMBER
11AM - 2PM

SUBMISSION GUIDELINES & DEADLINE:

Submit abstracts to
<https://form.jotform.com/210808557069159> by June
30th, 2021.

Successful applicants will be notified on or before
August 31, 2021. All presenters must register for the
conference to present their abstract.

For questions regarding the abstract content, please
contact

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For all technical questions related to the abstract
submission, contact:

Dr. Andrew Awoniyi at AAwoniyi@axxess.com;
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For additional information, please visit NANNNA's
website www.nannna.org

We look forward to reading your abstracts and seeing
you at NANNNA 2021 conference.



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Benefits of Membership

NANNA Membership Benefits include:

- discounts on NANNNA negotiated nursing school tuitions,
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- continuing education discounts
- professional networking
- ability to influence the decisions made at the national and chapter level that affect the affairs of the association and the practice of nursing
- eligibility to participate in the election of officials through their delegates at the National Working Committee (NWC)
- opportunity to participate in NANNNA programs, publications, information and educational opportunities
- ability to receive a major discount to attend NANNNA conference, the premier annual event for all Nigerian nurses and other healthcare professionals
- be kept up to date on current happenings in NANNNA and healthcare issues in Nigeria
- be actively involved in fundraising activities for the association

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America today!](#)

REAL HEROES WEAR MASKS

Thank You

*To the NURSES and all health workers that
selflessly fight to protect our community
against the Covid-19 outbreak.*

