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**SEE WHAT'S INSIDE**



**Volunteers Needed for COVID Testing and Vaccinations**  
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**FACING THE CHALLENGES: PREPARING FOR THE FUTURE.**

**CALL FOR PRESENTERS**  
**2021 Virtual Kentucky Nurses Association Annual Summit**  
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# President's Pen



**Donna Meador**

Greetings, Kentucky nurses!  
 Although there is still a lot going on with the pandemic, social justice and other issues that plagued us in 2020, I think we can all breathe a collective sigh of relief that *we are now in 2021*. We don't know what the rest of this year will hold for us, but at least we have some bright spots to look forward to – the vaccine roll out for our state appears to be going relatively smoothly. As I write this in early February, our positivity rate is below nine percent and trending downward and the Kentucky Nurses Association (KNA) is making plans to continue the great work we started in 2020 and even before. You will read about many of those efforts in this issue of *Kentucky Nurse*, but a few highlights include:

- We hosted our first two **Social Justice Movie Nights** "The Intersection between Social Justice and Healthcare" on January 21 and "Incarcerating US" on February 25. Both sessions were well attended and ANA President Ernest Grant joined us on January 21. See page 9 for a listing of future KNA Movie Nights.
- Many of our chapters have connected with their local health departments to help with **COVID testing and vaccinations**. In Louisville, many KNA volunteers are donating time to vaccinate healthcare workers and educators at the Broadbent Arena "LOUVAX" site and some are serving at the Shelby County fairgrounds drive-through vaccination clinic. The Nightingale Chapter has provided food and other resources to their local public health staff and more. In addition, KNA has answered the call to provide testing for at risk populations at Wayside Christian Mission, Maryhurst home for girls and other locations. If you are interested in serving in these areas, please contact the KNA office or reach out to your local chapter representative.
- We recently hosted our first-ever virtual "**KNA Nurses Day at the Capitol**." This unique event afforded us the opportunity to speak up about issues that are important to nursing in the Commonwealth with a unified voice. KNA legislative priorities include eliminating

the CAPA-CS for APRNs, having a nurse in every school every day all day, collecting data on the status of the SANE nurse program for the purpose of increasing access to these professionals and evacuation of surgical smoke to protect the health of patients and surgical suite staff.

- **KNA Committees, Cabinets and Chapters** have gotten off to a great start for the year and we look forward to developing our slate of KNA candidates for 2021-2022 elections. *Would YOU like to run for an office and get more involved?* We are busy planning the **KNA Virtual Summit on November 4 and 5**. See page 17 for more conference information and our Call for Presenters.
- We've added more organizations to our KNA Affiliates roster:  
 Kentucky Organization of Nurse Leaders  
 Association of periOperative Registered Nurses  
 Foundation for a Healthy Kentucky  
 KYANNA (Black Nurses Association of Louisville KY, Inc.)  
 KyANA (Kentucky Association of Nurse Anesthetists)  
 Lexington Chapter of the Black Nurses Association  
 University of Louisville School of Nursing  
 University of Kentucky College of Nursing  
 National Black Nurses Association – Lexington Chapter  
 Galen College of Nursing.

This group continues to meet to discuss common issues and strategies to support nurses in this particularly unique and challenging time.

*President's Pen continued on page 4*

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# KNA Chapter Leadership 2020-2021

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"The purpose of the *Kentucky Nurse* shall be to convey information relevant to KNA members and the profession of nursing and practice of nursing in Kentucky."

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**Chapter Liaison:** Dolores White, DNP, RN, CNE (2020-2022)

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# Chapter Updates

## KNA Bluegrass Chapter

The Bluegrass Chapter meets every third Tuesday evening via Zoom. In lieu of its annual spring conference, the chapter will host one-hour CE programs, July – December, centered on diversity issues. Look for more information in the next issue of *Kentucky Nurse* and on the KNA website at [Kentucky-nurses.org](http://Kentucky-nurses.org). Members extend thanks to Dr. Jitana Benton-Lee for accepting the chapter president position while planning this educational series. Chapter officers include:

Jitana Benton-Lee, DNP, MSN, MBA-HC, RN, NEA-BC, president  
 Patrick Lipps, MSN, RN, CCRN-K, president-elect  
 Ella Hunter, PhD, MHS, RN, second vice-president  
 Amanda Martin, DNP, RN, secretary  
 Dee Beckman, DNP, MBA, MSN, RN, NE-BC, treasurer

## KNA Green River Chapter

Chapter members continue to reach out to hospitals in the Green River area to speak during nurse residency programs. Members have completed training and are reaching out to local health departments to administer COVID-19 vaccines.

To recruit and retain members, the chapter recently surveyed its membership to see what members would like to work on this year. Chapter officers include:

Kim McGovern, MSN, RN-BC, president  
 Amanda Howell, MSN, RN president-elect  
 Amy Higdon, DNP, RN, secretary  
 Amy Wimsatt, MSN, RN, treasurer/scholarship  
 Marlena Buchanan, MSN, RN, CNS, membership/  
 Nightingale Tribute chair



**(Left): Leah Hancock, student subscriber, and Kim McGovern, Green River Chapter president, volunteered their time to help at the Owensboro Health COVID-19 Vaccine Clinic.**

## KNA Heartland Chapter

Chapter officers include:  
 Gina Leigh, BSN, president  
 Sonia Miller, BSN, RN, immediate past president  
 Mary Bauer, RN, secretary

## KNA Nightingale Chapter

Chapter members provided lunch and hand sanitizer to Lincoln County Health Department staff members. A Nightingale Tribute was conducted for the family of Maxine Johnson, RN.

To increase student subscriber membership, the chapter forwarded information about the student subscriber session in January and scholarship information to nursing faculty members/programs directors. Chapter officers include:

Pat Calico, PhD, RN, interim chair  
 Denise Alvey, MSN, RN-BC, secretary  
 Gwyneth Pyle, BSN, RN, treasurer  
 Lisa Lockhart, MSN, MHA, RN, NE-BC, KANS consultant



**Thanks to Nightingale Chapter members for administering COVID-19 vaccines at the Anderson County Health Department's first drive through clinic in January. (Left) Nightingale Chapter Members Debbie Elgaoui and Patty Marracini join Elizabeth Dick, retired Lawrenceburg nurse, Barbara Howard, Nightingale Chapter member and Daniel Miller, RN, public health emergency planner/coordinator, Anderson County Health Department.**

## KNA Northeastern Chapter

The Northeastern Chapter announces these new officers:

Tabbatha Carver, MSN, AGACNP-BC, president  
 Lisa Wallace, DNP, MSN, RNC-OB-BC, vice president  
 Levita Larson, MSN, APRN, FNP-BC, secretary  
 Tonya Kennedy, MSN, RN, treasurer

## KNA Northern Chapter

The chapter recently hosted "Non-Fatal Strangulation Education for Nurses," a virtual CE program. Chapter officers include:

Teresa Williams, DNP, MSN, RN, NE-BC  
 Callie Gollihur, MSN, RN-BC  
 Paula Teleky, MSN, BSN, RNC-LRN, CHSE

## KNA Pennyrile Chapter

Several Pennyrile Chapter members are working with the Hopkins County Health Department to administer COVID vaccines. One of the chapter's community outreach projects is reaching out to the two Salvation Army organizations in its geographic area. The chapter donated \$250 to help with food purchases.

The chapter formed scholarship and fundraising subcommittees that will meet and present at the March meeting with a goal of starting a sustainable nursing student scholarship program. Members continue to distribute hand sanitizer, masks and mental health points to our local college students.

To increase member recruitment and retention efforts, the chapter now hosts its meetings at Noon. In addition, leaders are encouraging members to get involved by serving on a KNA committee. Chapter officers include:

Marsha Woodall, DNP, MBA, RN, president  
 Shannon Allen, MSN, RN, CHSE, CNE, vice president  
 Loretta Elder, DNP, MSN, BSN, RN, secretary  
 Sheri Lancaster, BSN, RN, treasurer  
 Karen Perry, RN, membership committee chair

## KNA REACH Chapter

The chapter will host its next meeting virtual chapter meeting and CE program, **"Best Practices when Serving on a Health-Related Board," 5:30 – 7:30 p.m. (CST), Tuesday, April 20;** more details to follow. To recruit nursing students, the chapter invites students to all meetings and

offers an annual scholarship that funds a one-year membership to KNA after graduation. Chapter officers include:

Myria Harris, DNP, RN, CNE, president  
 Matthew Garvey, MBA, BSN, RT, EMT-B, CEN, TCRN, CCRN, vice-president  
 Brenda Doughty, RN, treasurer  
 Jennifer Shoemake, EdD, MSN, RN, membership committee chair  
 Jasmine Biroc, student representative

## KNA River City Chapter

River City Chapter members continue to help with COVID-19 testing and vaccination clinics through the KNA Office and the Louisville Metro Health and Wellness Department. The chapter hosted a 1.2 contact hour event, "Blessings in a Backpack – Who Will Feed the Kids this Weekend" in January and raised \$600 for the Louisville chapter of the charity.

Dolores White, DNP, RN, CNE, chapter president, shared a video about COVID holiday precautions and best practices that was distributed via email and social media. The video was viewed 248 times on the website and more than 500 times on Facebook. To increase member engagement, the chapter now hosts its meetings at Noon.

The chapter will host continuing education programs in 2021 and will donate proceeds to local non-profit organizations. Members are working to increase student subscriber membership by encouraging students to attend meetings and activities. In addition, the chapter will host an NCLEX Trivia Night this year and will offer scholarships for both undergraduate and graduate nursing students this spring. The chapter is also hosting a drawing for members that bring non-members to meetings to encourage recruitment. Chapter officers include:

Dolores White, DNP, RN, CNE, president  
 Audria Denker, DNP, RN, immediate past president  
 Brittney Welch, DNP, RN, vice president  
 Katie Bradshaw, MSN, RN, CNE, secretary  
 Joann Mattingly, MSN, MBA, NE-BC, treasurer  
 Becky Geisler, EdD, RN, membership coordinator  
 Renee Cecil, DNP, RN, CEN, TCRN, CCCC, SANE, NREMT, event planner

## KNA Western Chapter



**Thanks to these Murray State nursing students and faculty who recently participated in the Regional Vaccination Clinic, a partnership with Calloway County Health Department, Murray State and Murray Calloway County Hospital. They are pictured with Murray State President Bob Jackson and First Lady Karen Jackson.**

Thanks to the Western Chapter for working hard to recruit 25 of January's 59 new student subscribers. Chapter officers include:

Betty Kuiper, PhD, RN, president  
 Michael Gordon, MSN, APRN, RN, immediate past president  
 Dana Todd, PhD, RN, secretary  
 Katy Garth, PhD, RN, treasurer  
 Nancy Armstrong, MSN, RN, member

President's Pen continued from page 1

- **KNAC (the Kentucky Nurses Action Coalition)** members are addressing serious issues such as nurse suicide, increasing the numbers of nurses on boards and other important areas of focus.
- **KNF (the Kentucky Nurses Foundation)** continues its work to raise funds to support nursing education, scholarships and research and to honor and memorialize nurses through the "Honor a Nurse" and Nightingale Tribute programs among other endeavors. Read more about KNF activities on page 20.

And finally, as we all know, *2020 the Year of the Nurse* did not turn out quite like we expected. We join the American Nurses Association in extending the *Year of the Nurse* to 2021. Many organizations including ours are going to celebrate the entire month of May as the **Month of the Nurse**. As we continue to honor our profession and our founder, Florence Nightingale in her birthday month, look for special education programs and stories about nurses in unique roles.

Speaking of Florence, in a short bit of downtime (probably related to not going out to eat with friends and other social events), I recently picked up *Notes on Nursing* again. I'm continually amazed

at how relevant Florence remains today. During this pandemic we have seen and heard of many innovative solutions from nurses – way back in 1860 Florence told her readers that "Ingenuity and perseverance (and these really constitute the good nurse) might save more lives than we wot of." She goes on to discuss in detail the importance of fresh air and adequate ventilation, cleanliness of houses and our surroundings, noise, the importance of a good diet and assuring that our patients can eat safely and "petty management." This is one of my favorite sections, where she talks about the importance of managing well so that our good practices are always in place – the nurse "multiplying herself." *"All the results of good nursing, as detailed in these notes, may be spoiled or utterly negated by one defect...by not knowing how to manage that what you do when you are there, shall be done when you are not there"* (page 35). So, one of my wishes for all of you is that we put excellent processes in place and execute them well, because although I believe you all have superpowers, none of us can be everywhere all the time.

To close, I want to thank you for taking such great care of your patients and encourage you to please take care of yourselves and get vaccinated. I hope that this time next year our world will be much different and safer for all.



## KNA needs volunteers to help with COVID testing and vaccinations

*Free mandatory training provided*

The Kentucky Nurses Association needs nurse and nursing student volunteers to help with COVID-19 testing and vaccinations. Those interested in Louisville, may click Volunteer Registration.

Outside the Louisville area, please contact the KNA chapter leader in your geographic area or email the KNA at [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org). To stay up to date about COVID-19 visit COVID-19 Resource Center. Take a look and share with others!



## Information for Authors

- *Kentucky Nurse* Editorial Board welcomes submission articles to be reviewed and considered for publication in *Kentucky Nurse*.
- Articles may be submitted in one of the following categories:
  - A. Personal opinion/experience, anecdotal (Editorial Review)
  - B. Research/scholarship/clinical/professional issue (Classic Peer Review)
  - C. Accent on Research (Editorial Review)
  - D. Cultural Diversity (Editorial Review)
  - E. Health Matters (Editorial Review)
  - F. Student Spotlight (Editorial Review)
- Information about IRB or Ethical Board approval is a requirement for Quality Improvement projects, evidence practice based projects, and research studies.
- All articles, except research abstracts, must be accompanied by a signed *Kentucky Nurse* transfer of copyright form (available from KNA office or on website [www.Kentucky-Nurses.org](http://www.Kentucky-Nurses.org)) when submitted for review.
- Articles will be reviewed only if accompanied by the signed transfer of copyright form and will be considered for publication on condition that they are submitted solely to the *Kentucky Nurse*.
- Articles should be typewritten with double spacing on one side of 8 1/2 x 11. Maximum length is five (5) typewritten pages.
- Articles should also be submitted electronically
- Articles should include a cover page with the author's name(s), title(s), affiliation(s), and complete address.
- Style must conform to the Publication Manual of the APA, 7th edition.
- Monetary payment is not provided for articles.
- Receipt of articles will be acknowledged by email to the author(s). Following review, the author(s) will be notified of acceptance or rejection.
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- Articles should be emailed to: Editor, *Kentucky Nurse*, Kentucky Nurses Association, at [admin@kentucky-nurses.org](mailto:admin@kentucky-nurses.org)



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For more information and to apply, please visit:  
<https://southeast.kctcs.edu/>

# Calendar of Events

**KNA Board of Directors Meeting:**  
First Friday of the Month, 10 AM – Noon

**KNA Governmental Affairs Cabinet Meetings:**  
Second Friday of every Month, 3:30 – 4:30 PM, conference call

**KNA Chapter Leadership Video Conference Meetings:**  
Third Monday of every month, 1 – 2 PM

**Kentucky Nurses Foundation Board of Trustee Meetings:**  
Fourth Tuesday of every other month at the KNA office,  
Noon – 4 PM, KNA Office

**KNA Membership Recruitment & Retention Committee Meetings:**  
Second Monday of every Month, Noon – 1 PM, video conference

**KNA Professional Nursing Practice & Advocacy Cabinet Meetings:**  
First Wednesday of every month, 5 PM, video conference

**KNA Event Planning Committee Meetings:**  
Second Thursday 3-4pm, video

**KNA Nurse in Every School**  
First and third Monday of every month, Noon – 1 PM  
\*\*\*All nurses are welcome to attend any nursing event.  
These are open to KNA members\*\*\*

## March 2021

- 19 KBN Practice Meeting, 9 AM
- 25 Intersection of Social Justice and Healthcare Movie Night 3: Cooked; 7 PM

## April 2021

- 22 Intersection of Social Justice and Healthcare Movie Night 4: The Waiting Room, 7 PM
- 28 Materials due to KNA Office for June 2021 issue of *Kentucky Nurse*
- 30 Deadline KNA Nightingale Chapter Scholarship Application. For information, contact Denise Alvey at [alveyelx2@aol.com](mailto:alveyelx2@aol.com)  
KNA Call for Nominations, applications due

## May 2021

- 1 Deadline for KNA Summit presentation applications
- 12 An Overview of the Kentucky Nursing Laws: Understanding Scope of Practice and Protecting your License, 9 AM
- 21 KBN Practice Meeting, 9 AM
- 26 Materials due to KNA Office for August 2021 issue of *Kentucky Nurse*
- 27 Intersection of Social Justice and Healthcare Movie Night 5: Providers. 7 PM

## June 2021

- ANA Membership Assembly
- 24 Intersection of Social Justice and Healthcare Movie Night 6: A Dangerous Idea: Eugenics, Genetics and the American Dream, 6:30 PM

## July 2021

- 15 KNA Yearbook for 2021 Conference Materials due

## August 2021

- KNA Election

## September 2021

- Governmental Affairs Retreat

## October 2021

- KNF Raffle
- 17 Annual KONL Conference
- 27 Materials due to KNA Office for December 2021 issue of *Kentucky Nurse*

## November 2021

- 4-5 KNA Summit
- 11 KBN Practice Meeting, 9 AM

## December 2021

- ANA Leadership Summit
- 2-3 KNA Leadership Retreat

**For more information and to register for KNA events, visit [Kentucky-nurses.org](http://Kentucky-nurses.org).**



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# Briefly Speaking

## Kentucky Nurses Helping Nurses offers nurses help and support

Although things are getting better in our fight against COVID, we understand this is still a very stressful time for nurses. We want to remind you about our “Kentucky Nurses Helping Nurses” (KNHN) program, a collaborative effort between the Kentucky Nurses Association and the International Society of Psychiatric Nurses, that provides support for nurses working on the frontlines. KNHN volunteers include a network of nurses, working and retired, who have a passion for and expertise in mental health nursing

who want to support and be there for you while you are caring for others. The program also includes an array of web-based services including webinars, online education modules and resources for your use. To learn more about KNHN, visit our website and if you need help or a fellow nurse you know needs help, please call us at **1-877-358-0420**.

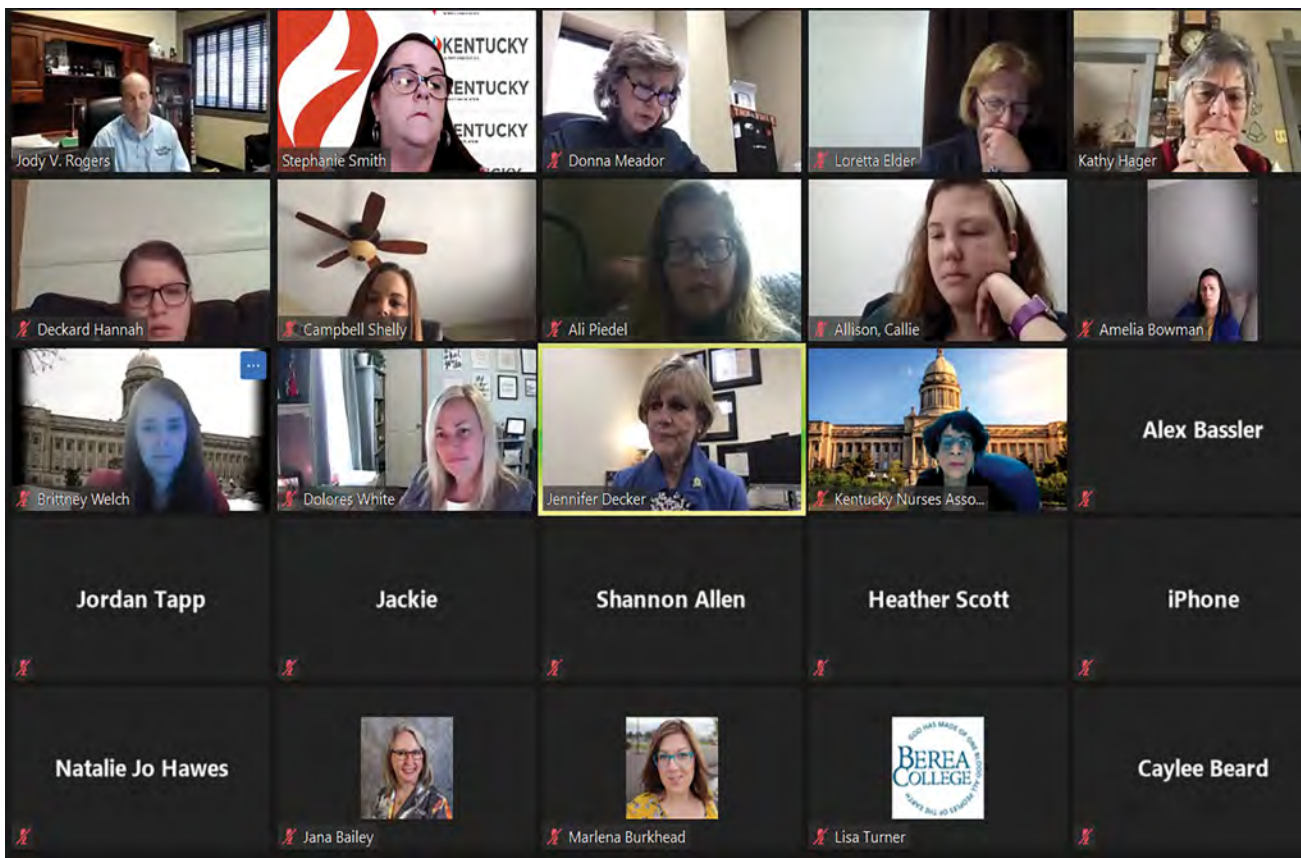
If you want to help nurses and have a voice in legislation that affects us all, we encourage you to check out our legislative priorities on this page Take

the opportunity to contact your legislator about issues that affect nurses and those in their care. Your voice matters and your vote counts.

The team at the KNA office is available as a resource to you if you have questions about your membership, need help addressing clinical or educational issues or want to make your voice known within Kentucky’s nursing community. Call us. Visit us on social media or complete a “Contact Us” form on our website. *We want to hear from you.*

## KNA reports successful first ever Virtual Nurses Day at the Capitol

*Organization releases 2021 legislative priorities*



With more than 200 nurses and those who support them joining in, excellent speakers and breakout sessions with lawmakers, our first ever virtual Nurses Day at the Capitol is getting high marks statewide. While the General Assembly is in session, take the opportunity to reach out to your lawmaker to promote our legislative priorities.

**Removal of CAPA-CS Requirement for APRNs Who Meet Criteria** –To ensure nurse practitioners can practice to the full extent of their education and training to increase access to underserved populations throughout Kentucky. Nurse Practitioners fill a large gap in access to care. This will not only improve access, but health outcomes for Kentuckians.

**School Nurse in Every School, All Day, Every Day** - This initiative ensures access to health providers for public school children throughout Kentucky. Studies suggest that schools with a school nurse have higher graduation rates and better overall outcomes.

**Increase Access to Sexual Assault Nurse Examiners (SANE)** – Sexual Assault Nurse Examiners are specifically trained to care for victims of sexual assault. Care by a sexual assault nurse examiner results in better patient outcomes and higher conviction rates. Sexual assault nurse examiners have become the gold standard in care for victims of sexual assault, but Kentucky has a huge deficit which results in a delay in care. We must ensure that victims have access to this specialized care to improve outcomes, decrease costs, and improve the safety of our communities.

**Evacuation of Surgical Smoke** – Surgical smoke contains hundreds of carcinogens that puts patients and medical providers at risk. The answer, that many states have already mandated, is very simple. We must mandate the utilization of smoke evacuation systems in our operating rooms. We must ensure we are safeguarding those who save lives.

Look for results from the 2021 Legislative Session in the June issue of *Kentucky Nurse*.

## KNA/KNF News & Notes

As we look to Spring in the Bluegrass, we see a glimmer of hope on the horizon. As we speak, more than 555,000 Kentuckians have received the COVID-19 vaccine. While health experts remind us all that we still need to wear our masks and practice social distancing, the mood in the Commonwealth is shifting from despair to guarded optimism. At the forefront of this new day stands 90,000 Kentucky nurses who have not wavered in their commitment to patients, families and each other.

KNA members are volunteering their time at COVID vaccine clinics across the state. In Louisville, LouVax has become a model for the country with

news coverage from national news outlets known to us all such as The Wall Street Journal and The New York Times as well as unprecedented local and statewide coverage. We thank our media partners for helping us spread the word about the importance and safety of the COVID vaccine. We are looking for nurses and nursing students to volunteer their time to help with testing and vaccinations. Read more about how you can get involved on page 4.

As many of us continue to work remotely, we encourage you to take advantage of the **On Demand Portal** where you can learn at a time that’s convenient for you.

## KNA CEO and UK nursing student receive 2020 Lyman T. Johnson Awards



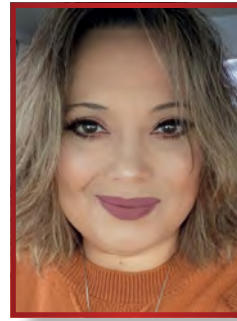
Congratulations to Delanor Manson, MA, BSN, RN, chief executive officer, Kentucky Nurses Association and Danielle Duncan, nursing student, for being selected as the University of Kentucky College of Nursing 2020 Lyman T. Johnson award winners.

Delanor received the Torch of Excellence Award, given to an alum, faculty or staff person whose faith, hard work and determination have positively affected the lives of people on the UK Campus, the city, state or nation. Danielle received the Lyman T. Johnson Torch Bearer Award, given to an undergraduate student whose academic achievement and ability positively impacts the lives of others.

## KNA welcomes new staff members



Alicia Alvey



Sherry Chandler

**Alicia Alvey** recently joined the Kentucky Nurses Association as an administrative assistant. Prior to joining the KNA, she served as a surgery scheduler at UofL Physicians and also worked in a similar role at Norton Healthcare among other positions. Her professional experience spans more than 15 years. Alicia has an associate degree in Liberal Arts & Sciences from Jefferson Community & Technical College.

**Sherry Chandler** also recently joined our organization as an administrative coordinator. Prior to joining the KNA, she served as an office manager for Flavorman and office lead for a Kentucky One physician practice. She has more than 20 years of professional experience. Sherry completed the medical assistant program at Spencerian College.



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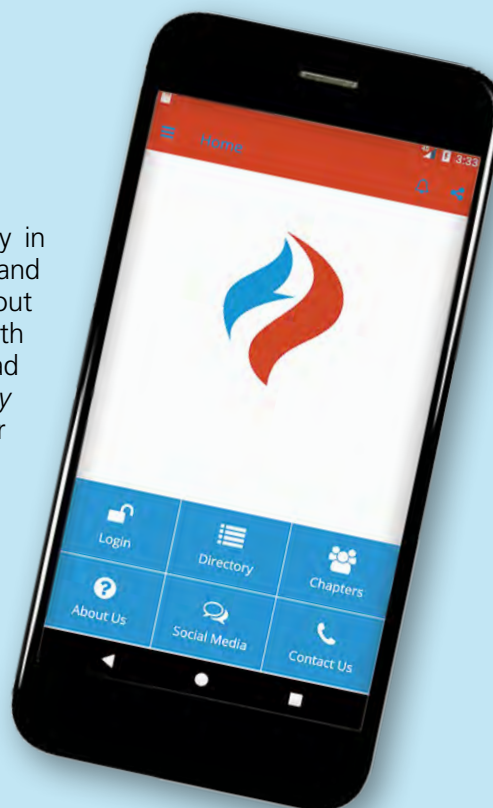


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With so many great opportunities, you'll want to go ahead and download that app now!



## Check out KNA's On Demand Learning Portal



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# Meet the Kentucky Nurses Association Board of Directors

We hope you enjoy this continuing series, "Meet the Kentucky Nurses Association Board" that now regularly appears in *Kentucky Nurse*. The leaders of KNA tirelessly volunteer their time to advocate for fellow nurses and those in their care. Get to know these nurses, ask them questions and reach out. This is your professional nursing association:

**Misty Ellis, DNP, APRN, CPNP-PC/AC APRN**, is secretary of the Kentucky Nurses Association Board of Directors.

**Current Professional Role:** pediatric critical care nurse practitioner, Norton Children's Hospital



Misty Ellis

**(KN) What made you decide to serve in a leadership position within our organization?**

**(ME)** Nursing is an amazing profession! I want to serve in an organization that cares and has a mission that supports nurses.

**(KN) What would you say to others who are considering leadership positions within KNA?**

**(ME)** The professional nurses leading the Kentucky Nurses Association are knowledgeable, compassionate and have a huge desire to support nursing. I have learned so many skills by serving on the KNA board and highly recommend anyone interested in leadership roles to consider joining KNA's leadership team.

**What would you like fellow nurses to know about your KNA membership? What does it mean to you?**

The Kentucky Nurses Association serves as our profession's "parent." They help protect us, guide us in time of crisis and strive to find opportunities for us. The KNA is here for us no matter what the issue is and want us to be

successful. By being a member of this organization, I feel those direct effects and always know someone is there for me.

**What is your message to nurses on the frontline of the COVID-19 pandemic?**

**THANK YOU!** Thank you for your hard work, dedication to care, and most importantly thank you for being so compassionate. Your patients may not remember your name, but they will NEVER forget your compassion and how you made them feel in time of need.

**Carlos Marin, BA**, is board chair of the External Advisory Board of the Kentucky Nurses Action Coalition

**Current Professional Role:** assistant dean of community and cultural engagement and the Area Health Education Center (AHEC) program administrator for the University of Kentucky



Carlos Marin

**(KN): What made you decide to serve in a leadership position within our organization?**

**(CM)** I got involved to support the Kentucky Nurses Action Coalition and to concentrate on workforce diversity.

**(KN): What would you say to others who are considering leadership positions within KNA?**

**(CM):** KNAC is a group of very committed nurses and other professionals with common goals in mind.

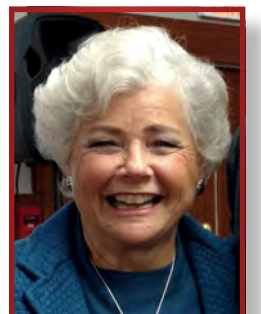
**(KN): What is your message to nurses on the frontline of the COVID-19 pandemic?**

**(CM):** Thank YOU, Thank You, Thank You for all you have been doing and will continue to do.

**Linda Thomas, PhD, MSN, BSN**, serves as a secretary on the Kentucky Nurses Foundation (KNF) Board of Trustees. She is also a member of the Kentucky Nurses Association Education & Research Cabinet.

**Past KNA Leadership Positions:** KNF board member, treasurer and secretary; served on KNA Nominating Committee, member and chair, for two terms over seven-year period.

**Year joined KNA:** 1981



Linda Thomas

**(KN) What made you decide to serve in a leadership position within our organization?**

**(LT)** There are many opportunities for nurses from all areas of healthcare to serve. For me, it has always been a chance to network with many talented nurses throughout the state. Living in a small western Kentucky town, the friendships I have gained from nurses all over the state have been truly rewarding. As a retired nurse educator, this is one way I can continue to remain actively involved.

**(KN) What would you say to others who are considering leadership positions within KNA?**

**(LT)** There are many opportunities for nurses to get involved with not just what they are doing for their patient, their unit, their hospital, but to develop leadership skills—learning from many talented leaders within the state and region who are willing to assist in the development of young nurses or those who are interested in becoming more involved with their profession. There are many leadership opportunities in KNA.

**(KN) What would you like fellow nurses to know about your KNA membership? What does it mean to you?**

**(LT)** It has afforded me a tremendous opportunity to meet nurses and other individuals interested in healthcare who have much to share and who are experiencing the healthcare concerns along with you and others. It has provided me an opportunity to meet individuals throughout the state who have a similar interest in knowing what others are experiencing outside of my own small view of nursing and healthcare.

**(KN) What is your message to nurses on the frontline of the COVID-19 pandemic?**

**(LT)** Thank You – Thank You for all you have done. I hope that soon we can all see the light at the end of the tunnel and rejoice at the "job well done!"



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- March 25th Cooked
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- May 27th The Providers
- June 24th Dangerous Ideas

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# KNA leader recognized as “Healthcare Hero” by Business First



*Ruth Carrico will tell you that she is always a nurse first. Her commitment to her profession and fellow nurses is evidenced by her leadership as president and immediate past president of the Kentucky Nurses Association along with myriad of additional leadership roles on the local, state and national levels. Coupled with her extensive work responsibilities and commitment to patients and families, her dedication extends with open arms to nurses across Kentucky.*

*We invite you to read more about her from those who nominated her for a 2021 “Healthcare Hero Award.”*

\*\*\*

Ruth Carrico, PhD, DNP, APRN, FNP-C, FSHEA, CIC, immediate past president of the Kentucky Nurses Association and associate professor and family nurse practitioner at the University of Louisville School of Medicine in the Division of Infectious Diseases recently received a 2021 “Frontline Healthcare Hero” Award from Business First Louisville. Dr. Carrico is also the clinical director of the Global Health Center Vaccine and International Travel at the School of Medicine.

Dr. Carrico, who serves on the Louisville Metro Health and Wellness Department COVID-19 Task Force as a clinical investigator, has been instrumental in organizing LouVax, Louisville’s COVID-19 vaccination operation at Broadbent Arena. In her role as organizer, leader and educator, she has worked in concert with the KNA to provide hundreds of nurse volunteers to administer the vaccine. Through her leadership, Dr. Carrico found a creative

way to enlist the help of nursing students who are now, under the supervision of nurses, administering rapid COVID-19 tests.

In addition, she has spearheaded COVID testing operations in the Louisville Metro Area. During her tenure as president and immediate past president of the Kentucky Nurses Association, since March of 2020, she has provided 28 free continuing education programs for more than 1,000 nurses about COVID prevention, testing and vaccination. Her commitment to COVID-19 education extends to the national level as she recently collaborated with Dr. Ernest Grant, president of the American Nurses Association, to present COVID-19 education to nurses nationwide.

Dr. Carrico has dedicated her career to researching vaccine preventable diseases and has found that infectious disease outbreaks often overlap with poverty. COVID-19 reminds us all of the importance of targeting campaigns to communities with the most need and where health disparities are greatest. As we continue to develop innovative methods of immunizing during the COVID-19 pandemic, she reminds us that we also need to do a better job of engaging populations where there are health disparities and greater health risks.

In addition, Dr. Carrico has served as a mentor to countless nurses as they seek professional development and is working with the Kentucky Nurses Association to formalize a clinical rotation for nursing students around COVID-19 testing and vaccination.

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# Care of the Caregiver

**LaVetta Carney, MSN, RN**

The year 2020 came and it transitioned America into a dead zone. No longer are we able show love with physical emotion but rather we must make do with physical distance. Now caring for people, means staying away so that we do not expose each other to the Coronavirus. We are now forced to be with our loved ones, while it may be a foreign obstacle for some, it is a time to rekindle lost relationships and mend broken families.



**LaVetta Carney**

Before I learned nursing, I learned love. Understanding the principle of treating another individual as you want to be treated, is a selfless act. There is no "I" involved in taking care of other people. It is simply not about oneself, but about them. Perhaps the way we are nurtured as children or even in the womb plays a role in how we develop the act of caring so graciously for individuals as healthcare providers.

It is hard being a healthcare worker and watching everyone go down different roads mentally. There are several people in different situations, such as the young nurse of childbearing age who has little children to look after. There are older nurses who are looking after their parents. Some people live alone and have no one to go home to.

Although everyone is fighting the same battle, we each have different lifestyles that sometimes create an unbearable stress. How do we maintain our mental health while battling something that we cannot touch, feel or see? We are facing unprecedented times with no real, planned, or widely available resources for healthcare providers.

How do we explain to our children that we need to maintain social distance just in case we are infected and without symptoms? I have told my children to maintain six feet just because, if I were infected, I would not want to pass the virus to them. It is hard to explain to your family and friends that although we have been quarantined, there is no real quarantine for healthcare workers. Each day is like day zero, where we may come in contact with the virus.

Nurses are not okay right now. Counseling and support groups are great options. Different types of stress relief include things such as meditation, exercise, sex, music therapy and quiet time. Try to

eat foods such as a bananas, potatoes, or chocolate. According to the Mayo Clinic, types of meditation include guided, qi gong, mantra, mindfulness, tai chi, transcendental, and yoga (Mayo Clinic Staff, n.d.).

Prayer is a form of stress relief. Whatever you believe in you should focus on it to relieve stress. Allow for moments of reflection on your workday. Quiet time should include moments spent doing things such as taking a walk, reading a book, performing crafts, watching funny videos or video chatting with your family. Now is a good time to develop those hobbies that we set to the side and never finished. Now is a good time to watch that television show that we did not have time to watch due to working so much. Do not allow yourself to spend 24 hours a day focusing on what is going on in the world right now. We focus on what's going on in the world enough at work.

Call and talk to your friends and family on the phone. Do not use this time to be distant from your loved ones. Plan family video chats, make funny videos and play board games. If you find yourself alone and feeling hopeless and helpless remember to call a professional. As healthcare providers we often ignore when we need help. Our physical, emotional and mental health is very important. Please do not be afraid to use your employer's employee assistance program or contact someone professionally if you feel depressed, sad, lonely or hopeless.

Remember we are all in this together. Together we will beat COVID-19.

**Reference:** Mayo Clinic Staff. (n.d.) Meditation: A simple fast way to reduce stress. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

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# Letter to the Editor

## Kentucky Nurses Association leaders speak out about mental health and wellness for nurses during the pandemic

### Statewide effort to prevent nurse suicide

While the COVID-19 pandemic rages on worldwide with new variants, the urgency for Kentucky nurses to continue to be on the frontlines now extends out to a massive vaccine campaign. Just like Florence Nightingale, mother of modern nursing, and Mary Jane Seacole, British-Jamaican nurse and businesswoman, did in the Crimean war, nurses today are working 24/7 to get the mission accomplished. Although the practice settings may change from a critical care unit one day and the next day a large parking lot tent or football stadium or drive-through clinic, the shepherding of public health in the Commonwealth, its citizens and students remains the same.

A key question is, "Who is shepherding the mental health and wellness of nurses?" What about turning up the call for action with a "warp speed mission for the mental health and wellness for Kentucky nurses," like a "vaccine to help build up immunity" from the pandemic's triple impact on health, daily life disruption and economic downturn. For more than a year, Kentucky nurses have felt the stress of their circumstances, on the job and at home.

In the middle of one crisis after another, they provided comfort and care to patients as well as their own families and friends—some of whom faced hardships due to lack of childcare, job loss, active COVID symptoms and a divided country. Now with the additional stressors of trying to meet the supply and demand challenges to vaccinate millions of Kentuckians, nurses still need to provide care delivery, teach students, conduct research and offer community/professional service.

We must remember nurses are human too and experience the same worries and anxieties from the pandemic as all Americans. The pandemic has taken a toll on the mental health of Kentucky nurses by adding stress, anxiety, depression and burnout. Pre-COVID, the prevalence of nurse suicide was higher than the United States general population and now with compassion fatigue escalating, the urgency is greater for evidence-based interventions so another life is not lost to suicide.

Leaders of the Kentucky Nurses Action Coalition (KNAC) have been actively engaged to boldly address "the silence of nurse suicide."

Leveraging the recently passed Kentucky Nurses Association (KNA) and the Kentucky Nursing Deans and Directors (KNDD) resolution (October 2020), "A Call to Action for Kentucky Nurse Leaders to Promote Practices for Optimal Resilience and Suicide Prevention in Schools of Nursing," multiple venues are unfolding to "break the silence." In collaboration with the KNA Professional Practice and Advocacy Cabinet, KNAC leaders will trail blaze ahead for Friday, May 7 to be declared Kentucky Nurse Suicide Prevention Day. In honor of the American Nurses Association (ANA) and the World Health Organization extending the Year of the Nurse and Midwife, in May the KNA will expand "nurses' week" for a whole month of free continuing education programs to include evidence-based strategies to build nurse resiliency and shift from mental health crisis intervention to prevention.

Later in an upcoming legislative session, KNAC and the KNA Governmental Affairs Cabinet will partner with the Kentucky Board of Nursing for a legislative proposal to require suicide prevention training as a required continuing education course for nurse licensure. Crisis management research has repeatedly demonstrated that adversity such as a pandemic in the middle of a country needing to unite and heal does not

have to hold back Kentucky nurses from reaching their greatest potential. By working together, committing time and resources to implement intentional strategies, such as below, we will emerge stronger and healthier:

- 1) **Staying focused on what we can control** – stopping COVID-19 single handedly is out of our hands but we can control how we react to the challenges by following CDC recommendations for double masking, handwashing, physical distancing and vaccination.
- 2) **Taking time to breathe and reflect** – thinking about how our new world with COVID-19 brings opportunities for creative adjustments and family connections by returning to simpler times in our lives by walking outdoors, eating dinners together and playing board games.
- 3) **Practicing gratitude** – finding something positive every day and being grateful for simple things like beautiful days of sunshine or spending more time with pets is vital to health and mental wellness.
- 4) **Taking care of ourselves** – prioritizing "me time" in the middle of a crisis is challenging but critical if we are going to come out healthy on the other side. We must get adequate sleep, exercise and eat healthy so we can take better care of others and our communities.
- 5) **Embracing helpful resources** – accessing a plethora of ANA tools and resources for well-being such as "a nursing state of mind podcast series," confidential 24/7 calls to talk about wellness, recovery and resilience and the "national suicide prevention lifeline" 1-800-273-TALK (8255)

We encourage nurses to visit the KNA's webpage, "[Kentucky Nurses Helping Nurses](#)" for myriad of mental health resources that can help during these challenging times.

Our nurses, along with thousands of health care professionals and service industry workers, are keeping our state and nation afloat right now. Kentucky nurse leaders are grateful for the relentless efforts of so many who continue to build a culture of health and now we invite you to help us strengthen the mental health and wellness of our nursing workforce. #TogetherKY #KYNursingStrong. #STOPNurseSuicide

**Janie Heath, PhD, APRN-BC, FAAN, FNAP, FAANP**, dean of the University of Kentucky College of Nursing and Warwick Professor of Nursing and president of the Kentucky Nurses Action Coalition

**Teresa Villaran, MS, MSN, CCRN, CNE, CNN**, hemodialysis anemia manager, Fresenius Medical Care of North America and chair of the Kentucky Nurses Association Professional Nursing Practice and Advocacy Cabinet

**Brittany Welch, DNP, RN**, adjunct faculty, Galen College of Nursing, CQI/compliance officer at FONEMED, community manager, American Nurses Association and chair of the Kentucky Nurses Association Governmental Affairs Cabinet

**Delanor Manson, MA, BSN, RN**, chief executive officer, Kentucky Nurses Association, Kentucky Nurses Foundation and Kentucky Nurses Action Coalition

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# Student Spotlight

**Daisy Itzol**  
**Nursing Student, Bellarmine University**  
**Recipient of 2020 Mildred Metz Scholarship**

As a child, I remember visiting the doctor's office with my parents, who are immigrants from Latin America. As I think back and recall these experiences, I remember feeling overwhelmed by my surroundings. I was in an unfamiliar setting with people who were asking complicated questions regarding previous health conditions and insurance information. Despite



**Daisy Itzol**

being too young to have a good grasp on the medical jargon used, it was my "unofficial" duty to interpret for my parents during these visits. I was intimidated by the unfamiliar medical terms that seemed to roll right out of the doctor's mouth with such ease. I didn't feel comfortable speaking up and stating that I did not quite understand everything.

As we signed in for appointments, I often heard the office staff say, "They don't speak English." I believed the staff might perceive the language barrier as an inconvenience; therefore, I would offer to interpret and remained silent about terms that I did not fully understand. On more than one occasion, my parents and I would leave the healthcare provider's office with more questions than answers. As I got older and had more experiences with the continuum of health

care, I realized the importance of preventative care. I also recognized how certain communities and/or populations had less access to healthcare due to various barriers such as language.

I have personally experienced how difficult it can be for non-English speaking families to navigate the healthcare system. This understanding encouraged me to go into nursing, where I can be an advocate for individuals and groups. I would like to specifically promote knowledge of and access to preventative care services to enhance wellness in underserved communities.

Nursing is a perfect mix of the sciences and humanities. Being a member of the nursing profession will offer me the chance to use my knowledge to work directly with members of my community to create positive change.

## To all nurses, thank you for your service.



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# New KNA Student Subscribers

We can all agree that nursing students are the future of our organization. Help us recruit more KNA Student Subscribers by inviting these students to your next chapter meeting. Some chapters are sending congratulatory notes and cards to graduates – maybe your chapter could try that as well.

We welcome these new student subscribers who joined KNA November 2020 – January 2021:

Antonio Abreu Almaguer	Louisville, KY	Madison Goode	Paducah, KY	Dorothy Owens	Paducah, KY
Seth Allgood	West Paducah, KY	Catrina Greene	Oak Grove, KY	Amber Parker	Almo, KY
Candace Alonso	Bardwell, KY	Abbigale Guy	Mount Washington, KY	Amanda Partin	Corbin, KY
Alicia Alvey	Louisville, KY	Elizabeth Harris	Paducah, KY	Shelby Pendergraft	Henderson, KY
Breanne Ayers	Paducah, KY	Sheena Harris	Cadiz, KY	Jenna Porter	Morehead, KY
Tina Baker	Paducah, KY	Brandon Havens	Stanton, KY	Jacob Prewitt	Lexington, KY
Kaitlyn Barber	Mount Sterling, KY	Darlene Holt	Paducah, KY	Brittany Roberts	Paducah, KY
Jessica Bowen	Clay City, KY	Sonja Hudson	Owensboro, KY	Carlos Romero	Hardinsburg, KY
Aimee Bowman	Lexington, KY	Latisha Hudson	Louisville, KY	Annedys Rondon	Louisville, KY
Christina Bragado	Bowling Green, KY	Kelly Johnson	Water Valley, KY	Melissa Roussel	Hopkinsville, KY
Alesia Brake	Monticello, KY	Chinwe Jomilaye	Louisville, KY	Jordan Scott	Louisville, KY
Makayla Bray	Russell Spgs, KY	Taylor Jones	Louisville, KY	Sara Scott	Louisville, KY
Niya Brewer	Louisville, KY	Lakin Jordan	Louisville, KY	Kendall Shaffer	LA Grange, KY
Chasity Burchett	Russell Springs, KY	Lori Jordan	Paducah, KY	Darla Simmons	Paducah, KY
Marley Burchett	Eddyville, KY	Katie Keeley	Lexington, KY	Hannah Snell	Frankfort, KY
Devon Cole	Louisville, KY	Madeline Kimbro	Barlow, KY	Susanne Stewart	Clarkson, KY
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Steven Conley	Louisville, KY	Jocelyn Kronoveter	Crestwood, KY	Amber Teas	Calvert City, KY
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# Accent on Research

## Remain Vigilant for the Vulnerable!

Preparation for infectious outbreaks in long-term care facilities (LTCF) – such as the current COVID-19 pandemic – is essential, since older residents are more susceptible to infectious disease due to health problems related to aging and a higher likelihood of comorbidities. Due to loss of independence from cognitive and functional decline, residents and healthcare workers are also in frequent, close contact. This is a serious problem since residents are more likely to incur serious physical and financial costs related to infections. Long-term care facilities attempt to address this situation, but often face challenges in effectively preventing and controlling infections due to lack of resources such as time, money, and space. To assist with these efforts, a group of researchers led by Lee (2020) recently examined the research on this topic. The purpose of their systematic review was to inspect and analyze what is known about control measures taken in way of infection outbreak prevention and control in LTC for older residents and healthcare workers. The authors found few to no other published systematic reviews pertaining to overall outbreaks in LTCF.

Studies selected for the review were limited to English, had to be published after 2007, and were specific to pathogen outbreaks in LTCFs. Studies which focused on pharmacology or a specific genetic strain of infections were excluded, as were surveillance reports, community outbreaks, review articles, conference papers (with unavailable full text), and randomized controlled trials. The authors used four electronic databases for data extraction: PubMed, EMBASE, Cochrane, and CINAHL. A total of 2,789 studies were found. Following data extraction, researchers examined the trials to determine quality. For final selection, two researchers independently evaluated each study to confirm it met the necessary criteria. No specific tie-breaking procedure was identified; however, it was noted that the two reviewers would consult each other if necessary. Of the 2,789 studies that were found by searching the databases, 37 were selected after duplicates were removed and relevance and appropriateness were considered.

Most of the selected studies could be considered contemporary as they were published since 2013. The 1,332 infectious outbreaks the studies reported in LTCF were mostly viral, affected the respiratory or gastrointestinal tracts, involved only one facility, and affected both residents and healthcare workers. Person-to-person transmission (especially from healthcare workers), contamination of water and food sources, and suboptimal infection control practices, including insufficient decontamination of the environment and reusable equipment, poor hand hygiene, and delayed diagnosis and implementation of control measures, were the most commonly identified causes of outbreaks in the studies. Efforts to control outbreaks once they occurred were described in 30 of the selected studies. These efforts focused on non-pharmaceutical interventions such as monitored hand hygiene, precaution adherence, and infection control education of healthcare workers. Improved environmental control and cleaning was also done along with increased surveillance and diagnostic testing of individuals. Despite the high incidence of infections among healthcare workers and their role in person-to-person transmission due to frequent, close interactions with many people in the LTCF, restriction from work was not a commonly implemented intervention during outbreaks.

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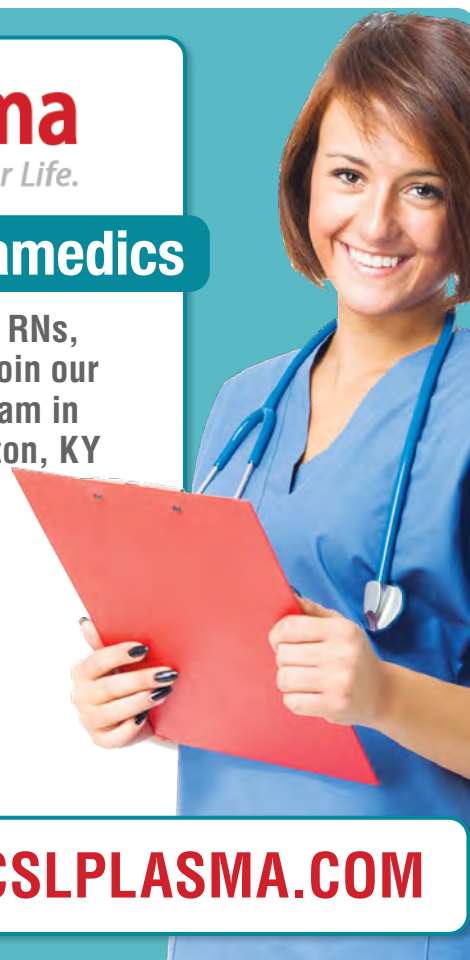
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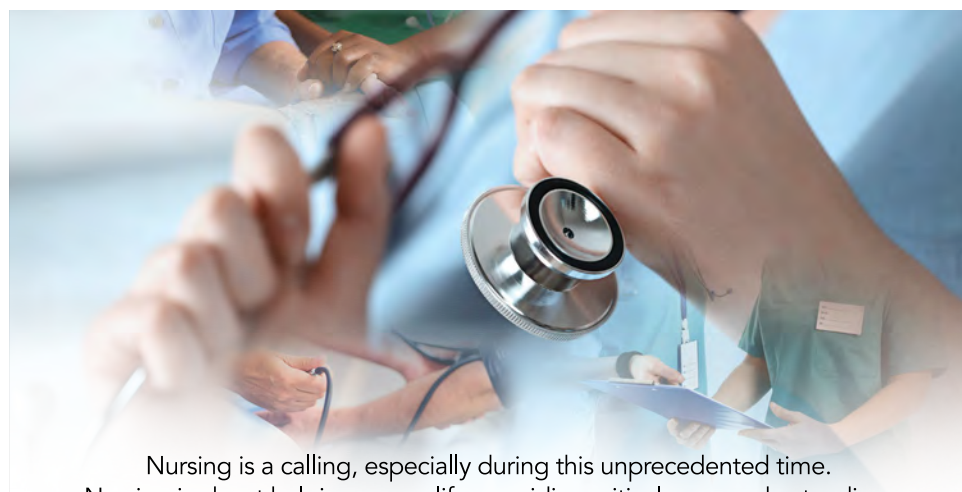
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With outbreaks occurring frequently in LTCF, it is suggested that healthcare workers need to be vigilant in their adherence to basic infection prevention measures to keep residents safe. When outbreaks occur, non-pharmaceutical control measures should be utilized to interrupt transmission. However, many of the studies reported workers had limited resources, which constituted a challenge in preventing outbreaks in their facilities. With drug resistance on the rise, multi-drug resistant organism-related outbreaks are a serious concern in LTCF. A greater need to stop cross-contamination between hands, environments, and equipment is a continuing concern. Also, sick employees coming into the facilities instead of staying home, contributed to more outbreaks. Interventions such as WHO-5 strategies (including system change, training and education, monitoring and feedback, reminder and communication, and culture) are generally effective in increasing and sustaining hand hygiene compliance. Cleaning and disinfection of equipment could help stop the spread of infections, particularly respiratory and gastrointestinal infections. It was concluded that more discussions and studies are needed to address the challenges of adhering to existing basic infection prevention, control practices, and standard precautions to prevent outbreaks in this vulnerable population.

**Source:** Lee MH, Lee GA, Lee SH, Park Y-H (2020) A systematic review on the causes of the transmission and control measures of outbreaks in long-term care facilities: Back to basics of infection control. PLoS ONE 15(3): e0229911. <https://doi.org/10.1371/journal.pone.0229911>



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**Data Bits** is a regular feature of *Kentucky Nurse*. Sherill Nones Cronin, PhD, RN-BC, is the editor of the Accent on Research column and welcomes manuscripts for publication consideration. Manuscripts for this column may be submitted directly to her at [sherillc@aol.com](mailto:sherillc@aol.com).



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# American Nurses Association features KNA as an exceptional Healthy Nurse Healthy Nation™ champion in recent blog

We are pleased to shine the spotlight on the Kentucky Nurses Association (KNA), an exceptional Healthy Nurse, Healthy Nation™ Champion.

KNA is all about helping Kentucky nurses. They've been doing it for years, operating at a good pace and achieving their goals. But when things took a turn during the COVID-19 pandemic, the word "helping" took on a whole new meaning.

For KNA, it meant reminding nurses of community support by displaying orange ribbons and bows all across the state. Helping meant working with the University of Louisville School of Engineering to create and distribute much-needed face shields for the state's nurses. And it meant raising funds to purchase 13,000 bottles to hold and easily distribute 345 gallons of - hand sanitizer made and donated by statewide liquor distilleries.

"We've done so much over the past year, we just haven't stopped," said Chief Executive Officer Delanor Manson, MA, BSN, RN. "We're always thinking, 'What else can we do?'"

Now that the COVID-19 vaccine has rolled out, KNA is helping on the frontlines there, too. They recently sent out a call for both nurses and nonclinical volunteers to work a mass vaccination clinic, which requires 120 people a day to run. When the clinic kicked-off, volunteers distributed about 1,000 vaccines in its first week. By the second week, the goal was to hit 1,000 vaccinations each day. Currently, the clinic distributes about 1,300 vaccines a day.

### Nursing and Learning

With the implementation of physical distancing guidelines, helping nurses in person became more difficult in 2020 — but not impossible. Today, KNA has dedicated an entire section of their website



to nurse well-being, focused on both general and COVID-19 resources. The majority of the resources are free and accessible to both members and nonmembers.

Since nurses are one of the most trusted health professionals, they're expected to have the answers to patients' questions. To know those answers, nurses have to treat learning as a never-ending quest. That's especially true during the pandemic

with the rapidly changing discoveries about the virus and the new vaccines. To help keep nurses in-the-know, KNA offered a series of 21 courses covering COVID-19 and the vaccines.

Another way the organization helps nurses is by making ANA Healthy Nurse, Healthy Nation™ content accessible to members. Nurses who are a part of KNA get access to the HNHN blogs and challenges through KNA's social media channels, inclusive mobile app, and a monthly e-Newsletter sent directly to members' email inboxes.

Nurses can also take advantage of KNA's monthly virtual Movie Nights. Each event showcases a different movie related to healthcare and social justice, and nurses can earn contact hours for continuing nursing education by watching and completing an evaluation. The most recent showing was a film titled "Intersection of Social Justice and Healthcare: Incarcerating US."

### Volunteering

KNA is predominantly made up of volunteers. Without those willing to give up their time and talents, most of the recent events, fundraisers, donations, and resources would not have happened. It's the selfless act of hundreds of volunteers that improves the lives of Kentucky nurses.

"We get a lot of retired nurses who contact us and say, 'I can't sit on the sidelines anymore,'" said Delanor. "When we started recruiting for the mass vaccination clinics, we had 75 people contact us and ask, what else can I do to help?"

That's what KNA is all about: helping. And they don't plan to stop anytime soon.



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# THE CONVERSATION BETWEEN US, ABOUT US.<sup>SM</sup>



**W. Kamau Bell talks with Black health care workers about the COVID Vaccines**

A new campaign aimed at addressing the concerns of Black Americans about COVID-19 vaccines



## New Campaign Seeks to Address Black Communities' Concerns About COVID-19 Vaccines

March 4, 2021



Black people are much more likely than other Americans to contract, be hospitalized for, and die from COVID-19. Yet they have one of the lowest vaccination rates among racial or ethnic groups — a product, in part, of mistrust rooted in a long history of structural racism and medical mistreatment.

A new campaign, THE CONVERSATION: Between Us, About Us, is aiming to bridge the information gap between Black communities and trusted health experts. In a series of videos, Black doctors, nurses, and researchers from across the U.S. openly discuss Black Americans' questions and concerns about the COVID-19 vaccines.

The campaign, developed by the Henry J. Kaiser Family Foundation and the Black Coalition Against COVID as part of an effort to help save Black lives during this pandemic, is supported by the Commonwealth Fund, the California Health Care Foundation, and the Sierra Health Foundation.

Visit [https://www.greatherthanacovid.org/theconversation/?utm\\_source=betweenusaboutus.org&utm\\_medium=vanity%20url/](https://www.greatherthanacovid.org/theconversation/?utm_source=betweenusaboutus.org&utm_medium=vanity%20url/) to watch.

Black Americans have one of the highest COVID-19 mortality rates in the U.S., yet are still one of the least likely to be vaccinated. A new campaign, THE CONVERSATION: Between Us, About Us, is focused on saving lives and eliminating the information gap by openly discussing the concerns and questions Black communities face.

**Watch now:**  
THE CONVERSATION: Between Us, About Us



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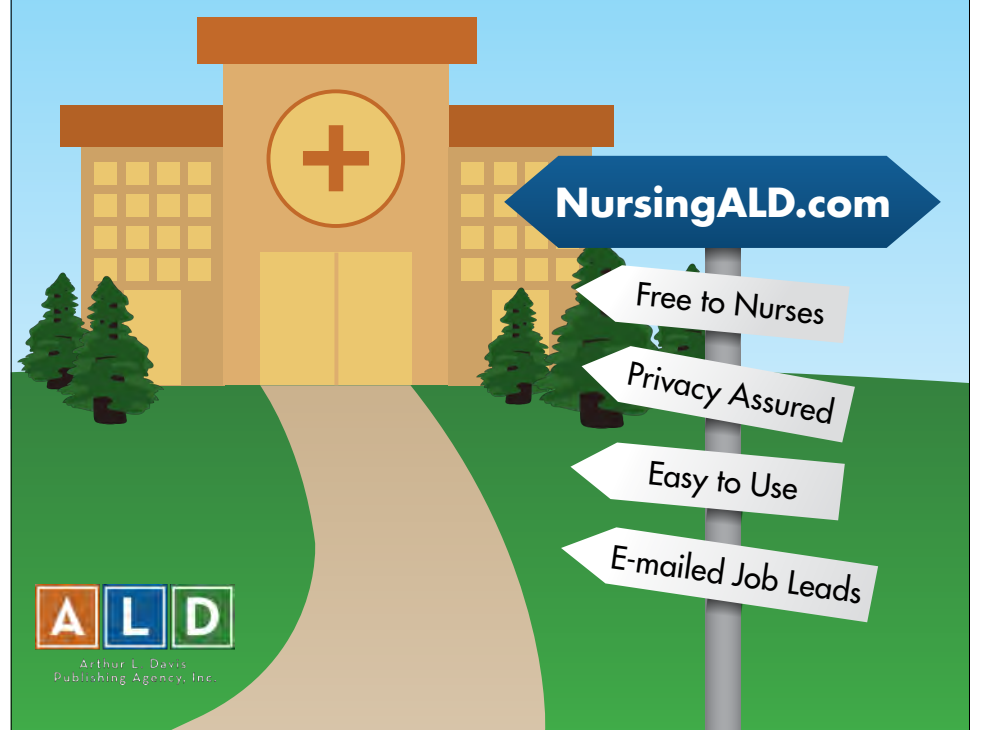
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# The Kentucky Nurses Foundation Highlights Activities and Accomplishments

Last fiscal year (July 1, 2019 – June 30, 2020), we honored 36 Kentucky nurses with Nightingale Tributes. We have temporarily discontinued in-person Nightingale Tributes; however, we continue to reach out to the families of legacy nurses to offer our condolences and let them know that we will conduct in-person Tributes when it is safe to do so. Later this spring and summer, look for scholarship applications and help us spread the word about our scholarship program among students and faculty in your community.

Since its inception in 2017, our “Honor a Nurse – Remember a Nurse” campaign has brought in more than \$19,469. This campaign affords us all a great way to highlight those special nurses in

our lives. Last fiscal year, our fundraising efforts garnered more than \$54,888 to fund nursing education, scholarships and research across the Commonwealth. Our COVID-19 Nurses Support Fund has brought in more than \$19,000 to help nurses and nursing students in need.

We know though that the numbers only tell part of the story. Because of your generous donations, we are providing the type of support Kentucky nurses have come to depend upon even during their darkest hours. Most recently, we have participated in research surrounding the mental health of our fellow nurses and how to prevent nurse suicide. On page 11, we invite you to read more about our efforts. If we save one life, it’s worth it.

On behalf of all Kentucky nurses, I encourage you to make a tax-deductible donation to the Kentucky Nurses Foundation today at [kentucky-nurses.org](http://kentucky-nurses.org) or send your check to:

The Kentucky Nurses Foundation  
305 Townepark Circle, Suite 100  
Louisville, KY 40243

We thank you for your generous donations and are humbled by your willingness to give.

Donna Meador, MSN, RN, CENP, CPHQ  
Chair, Kentucky Nurses Association Board of Directors

*“It’s not how much we give, but how much love we put into giving.” Mother Teresa*

## KNA welcomes new affiliate – Galen College of Nursing



The Kentucky Nurses Association welcomes its newest affiliate organization – Galen College of Nursing. We invite you to read a bit about this Kentucky-based organization:

Galen College of Nursing was established by Humana Health Institutes, Inc. in 1989 with a single purpose: to offer excellence in nursing education. Humana, who at that time was positioned as one of the largest insurance providers and healthcare systems in the country, developed these practical/vocational nursing programs in response to a severe national nursing shortage. Initially offered in Louisville, Kentucky; San Antonio, Texas; and Tampa Bay, Florida, these programs continue to address the healthcare needs of the communities they serve and are exemplars of excellence in nursing education. To learn more about Galen, visit <https://galencollege.edu/>.



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Beckfield College is a member of the National League for Nursing. The baccalaureate degree in nursing (RN to BSN Online program) at Beckfield College is accredited by the Commission on Collegiate Nursing Education (https://www.aacnursing.org/CCNE), 655 K Street, NW, Suite 750, Washington, DC 20001, (202) 887-6791. OFI Registration # 2158.

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# 2021 Virtual Kentucky Nurses Association Annual Summit

*“Facing the Challenges: Preparing for the Future”  
Thursday, November 4 and Friday, November 5*

## CALL FOR PRESENTERS

In these unprecedented times, nurses continue to experience multiple forms of challenges in the profession. This conference will focus on these challenges including mental health, leadership, diversity, inclusion and equity and how these challenges have been previously addressed. Best practices and innovations for future solutions will also be discussed.

The Kentucky Nurses Association (KNA) seeks dynamic, engaging and knowledgeable presenters for the 2021 Virtual KNA Annual Conference, *“Facing the Challenges: Preparing for the Future.”* KNA members and non-members are welcome to submit applications to present; however, *KNA members will be given preference.* **Deadline: May 1.**

### SUMMIT OBJECTIVES:

At the end of program, the attendees will be able to:

- Define diversity, equity, and inclusion and their impact on healthcare, employment, and education.
- Identify leadership traits that are beneficial in challenging times.

### TARGET AUDIENCE & CONTINUING EDUCATION

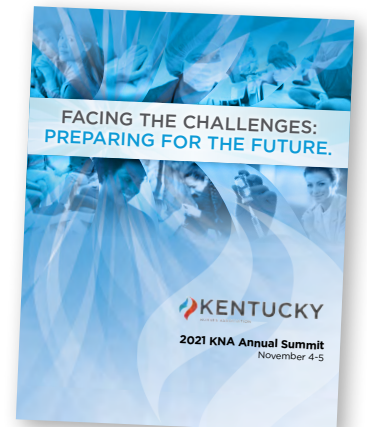
- The primary conference audience of more than 300 attendees will include registered nurses (clinical, academic, researchers and those in management/administration and leadership), as well as licensed practical nurses and nursing students.
- Continuing Education (CE) will be offered. Presentation content must include expected outcomes, presenter’s resume or vita and a teaching plan.
- Presentations should provide attendees with educational value.
- Potential presentation topics may include microaggression, mental health, suicide prevention, leadership during COVID-19, health disparities, social injustices, diversity, inclusion and equity.
- When developing a proposal application, please submit a balanced program in accordance with the KNA Conference Theme, *“Facing the Challenges: Preparing for the Future.”*

### A NOTE CONCERNING HONORARIA

KNA has a tradition of using educational conference/summit sessions as platforms for innovation in the spirit of networking and sharing. Therefore, we look for contributors who are willing to share their expertise without expectation of an honorarium or reimbursement of expenses.

### PRESENTER EXPECTATIONS

By participating in the summit, presenters give KNA permission to record their sessions and take photos. We ask that presenters be available for media interviews upon request. Please note: Sponsorship participation is appropriate for groups or persons with commercial interests. The KNA will reach out to those groups under separate cover.



### KNA CONTACT – WHERE TO SUBMIT YOUR APPLICATION & ASK QUESTIONS

Email application in Word format, including headshot and vita, or send via US mail on a non-returnable jump drive to:

[Admin@kentucky-nurses.org](mailto:Admin@kentucky-nurses.org)  
Kentucky Nurses Association  
305 Townepark Circle, Suite 100  
Louisville, KY, 40243 / Call us at 502-245-2843

#### Materials Needed

Presenter Application/CE  
Form Resume/CV  
Head shot

**Deadline:**

#### Format

WORD documents only; please no PDFs  
WORD documents or PDFs are acceptable  
High resolution 300 dpi JPEG file, full color

**May 1**

### TYPES OF PRESENTATIONS

- Podium and panel presentations: time length: 25-50-minute segments.
- Sessions may be panel discussions, lectures, research based, hands on, interactive, creative, dynamic and feature best practices in nursing relevant to the conference theme.

### HANDOUTS & POWERPOINT PRESENTATIONS

- Handouts may be appropriate, depending on the complexity of the topic and will be shared with attendees electronically.
- A KNA Summit PowerPoint template will be provided for all speakers. PowerPoint presentations will also be made available to attendees electronically. Those selected to present will be contacted by May 31. All PowerPoint presentations and electronic handouts are due by August 30.

### FEES & PRESENTER BENEFITS

- As a 2021 presenter, your summit session registration is complimentary; however, if you would like to attend the entire event and receive continuing education credit, we ask that you pay the summit fee.
- The Fall 2021 issue of *Kentucky Nurse*, which is available to more than 90,000 readers, will include the names of all presenters.
- KNA will also publicize presenters’ names via website, Facebook, its electronic newsletter, E-News, that is distributed to its 2,600+ members and in the KNA Conference Yearbook.



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# KNA New Member List

Amy Amburgey	Means, KY	Katherine Congleton	Richmond, KY	Cameron Hiltner	Covington, KY
Sonya Antrobus	Falmouth, KY	Stephanie Conlon	Wurtland, KY	Amy Hinkle-Johnson	Vine Grove, KY
Shannon Awesome	Dry Ridge, KY	Katherine Cress	Danville, KY	Kimberly Howard	White Plains, KY
Robert Ball	Lexington, KY	Kasey Curtis	Lexington, KY	Debra Howard	Georgetown, KY
Kristy Bell	Wickliffe, KY	Brandi Davis	Pikeville, KY	Virginia Huffman	Richmond, KY
Lisa Bennett	Harlan, KY	Brit Day	Louisville, KY	Katlin Hunley	Van Lear, KY
Meghan Bingham	Lawrenceburg, KY	Robin Day	Kuttawa, KY	Jessica Hyden	Alexandria, KY
Sheena Blake	Lewisburg, KY	Danielle Duncan	Lexington, KY	Pauline Jackson	Louisville, KY
Michelle Branam	Louisville, KY	Crystal Eastridge	Ashland, KY	Sandra Jacobs	Louisville, KY
Lauren Bridges	Georgetown, KY	Rebecca Edwards	Alvaton, KY	Nina Johnson	Fisherville, KY
Kellie Brumbaugh	Shepherdsville, KY	Ashlee Elder	Providence, KY	Gwen Jones	Lexington, KY
Belinda Brumley-Fullenkamp	Union, KY	Cairee Fannin	Vanceburg, KY	Elsa Joseph	Louisville, KY
Christina Callihan	Lancaster, KY	Leah Fenwick	Lexington, KY	Laura Jump	Lexington, KY
Kristen Calo	Elizabethtown, KY	Teresa Ferguson	Wingo, KY	Staci Kell	Benton, KY
Ashley Campbell	Burlington, KY	Jessalyn Ferguson	Ashland, KY	Tony Kennedy	Morehead, KY
Kimberly Cannon	Elizabethtown, KY	Angela Fiser	Ledbetter, KY	Holly Kimberlin	Paducah, KY
Anna Carew	Lexington, KY	Jordan Ford	Mount Washington, KY	Staci King	Raceland, KY
Kate Carlson	Covington, KY	Kyle Fortune	Elizabethtown, KY	McKenzie Kunnecke	Calvert City, KY
Gwen Carnegie	Lexington, KY	Kately Frye	Shepherdsville, KY	Carrie Lafoe	Versailles, KY
Jessica Carrington	Vanceburg, KY	Kristen Fugate	Jackson, KY	Dena Lanfrankie	Cadiz, KY
Kelsey Carroll	Shelbyville, KY	Jody Gibbs	Nicholasville, KY	Levita Larson	Morehead, KY
Rachel Chriswell	Monticello, KY	Kaitlyn Green	Lexington, KY	Teresa Lemaster	Lexington, KY
Lisa Cissell	Versailles, KY	Candace Hack	Madisonville, KY	Julie Little	Hardin, KY
Nathan Clark	Murray, KY	Farduwsa Hassan	Hebron, KY	Brittany Littrell	Lexington, KY
Marcia Coleman	Louisville, KY	Lindsey Hauger	Nortonville, KY	Lisa Long	Highland Heights, KY
John Combs	Richmond, KY	Sharon Hill	Bardstown, KY	Margaret Luckenbill	Shelbyville, KY



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| <b>Brain Injury Unit</b>  | <b>Stroke Units</b>       |

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JUST BECAUSE YOU RECEIVED THIS NEWSLETTER DOESN'T MEAN YOU'RE A MEMBER OF KNA.

VISIT WWW.KENTUCKY-NURSES.ORG OR COMPLETE THIS APPLICATION.

# Membership Activation Form



For dues rates and other information, contact ANA's Membership Billing Department at (800) 923-7709 or e-mail us at memberinfo@ana.org

### Essential Information

First Name/MI/Last Name	Gender: Male/Female
Mailing Address Line 1	Credentials
Mailing Address Line 2	Phone Number <i>Circle preference: Home/Work</i>
City/State/Zip	Email Address
Country	

### Professional Information

Employer	Current Employer Status: (ie: full-time nurse)
Type of Work Setting: (ie: hospital)	Current Position Title: (ie: full-time nurse)
Practice Area: (ie: pediatrics)	<b>Required:</b> What is your primary role in nursing (position description)?

### Ways to Join

ANA and State Membership Dues: \$15.00 Monthly or \$174.00 Annual

### Membership Dues

ANA-PAC Contribution (optional) ..... \$ \_\_\_\_\_

ANF Contribution (optional) ..... \$ \_\_\_\_\_

Total Dues and Contributions ..... \$ \_\_\_\_\_

### Credit Card Information

Visa  Mastercard  AMEX  Discover

Credit Card Number \_\_\_\_\_ Expiration Date (MM/YY) \_\_\_\_\_

Authorization Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Please Note — \$20 of your membership dues is for a subscription to The American Nurse and \$27 is for a subscription to American Nurse Today. American Nurses Association (ANA) membership dues are not deductible as charitable contributions for tax purposes, but may be deductible as a business expense. However, the percentage of dues used for lobbying by the ANA is not deductible as a business expense and changes each year. Please check with ANA for the correct amount.

Go to [JoinANA.org](http://JoinANA.org) to become a member and use the code: **ADKNA15**

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- Kimberly Miller Baxter, KY
- Jennifer Moreland Independence, KY
- Alisha Morgan Georgetown, KY
- Morgan Morris Campton, KY
- Tiffany Newcomb Louisville, KY
- Janeth Nicolas Henderson, KY
- Toresea O'Brien Florence, KY
- Sheena O'Brien Louisville, KY
- Cheryl Oneal Winchester, KY
- Kaitlin Patterson Lexington, KY
- Lisa Peak Louisville, KY
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- Erika Rathfon Nicholasville, KY
- Rachael Reinstedler Richmond, KY
- Alicia Rice Cold Sprgs HI, KY
- Lauren Riddle Campbellsville, KY
- Brandi Ritchie Lexington, KY
- Lisa Roach Marion, KY
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- Christine Romani Ft Mitchell, KY
- Mary Ruley Boston, KY
- Theresa Sanders Brooks, KY
- Carleigh Sapp Rogers, KY
- Rachel Secor LA Grange, KY
- Ashley Shackelford Lexington, KY
- Megan Shelton Danville, KY
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- Christina Smith Mc Kee, KY
- Babette South Highland Heights, KY
- Lindsay Spies Louisville, KY
- Autumn Stacy Russellville, KY
- Cova Stidham Smiths Grove, KY
- Megan Stoeckinger Lexington, KY
- Julie Stuart Louisville, KY
- Summer Sykes Georgetown, KY
- Caroline Szczepaniak Murray, KY
- Melodye Taulbee Brodhead, KY
- Katherine Taulbee Winchester, KY
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- Tania Traylor Princeton, KY
- Semir Udovcic Louisville, KY
- Roxan Walden Winchester, KY
- Alfreda Wann Murray, KY
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- Dane Webb Frankfort, KY
- Edna Williams Lexington, KY
- Vanessa Williams-Harvey Louisville, KY



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UofL Health has opportunities for nurses just starting out as well as experienced nurses looking to develop their passion for nursing.

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- Shelbyville Hospital
- Jewish Hospital
- Peace Hospital
- UofL Hospital
- Brown Cancer Center
- Frazier Rehab

Vist [UofLHealth.org/careers](https://UofLHealth.org/careers) or call 502-588-0418 to find the job that is right for you.