

Mountain to Sound Chapter Newsletter



American Association of Critical Care Nurses AACN

Summer 2022

President's Message



Thank you for the opportunity to serve as MTS President for 2022 to 2023. All of you are the most amazing group of acute and critical care nurses. I appreciate the team of exceptional nurses on our board. Sharon Hansen, you have been a spectacular President for our chapter. You have led us through a hard second year of the pandemic. In addition, you are the most caring, compassionate pediatric acute care nurse I know. You are active in the Sepsis Alliance and continue to teach at UW Tacoma. Terri Petroff stepped into the role of Treasurer this year and learned on the job. You have done a remarkable job keeping us in good standing. Cathy Wolkow, you have performed amazingly in the dual roles of both secretary and newsletter chair. I also want to thank all our committee chairs: Pat Blissitt, Michelle Bird, Mike Moon, Melissa Hutchinson, Zita Orban and Mary Jo Kelly. You keep our chapter functioning. And I can't forget our members at large who add so much.

Our new AACN President, Amanda Bettencourt, used the analogy of the last two years of the pandemic as a long dark tunnel. This resonates with me as I think of the last two and a half years—both for nurses on the front line and also our chapter. For the Puget Sound area, the COVID epidemic/pandemic began in early March 2020, much earlier than many parts of the country. MTS chapter shut down all in person classes and meetings and went to virtual platforms. We could relate to Liz Bridges' theme of "This is Our. Moment—All In". Our board

continued to meet via Zoom. As the pandemic spread and nurses worked under sometimes horrendous conditions, our chapter looked for ways to help. We provided some online webinars and speakers on timely topics. We had hoped that we could see an end to the tunnel as vaccines were released. As we know now, that was a false hope. We struggled into 2021 finding that our membership couldn't think about outside education. AACN President for 2021-2022, Beth Walten's, theme, "Rooted in Strength" resonated with all of us. We needed those strong roots to see us

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through—and it did. Our chapter has continued to be strong, look to the future, and collaborate with other chapters with in our region. One collaboration is joining with the Greater Portland Chapter (GPC) to offer our members discounted fees to attend both GPC summer and fall symposiums.

As I look at the second half of 2022, I feel we are coming out of the tunnel. COVID is not going away, but we are learning to live with it and not be controlled by it. In Amanda's presidential talk at NTI, she quoted James R. Sherman, "You can't go back and make a new start, but you can start right now and make a brand-new ending." That is where we are. We have renewed hope and we can make a difference. This year's new AACN theme is "Starting Now." We are standing at the end of the tunnel. We will write the next chapter and decide where critical care and acute care nursing goes. As Amanda says, we may need to ruffle some feathers.

Judy Borish, MTS President-Elect

OUTGOING PRESIDENTS' MESSAGE

This past year, it has been an honor and privilege to serve as President the Mountain to Sound (MTS) Chapter of the American Association of Critical Care Nurses (AACN). I am very grateful to have had Judy Borish as President-elect and look forward to her leadership of the chapter this next year. Judy has served in all aspects of the MTS. For me, Judy encouraged my active participation in the chapter, mentoring me on the board. She encouraged me to present both locally and nationally. Judy is committed to our members, the national chapter, the nursing community at large and to promoting excellence in patient care.

The phrase "the past two and a half years have been challenging for our chapter members" is a gross understatement. The MTS board believed it was necessary to continue meeting despite the Pandemic. We needed to do things differently. I am grateful that we had the ZOOM platform in use before 2019, allowing us to continue meeting virtually. While chapter activities decreased, the board meetings provided a place for members to share how they incorporated the AACN themes of "All in" and "Rooted in Strength." Your board members were actively involved in providing care on the frontline, supporting staff through education and leadership. I thank Judy Borish, Pamela Popplewell, Terri Petroff, Cathy Wolkow, Michael Moon, Zita Orban, Pat Blissitt, Melissa Hutchinson, Mary Jo Kelly, Karen Paulsen, Michelle Bird, Lindsay Boyd, and Rebecca Davis for your service to the chapter this past year.

I am thankful for the AACN leadership of Elizabeth Bridges and Beth Wathen and the chapter support provided by AACN. The leadership and guidance provided have been and will continue to be important.

Lastly, thank you to the exceptional nurses that make up the MTS chapter. We look forward to continuing to serve you; we are eager to partner with you in planning education and community outreach for this upcoming year and the future. While we do not post the ZOOM information on our website to avoid hacked meetings, your

participation in the meetings is welcome. Reach out using the <https://mtsaacn.nursingnetwork.com/contact> for a link to the meeting.

Thank you again for the opportunity to serve the MTS chapter,
Sharon Hansen, Outgoing MTS President

GET TO KNOW YOUR BOARD MEMBER

Meet Theresa Petroff is Mountain to Sound's Treasurer: Below, she shares her experience applying skills learned at 2021's NTI to address her unit's moral distress and burnout during the COVID-19 pandemic.

MORAL RESILIENCE

Critical Care RNs have always been susceptible to moral distress and burnout, but COVID has increased this. I lead a 16-bed critical care unit, and in the first 12 months of COVID, we experienced 44% turnover and 100% of RNs with 18 months or less experience. The most painful part was looking in the eyes of my team and seeing a deep pain. I needed to do something, but I was at a loss. I went to virtual 2021 NTI with that question in my mind.

Rebecca Jane Michael, DNP, RN, CCRN-CSC; Dr. Meg Zomorodi, RN, Ph.D. presented Implementing Nurse-Led Debriefing Sessions to Discuss Moral Distress: An Interprofessional Approach. They showed a nurse-led debrief process developed for their unit.

On returning to work from Virtual 2021 NTI, I learned my team had experienced 12 deaths in 5 days. I could not wait to perfect the process, but I needed to start and use the PDCA process to adjust. This month marks one year since implementation.

Like Drs Michael and Zomorodi presented, it needed to be multidisciplinary. We have the Intensivist of the week attend, and one of our Hospitalists be my MD partner in leading. Our Chaplain attends to help with emotional support during the meeting. We used a Zoom format due to the pandemic, but that has allowed more accessibility in a time when nurses, at the end of their personal resources, cannot do just one more thing. One change we found helpful was to have a small educational piece to start the conversation. For example, we have taught about secondary trauma, the emotional toll of your first code in ICU, the debriefing process, and medical ethics.

In tandem with the moral resilience debrief sessions, we did a Summer of Self-Care challenge. We created education on five evidence-based techniques to improve

personal resiliency. We wanted to create a menu of options. First, acknowledging that what works for one will not work for another, and second, providing an opportunity to try different techniques in the spirit of self-exploration.

The team was challenged to try one of the five techniques for 21 days of the month and turn in a log sheet. The team who completed the log sheets were entered in a drawing for a thermal mug, one for each shift each month, to incentivize people to participate. Those who participated all three months were entered for a drawing to attend NTI this year! Out of this challenge, one RN on our team wrote a series of children's books about emotional hard times, and another RN discovered a love for yoga.

The intent was to have a structure to support the bedside RNs in our CCU. We intentionally created a transparent and authentic intervention to help the team by combining activities to support individual resilience and focused debrief sessions for corporate resilience. We wish to create a culture where it is OK to say you are not OK. Research clearly shows RNs want to talk with other RNs probably because no one else understands what we do!

Theresa Petroff, MTS Treasurer



NTI 2022 REFLECTIONS

Houston May 16-18, Virtual June 6-8

Walking into the Houston Convention Center for NTI, I was excited and also a little nervous. The pandemic isn't over and I was in Texas, a state not known for taking COVID seriously. Each of us had to prove we were vaccinated or tested negative for COVID, before we could enter. So what did I think about attending the first in-person NTI since 2019? It was amazing as always. I am inspired, motivated, recharged and empowered to stand up and make changes.

The educational sessions were mind-blowing. So many to pick from and facilitated by some of the best nurse speakers from around the country and Canada. I picked sessions on cardiac topics, trauma, escape rooms, acute pressure injuries, chapter challenges, COVID-19, street drugs and more. Often there were two or three other sessions I wanted to attend at each time slot. Luckily, I can watch additional sessions I missed until the end of October.

Seeing nurses from around the country in person was fantastic. After two plus years of Zoom, it was so enjoyable to discuss many topics and maybe share a meal. One of my favorite parts of NTI are the Supersessions. It was a chance to gather in one huge room with thousands of other critical care and acute care nurses. The enthusiasm, the joy, the laughing was infectious. We had two motivational speakers that were outstanding. Robert X. Fogarty, the founder of Dear World, showed us the healing power of storytelling. Then he invited us to tell "our stories" over the next two days and brought them back to us on Wednesday. He had many of us crying as we could connect with the messages and feelings. The other motivational speaker, Jade Simmons, is also a concert pianist, media host and author. She spoke of building bold change. She said "Purpose is not the thing you do. It is the thing that happens in others when you do what you do". Think about that for a few minutes.

NTI next year is in Philadelphia. I'm definitely planning to attend. Are you?

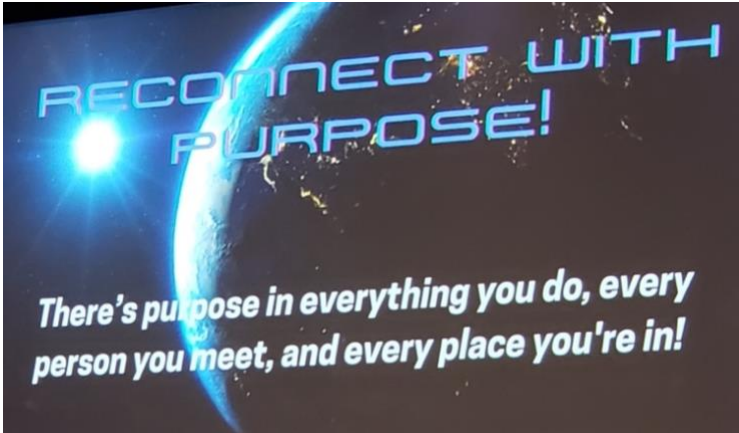
Judy Borish, MTS President-Elect

Many celebrated the ability to return to face-to-face NTI festivities and learning sessions this year. But let us also celebrate something the pandemic taught us - how to use virtual opportunities to participate. This year thousands of nurses celebrated in-person in Houston but thousands more of us were able to join virtually (June 6-8) and get the amazing boost that NTI gives us all. As I watched the chat in the various sessions that I attended, I saw greetings from nurses in many cities and states and even extending into Canada. There are a lot of nurses who cannot or did not attend in person but could still have a wonderful experience and opportunity by engaging in this virtual event. Virtual NTI delivered energy, it gave us space to celebrate the power of our stories, and it gave us a new beginning as we emerge from the long dark tunnel of this pandemic. We are the ones to write our new ending....Starting Now!

Pamela Popplewell

Enjoy these photos of NTI 2022 in Houston!





UPCOMING EVENTS

The Greater Portland Chapter is excited to announce: [The Summer Education Summit- ECMO: Across the Continuum of Specialty Care](#), July 21st 2022 0800-1300 PST, Virtual & On Demand

[*Registration is Now Open*](#)

Program Description: The Greater Portland Chapter of AACN is excited to host a Summer Education Summit on ECMO care and practice. The developing and growing specialty has been a significant tool during the COVID pandemic response.

This conference is for nurses at all levels of practice and at all organizations, even if ECMO is not a medical specialty within your organization, understanding the growing therapy is vital for patient care within the health care setting.

The mission of the Mountain to Sound Chapter (MTS) of AACN is to represent, promote & provide guidance for the practice & growth of progressive care & critical care nursing. Additionally, the Chapter strives through education to promote the health and well-being of those experiencing critical illness and/or injury across the life span. This mission is not only directed at the Chapter's members, but to all nurses practicing in critical and progressive care.

This newsletter is compiled with contributions from MTS Chapter members with every attempt to provide timely and accurate information to critical care nurses in the Puget Sound area.



MTS Board Members and Key Leaders

President Sharon Hansen

President-Elect Judy Borish

Past-President Pamela Popplewell

Treasurer Theresa Petroff

Secretary/Newsletter Cathy Wolkow

Membership Chair Michelle Bird

Scholarship Chair & Nurse Planner Pat Blissitt

CCRN/PCCN Chair Mary Jo Kelly

Advanced Practice Melissa Hutchinson

Consortium Liaison Judy Borish

Industry Relation Chair Melissa Hutchinson

Education Committee Co-Chairs Michael Moon, Zita Orban, Erica McCartney

Webmasters Lindsay Boyd

Beacon Open

MEMBERSHIP – WHAT'S IN IT FOR ME?

Help us spread the word about the benefits of our organization. All of you, our members, know the values of membership in national AACN and our local Mountain to Sound Chapter. Now help us spread the word to all your co-workers in critical care and acute care nursing. Would you like to be more active in the Mountain to Sound Chapter? We would love to have you. There are plenty of volunteer opportunities—both big and small. If you are interested, please email us at president@mtsaacn.org. Tell us how you would like to volunteer. To help you, I've listed some of the benefits of membership below...

- Stay up-to-date
- Subscriptions to peer-reviewed *American Journal of Critical Care* and *Critical Care Nurse*, plus the monthly *AACN Bold Voices*.
- Discounts on registration for NTI as well as CCRN and PCCN examinations
- Unlimited free online continuing education

We are always have space for new members and volunteers - don't hesitate to [contact us](#).

Chapter meetings are the first Monday of each month on Zoom, 5:30-7:30PM.

Consider joining us if you want to get more involved!