Save the Date: Nursing and the Public’s Health Conference

In the spring of 2013, the OPHA Nursing Section invited Oregon public health nurse leaders and policy-makers to the Nursing and the Public’s Health Summit to chart a path for public health nursing through historic health reform into the future. Much has happened in the years that followed. On May 4, 2015 the Nursing Section will be presenting a follow-up conference to continue the conversation and build our momentum. The conference keynote speaker will be Joyce Edmonds, RN, MPH, PhD. She is currently an assistant professor at William F. Connell School of Nursing at Boston College in Chestnut Hill, MA. She is a nurse educator and her research interests include maternal and child health, health seeking behaviors and social networks. Her public health nursing experiences include work at the Oregon Public Health Division as a maternal and child health nurse consultant. Along with Joyce, we have many other exciting presentations and network opportunities. For more information about the event, visit http://www.oregonpublichealth.org/nursing-section-home. Please join us in May at the University Place in Portland, OR for this exciting public health nursing event.

University Place, 310 SW Lincoln St, Portland OR 97201
Chair’s Corner

I hope the winter cold hasn’t put a hold on your fun. For the Nursing Section executive team, we have been working hard finalizing the work plan, planning the Nursing and the Public’s Health Conference, and other odds and ends.

For this newsletter, we decided to dedicate it to things that will keep you active through the winter cold aka event announcements, resources for you, and webinars with CEUs. We hope you will join us for the OPHA events including Capital Visit Day on April 9th and for the Nursing and the Public’s Health Conference on May 4th. Both of these events are going to be amazing. We encourage you to please spread the word about them.

I hope you enjoy the newsletter and appreciate the work we’ve been doing. As always, I welcome your feedback at opha.nursing@gmail.com.

Upcoming Events

OPHA Capitol Visit Day
April 9; 9am — 1pm
Oregon State Capitol
Hearing Room 50
Join the Oregon Public Health Association for our 2015 Capitol Visit Day! You’ll learn about public health related bills that the legislature is working on and how those bills are faring. We will coordinate OPHA member visits with their representatives, and you’ll have the opportunity to share your views with leadership from the Oregon Senate and House and the Governor’s Office.

Improving the Interprofessional Work Environment
March 19; 8:30am — 4pm
Oregon Zoo Cascade Crest
This conference is perfect for nurses to help build communication skills, understand how to diffuse conflict and strengthen your team. More info: oregoncenterfornursing.org/wp-content/uploads/2015/01/Improving-Interprofessional-Work-Environment-Email.pdf.
Meet your Section Representatives on OPHA Committees

Program: Carol Elliott
I am pleased to represent the Public Health Nursing Section on the Program Committee of OPHA. This committee plans the program and makes arrangements for the Associations annual meeting. Membership includes but is not limited to the President-Elect and a representative from each OPHA Section. The OPHA Board may appoint members to be on the committee as may be needed. This committee has monthly conference calls scheduled. Marie Harvey is currently the Committee Chair and OPHA staff provide support to the committee. In general, the work of the committee is to identify and engage keynote speakers as well as requesting, reviewing and organizing proposals for the presentations provided during the annual meeting. Members also arrange the facility, recommend local lodging, arrange and monitor food service, assist with registration and room monitoring, etc. Program Committee members representing Sections want to include Section interests in the planning of the OPHA annual meeting. So if you have questions, comments or suggestions related to the OPHA annual meeting, I'm your girl!

Membership: Dianna Pickett
The OPHA Membership Committee identifies and recruits new members of the association and promotes involvement in all association programs and activities. We work together to plan and conduct programs for membership development, and we also set goals for membership recruitment and retention. I recently retired after 19 years with the Oregon Public Health Division as a maternal and child health public health nurse consultant focused on child care health. I am interested in expanding membership opportunities to public health professionals across Oregon to support practice and encourage activism for the health of everyone in all parts of our state.

Health Policy & Advocacy: Anna Stiefvater
The Policy Committee takes the lead in OPHA’s efforts to advocate for the health of every Oregonian. The Policy Committee seeks to define policy related to relevant and emerging public health issues, tracks public health related legislation, and on approval of the Board of Directors, provides endorsement, testimony, and grassroots support on key initiatives.

Anna Stiefvater is the chair of the OPHA Policy Committee and the Nursing Section’s representative to the OPHA Board. She is particularly excited to advocate for a statewide sick days bill in the upcoming legislative session. She works as a nurse consultant in the Maternal and Child Health Section of the Oregon Public Health Division.

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Meet your Section Representatives on OPHA Committees

Bylaws: Connie Guist
Bylaws provide a way to alter, amend, or repeal the bylaws (rules) of an organization. Changes are voted on by members present at a regularly called meeting. The OPHA Bylaws Committee reviews the bylaws of the Association, prepare proposed bylaw changes when necessary or requested by either members or the Board, submit proposed changes to the Board for review, and present these to the membership for consideration. Members of the committee include the Immediate Past President of OPHA and other members interested in participating. The Nursing Section chooses to have a representative on this committee and I have been your representative for at least 15 years and chaired the committee for about 5 years. I learned to appreciate bylaws and parliamentary procedure as a high school student watching my father's involvement in city politics and state and national organizations. I think it's challenging and fun to find ways to keep things simple while giving clear direction.

Connie Guist has worked as a public health nurse in Colorado, Wisconsin and Oregon retiring from Multnomah County Health Department Early Childhood services in 2006. The photo is Connie on the motorcycle she used to make home visits in Colorado in the 1970’s.

Development: Katherine Bradley
The OPHA Development Committee is a board committee, that I co-chair with Josie Henderson (our executive director). The focus of the committee is identify and pursue funding opportunities for OPHA reflecting the strategic plan. The majority of our work is leading the Board through engaging sponsors and donors for our annual conference (last year the Board raised over $55,000) We also look for grant opportunities, and are exploring new lines of business for OPHA. In addition to serving on the OPHA Board, I’m on faculty at the OHSU School of Nursing teaching in the MPH and DNP programs (amazing students) and helping to develop the OHSU/PSU OMPH program into a full school of Public Health.
Student Story: Healthcare and Culture in New Zealand by Duncan Bauerlein

Recently I had the unique opportunity to study abroad in New Zealand for the month of January through one of Linfield College’s international programs. While there, I visited many hospitals, cultural centers, and clinics, discussing New Zealand’s healthcare system and the cultural influence of the Maori people. As a nursing student at Linfield College, this experience was incredibly valuable to me because it provided a strong insight into how a different country utilizes healthcare, and also some ways to improve my skills as a future nurse.

In New Zealand, the healthcare system is set up so that every New Zealand citizen is entitled to free healthcare. This means that every citizen is immediately covered for anything from emergency surgeries, to simple annual check-ups, to even prescription medication. Coming from America, this came as quite a shock to me, as our own healthcare system is structured radically different. The beautiful thing about keeping healthcare free and available to all citizens is that it establishes a strong bond between communities and their healthcare providers, which in the nursing field is something that is continually strived for. Additionally, it really drives home that healthcare should be more of a service to the public, than a business.

One particular visit that stood out to me was in Rotorua—a small town located in the middle of the North Island. While I was there, I toured the local hospital and talked with many nurses and medical staff about the hospital’s history, structure, and cultural influence. The amazing thing about Rotorua is that it is a cultural landmark for many Maori people (the historically indigenous people of New Zealand). What this means for the hospital, is that they are continually changing how they provide services—keeping the Maori culture as the hospital’s focal point. One striking example of this were the dozens of carved wooden pillars situated all throughout the main entrance of the hospital. Each pillar incorporates Maori history and art into them, and the collection is actually designed to be physically touched by the public. Through incorporating the sense of touch, Maori decedents are able to physically and emotionally reconnect with their culture and ancestors in times of emotional stress, promoting resilience and also a strong sense of community in the hospital.

I loved how they interwove this concept into the hospital setting, because it bridges the hospital and the public in such a powerfully intimate way. In nursing school, we learn about how a person’s life is a dynamic web of dimensions that all interact and affect each other. This concept really hit home when I visited the Rotorua hospital, as I could actually see and feel how strong the bond was between the local community and the healthcare providers. As a future nurse, using this concept in my patient care will help me to better build trust and rapport with my patients and personally connect with them on a deeper level—a powerful link that can make a huge difference in a patient’s life and healthcare experience.

Duncan is a nursing student at Linfield Good Samaritan School of Nursing and is set to graduate with a Bachelor’s of Science in Nursing next December. He also loves to run and aspires to be a travel nurse, running a marathon in each new place he works.
The Oregon Public Health Association
Nursing Section
Requests Nominations For The
Public Health Nursing Leadership
Award
Nomination Deadline April 1, 2015

The Nursing Section wishes to honor an outstanding public health nursing leader. The honoree awarded will have a demonstrated record of on-going achievement and commitment toward improving the health of the public through nursing leadership and practice. The award is intended to recognize the work of the individual and support continued excellence.

Criteria
The nominee must be a registered nurse and member of the Oregon Public Health Association.

Nomination Process
Any individual may submit a nomination. Submit a one-page summary of the nominee’s contributions and attributes and his/her potential for continued leadership in public health nursing. Provide complete information including name and contact information of the nominee and nominator.

A Nursing Section committee will select the recipient of the Leadership Award. The nominees and winners will be honored at the Nursing and the Public’s Health Conference on May 4, 2015.

Send nominations to opha.nursing@gmail.com.

Social Media
Photos of PHN
The APHA Public Health Nurse Section is looking for photos of public health nurses in the field to post to the APHA Facebook page. If you have a photo you would like to share, please submit them directly to Rita Lourie at rlourie1@gmail.com

NursesThrive!
NursesThrive! is an online Facebook group devoted to supporting nurses’ resiliency by connecting nurses across the US and beyond. This vibrant online community is filled with practical and inspiration tips for self-care strategies and for fostering professional environments so nurses can thrive everyday. Request to join the group: facebook.com/groups/NursesThrive/
**Featured Section Member:** Pamela Ferguson

**How long have you been a nurse; and, how long have you been working in public health?**
I have been a nurse for over 27 years and served 20 of those as an Army Nurse Officer. I was fortunate to serve in a variety of locations (Fort Polk, LA; Seoul, Korea (2 tours); Fort Bliss, Texas, Presidio of Monterey, CA; San Antonio, TX; Washington DC, Fort Bragg, NC and finally Baghdad, Iraq). I worked in Pediatrics, Newborn Nursery, Neonatal Intensive Care, Managed Care, Army Nursing ROTC and Health Facility Planning. I held various leadership positions and always tended to enjoy the management-side of healthcare operations. After my retirement I worked as a Healthcare Consultant, a Clinical Transition Planner and finally as the Director of the Army Health Facility Planning Clinical and Technical Division.

My family and I took a leap of faith and moved from Northern Virginia to Bend in July 2013. I began my career in public health with Deschutes County Health Services in October 2013. The position of Clinical Program Supervisor, Nurse-Family Partnership (NFP) resonated with me very much so I applied. I am guessing it did due to the strong link nurse home visiting has to its community. As an Army Nurse I always felt very connected to the military community regardless if I was serving our soldiers and family members in Fort Polk, Louisiana as a Newborn Nursery and Pediatric Nurse or serving our soldiers and Iraqi family members in Baghdad, Iraq as the Assistant Chief Nurse of the 28th Combat Support Hospital. In both cases that feeling of connection is what provided me the gratification that my role was vital as well as meaningful.

**I heard that you recently accepted a new position. Tell us about it.**
I served as the Interim-Program Manager (PM) for Maternal Child Health (MCH) from May-October 2014 after Kate Moore’s retirement. I officially became the PM after I interviewed and was selected for the position in November 2014. Our MCH Division includes three programs: School Based Health Centers, Nurse Home Visiting and WIC.

**What's your favorite part about your job?**
I love leading and being part of teams that have the ability to impact our community in such profound and meaningful ways.

**What do you do for fun?**
I love spending time with my family (my husband, Jim and 10 year old daughter, MacKenzie) and our two German Shorthaired Pointers (Peyton and Oliver). We bike, hike, downhill ski and enjoy the Central Oregon outdoors as much as we can. We are also planning a fun family ski trip to Jackson Hole, WY in March and then a girls-only trip to Zihuatanejo, Mexico in June. I also really enjoy photography!!

**Why did you join OPHA Nursing Section?**
I think it is important to stay actively involved with both State and local public health organizations. If I learned anything in my 20 year Army career, it is that change cannot occur unless we work together towards common and thoughtful goals.
Resources for Public Health Nurses

Toolkits for Drug and Addiction Problems
National Institute on Drug Abuse (NIDA) has developed step-by-step guides for people with loved ones who might have an addiction problem, or for people seeking to help themselves. They are in simple, “Q and A” format, and include easy-to-understand videos. These guides focus on the steps needed to determine if a person needs treatment; how to find it; what happens in treatment, how to find help paying for it; privacy issues, and more. The guides are found here: drugabuse.gov/related-topics/treatment. Spanish language version soon.

Public Health Learning Modules
The Association for Prevention Teaching and Research (APTR) is offering 17 free online modules. Modules range from Advancing Health People to Emergency Preparedness to Mental Health to Oral Health. Continuing Education Contact Hours are available in medicine, nursing, pharmacy, physical and occupational therapy, and public health. Online modules can be found here: aptrweb.org/learningmodules.

The Behavioral Health of America
The National Behavioral Health Barometer provides data about key aspects of behavioral health care issues including rates of serious mental illness, suicidal thoughts, substance use, underage drinking, and the percentages of those who seek treatment for these disorders. States and local communities use these data to determine the most effective ways of addressing their behavioral health care needs.” To view the report: samhsa.gov/data/browse-report-document-type?tab=46.

Nominations Open for ONA 2015 Statewide Elections
Help shape the future of nursing in Oregon by choosing to run for an ONA elected leadership position. Nominations are currently being accepted for various leadership roles. For more information visit, www.oregonRN.org.

Good Read: The Doctor Who Made a Revolution by Helen Epstein
Check out this interesting article about public health in the 1890s in New York City: nybooks.com/articles/archives/2013/sep/26/doctor-who-made-revolution/?page=1.

Want to submit an article for the newsletter? We’re happy to review it and add it to our next newsletter. Deadline for submission is May 25th. If you have any questions on the newsletter or want to guidelines for writing an article, email: opha.nursing@gmail.com.