



# PSNA

# YOUNG NURSE PROFESSIONALS

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### Letter from the Editor

Happy fall, YNPs!

I don't know about you, but there's something about the fall that I love—embracing the cooler weather, making warm drinks, unpacking my sweaters, encouraging my patients to get their flu shots...

Anyway, even though the weather is cooling, things are only heating up here at PSNA for the YNP group! Not only do we have some great events through the end of the year—including the PSNA "Nurses Matter" Conference in the Poconos—but we also have a great lineup of events for 2017!

We've also started to make more of an effort to reach out to student nursing groups at various schools. I am personally very excited about this because student nurses, who will join our ranks as YNPs very soon, are excited and passionate to join the community of nurses and get to work! And we are so happy to have them!

Danielle Weaver, BSN, RN  
YNP Pittsburgh

## Meet YNP Hero, Ashlee Homer!

On September 28th, PSNA Young Nurse Professional Ashlee Homer, RN, testified before the House Children & Youth Committee regarding neonatal abstinence syndrome (NAS).

"Taking care of NAS babies requires extra resources ... RNs must find the balance between meeting the medical and social needs for each baby and their family while determining how best to provide nursing care for each one individually. Some infants do better with nearly constant movement while holding them. Others do better in a dark, non-stimulating environment. It is heartbreaking to watch these smallest patients cry inconsolably and feed uncoordinated. This can cause growth delays, tremors and sometimes seizures. The child may also experience very limited to no bonding experiences with its parents."



### Want to get involved?

The **ANA Center for Ethics and Human Rights Advisory Board** has undertaken a review and revision of the ANA position statement, ***Non-punitive Treatment of Pregnant and Breast-feeding Women with Substance Use Disorder***. ANA is soliciting public comment on the revised position statement. **The deadline for comments is 5 p.m. ET October 17th.** Visit the ANA website [here](#) for more information and to download the draft.



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# Event Spotlight

## YNP Philadelphia Networking Luncheon

On August 19th, YNPs attended a networking luncheon at Bryn Mawr Hospital.



At the event, attendees had the opportunity to participate in a Q&A with nurse leaders, including Main Line Health Senior VP & CNO Barbara Wadsworth and VP of Patient Care Service Marianne Harkin. They also learned about applications and benefits of aromatherapy and reiki for hospitalized patients. See what one of our YNPs had to say about the event below!

### Meet-A-Member

**Randy McGonigal, Sr., RN**  
YNP Philadelphia



She assured me that she was going to be okay, but I stayed with her until she was able to get up and walk on her own, an eternity confined in the 5 to 10 minutes that it took her to recover.

#### What made you decide to join the YNPs?

I don't see very many of me around in our profession, our leadership, or our organizations. One of the things that I am currently seeking is a mentor that I can talk with regularly to help expand my understandings and jump start my critical thinking, as well as guide me in times of transition

or stress and so on. My only 2 requirements are first, that he be experienced in our profession with a positive attitude. The only other is that he be a man, like me. I do have female mentors, like my mother, and my preceptors at work, and every nursing professor and clinical instructor I have ever had, and they are all top notch, for sure. But being mentored by another man is different in some ways, and I want that, too. Mentors are also one of the best ways to build positive character traits and integrate them into daily life. So, since I haven't seen many men around I decided I better be one of them so that when the next new male nurse comes along seeking one, or the male high school student wondering if he could even fit in to the profession he thinks he's meant for, they'll at least have me here.

#### What goals do you see for the YNPs moving forward?

UNITE AND GROW TOGETHER! Our area is extremely lucky to have such great nurses around in some of the best institutions in the country. But on our own, our impact is limited to everything that we can do each day to improve the health, comfort, and well-being of our patients, or increase the knowledge and expertise of our students, or set the course for our employees and institution, or make our profession and our world a better place for those who come after us. YNP is about coming together and uniting as one group to make a bigger impact with a farther reach in a manner that can continue to grow and improve even when we as individuals are gone.

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#### What inspired you to become a nurse?

I'm not sure that I have a simple answer for this one. I could say that it was because my mother is a nurse, or because my father always told me to, or I could say that I like the challenge of being a male in our female-dominated profession. While all of these things are true, none of them really resonate as my reason for wanting to be a nurse. I think that a lot of people are smart enough and lucky enough to be able to choose nursing as their decided profession, and then there are those of us who seem unable to do anything else but nursing, regardless of our positions or roles. I feel I fall into the latter, and I can

point to one of two events as the first time I knew I was supposed to be a nurse. I was 5 years old spending the weekend with my grandmother who started to complain about some lower back pain when it was bedtime. I remember insisting that she go to bed first, and then I decided that she needed a pillow or 2 beneath her lower legs. I have no idea why I thought it would be a good idea, but that's what I did. I remember waking up to check on her 6 or 7 times throughout the night, all of which she was asleep. When she woke up, I asked her how she was feeling, and she began thanking me for helping her and telling me that her back felt better than it had in years. I knew then that easing the suffering of others was a vital aspect of my life. The other event was around the same time and happened at home. I was playing with my sister early on a Saturday when my mother started screaming in pain from her bedroom. We rushed in to see what was going on, and found my mother having a horrendous [cramp] in her left leg. I didn't know what to do. My sister began to cry. My mother was whimpering in pain, unable to give me any directions. I ran downstairs and brought back an ice pack from the freezer, the heating pad from the living room, and a glass of water. I put the heating pad on one side of her leg and the ice on the other before grabbing the telephone (which was connected to the wall by a cord in those days) and brought it closer to the bed. I picked up the receiver and told her I was dialing 911 when she told me to stop. I told her I did all I could and she needed more help so I was calling for help so she wouldn't hurt anymore.

I see YNP becoming a must-join for all new-to-practice PA RNs and a model for the rest of our nurse nation.

### What was your favorite part of the networking luncheon

I am absolutely, 100%, unashamedly a true nurse-geek! I loved learning about not just how some of these CAMs have been instituted, but the impact that these kinds of services are having. The reiki program alone seems to have increased patient satisfaction, decreased their pain and anxiety levels, and simultaneously done the same for the nurses and even got the nurses more engaged! If I had to pick one thing, though, it would have to be what I got out of Barbara Wadsworth's talk. The two things that resonated with me the most were how she said that she feels her job is to say "yes" to nurses who want to try new things and then work to remove roadblocks and support them as she can. The second home-run was when she laid out her opinion of the most important things new-to-practice nurses should focus on in their first five years of practice. Here they are, listed as she stated them:

- Become a good clinician. Work on skill building, communication, assessment skill, and build a strong clinical base.
- Partner with your organization.
- Attitude is almost everything. "It's all in how you word the work." Work on how you speak to others, how you say things, and get feedback about yourself.
- "Meet the people where they are." Whether this is a patient, an employer, a PCP, or a co-worker, be sure to stay on their level. Don't talk down, don't act up, be humble enough to meet them where they are.
- Did we mention communication? Communication is VITAL. Especially in nursing.
- Use positive self-talk. Yes, you are going to make mistakes, but don't make the mistake of beating yourself up over it. Find the good in it, even if the good is simply, "Now I know how NOT to do that."
- ALWAYS, ALWAYS, ALWAYS connect with your patients!!! All the other stuff, the tasks and such, will get done regardless, ALWAYS connect with your patients.
- Be where you are. Have an authentic presence. Be in the moment. The people you deal with will notice.
- Lastly, pick one nursing journal published by a professional nursing organization in your specific specialty and read it cover to cover every time a new issue is published. You should also try to get other professional journals, but utilize the table of contents to get a feel for what the trends are and only read those articles that interest you.

At the event, we had the opportunity to learn about aromatherapy and reiki therapy. Have you used either of these therapies before? If not, which type of therapy would you like to incorporate into your nursing care?

I have received both of these therapies before, and my mother currently utilizes aromatherapy in her practice, so I get to enjoy the benefits of her expertise quite often, even if I'm being the guinea pig! I have not yet been able to incorporate either into my practice yet, but will be looking for ways to become proficient enough to use them in my daily practice. Although not an official topic, the practice of healing touch did come up, and was described so simply that I have been using it with quite a few of my patients. With all the intentions of healing and kindness and well wishes and comfort I can muster, I gently place my hand on the patient's hand, or arm, or shoulder, and sit with them while they talk. I have seen very positive results and it has been very well received. It takes an extra 30-60 seconds, but allows me to develop a rapport, an authentic connection, with my patients and that helps them feel safer as well as more comfortable speaking up and calling me if something isn't quite right. This allows for earlier interventions and better outcomes all around.

### Dear Flo

*As a YNP, you may have questions about your new life and career as a nurse. Who better to turn to than our very own Lady with the Lamp, Florence Nightingale?*



Dear Flo,

I am a YNP who is really interested in getting involved in the legislative process. I don't have any experience with legislation or government, but I'm passionate about advocating for nurses and patients. How can I get involved?

-Becky, YNP Central PA

*Dear Becky,*

*Great question! Even with no legislative experience, you can still make a difference, make your voice heard, and advocate for your patients. You can start by signing up for emails from the ANA Political Action Committee (PAC), visiting the PSNA website to keep track of PA-specific legislation, and attend the Legislative Days in Harrisburg (often held twice a year). You can keep up-to-date with the bills and events on the PSNA website- check it out!*

*Also, be sure to vote in the national election this year—both for President and Congressmen!*

# Happenings around the state!

Be sure to check [psna.org](http://psna.org) for the most up-to-date information!

## October

### Education on Palliative Care

PSNA District 4 is co-hosting “Don’t Let Me Suffer Doc: Ethics of Palliative Care” on October 18 at Marywood University. Learning objectives include: (1) Explore how members of the different generations approach seeking medical care, end of life care and/or counseling; (2) Identify three ways spiritual faithfulness among caregivers impacts transitions to comfort/end of life care; and (3) Discuss the key points to difficult communications with patients and patient families. Cost to attend is \$60. Click [here](#) for more information!

### 5-County Dinner

PSNA's annual 5-County District Dinner will be held October 27 at Williamson's Restaurant, Horsham. This year's event is sponsored by PSNA District 25. The CNE, “Concussion in Athletes: Identification, Evaluation, Educational Considerations,” will be presented by Mary Ann Dugan, DNP, CRNP, FNP-BC. The Meet & Greet runs from 5-6 PM. The dinner and program run from 6-7:30 PM. Click [here](#) for registration information!

## November

### District 6 Meeting and Election

PSNA District 6 will hold a general membership meeting on November 1 at Life's Work, Pittsburgh (1323 Forbes Avenue). This event will be held from 5:30-7 PM. Light supper will be provided. On-site parking is free.

### District 2 Meeting

PSNA District 2 will hold a meeting on November 16, 2016 at 5:30 PM. Location TBA.

## December

### Nurses Matter Conference

Every day – all across Pennsylvania – nurses are doing amazing things! Nurses make a difference in the community, hospitals, schools, homes, prisons, the State Capitol, and so much more. And this December, we are excited to recognize your hard work! Be a part of the celebration! Join us for “Nurses Matter” on December 9 at Camelback Resort in the Poconos. And that’s not all – bring your family and let them have some fun too! Camelback has a massive indoor waterpark, rock climbing walls, kid and adult spas, arcades, restaurants, outdoor activities, and more. Discounted hotel pricing (includes waterpark passes) or waterpark passes (for those who live nearby and don’t need an overnight) will be available to all of our guests. Register [here](#)!

## Want to get involved with the YNPs?

### Fill out the YNP Membership Form

We have put together a new YNP membership form so we have your most up-to-date information. It takes 5 minutes to fill out, and it'll allow us to send important and fun YNP updates to you! Fill it out here: <http://tinyurl.com/howjyh5>

### The YNPs are looking for leaders!

Do you enjoy interacting with community organizations and leaders to plan events? Are you great at planning social gatherings for friends and colleagues? Do you want to start a YNP sports team to stay active and meet other nurses? Then the YNPs want you! If you are interested in a leadership position within the YNPs, contact either Northwest Leader Danielle ([danielle.weaver67@gmail.com](mailto:danielle.weaver67@gmail.com)) or Northeast Leader Caroline ([crtoomey@comcast.net](mailto:crtoomey@comcast.net)).

### Connect with us on Facebook!

Have you heard that the YNPs now have a Facebook page? Check it out!

<https://www.facebook.com/PSNAYNP/>