



YOUNG NURSE PROFESSIONALS

NEWSLETTER
03.2020

YNP SPOTLIGHT

KRISTEN CONNOLLY

YNPs are the future of nursing and healthcare.

We are the change agents in transforming health.

SEE PG. 2



WELCOME

Thanks for being a member of PSNA! We hope you are staying safe and healthy during this time. Thank you for the work you are doing in caring for your patients and your communities.

Interested in gaining leadership experience? Consider joining the Advisory Board. There are many ways to take full advantage of your membership benefits.

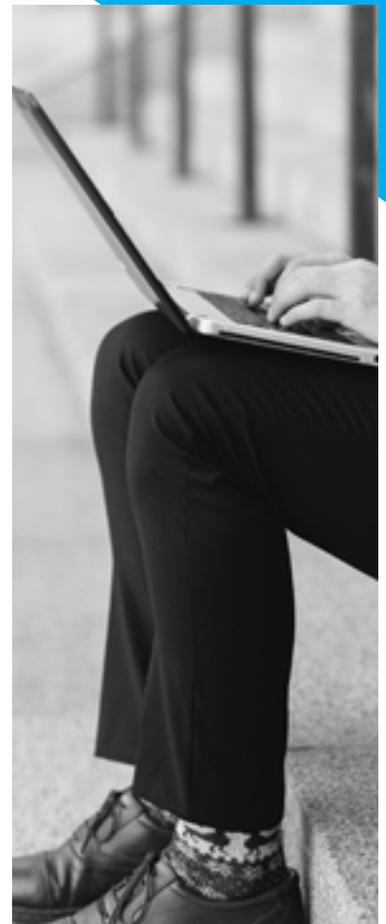
SEE PG. 3



MEET YOUR BOARD MEMBER

Kristina Rosario started her med-surg nursing career six years ago at Lehigh Valley Health Network. After working nightshift, Kristina took on the Churn RN role on dayshift.

SEE PG. 8



OLD FORGE COUPLE REUNITES AFTER COVID-19

As reported by Wayne Memorial Hospital, a moving and uplifting ending to a long, hard journey for Charles Cocker, 82. Cocker's wife Mary embraced him as he was wheeled out of Wayne Memorial Hospital after a successful battle against COVID-19.

SEE PG. 4-5





YNP SPOTLIGHT

Kristen Connolly



I grew up in Michigan and graduated with a bachelor's in meteorology from Embry-Riddle Aeronautical University, Florida. I served on many student organizations, including Student Government Association Representative of the College of Aviation, Founding President of the National Society of Collegiate Scholars, and the National Programming Chair of the National Catholic Student Coalition. As a weather broadcaster, I lived in four states, concluding my first career at AccuWeather in State College. During that time, I served as social chair for many young professional organizations and was awarded Foremost Under 40 from the Pennsylvania Business Central.

After losing my mother to cancer and spending two months at my father's bedside after a stroke, I felt called to switch to nursing. I returned for my accelerated bachelor's in nursing at Penn State and am working toward my master's to become a family NP. During nursing school, I served as SNAP fundraising chair and was a board member of the Emerging Philanthropists, Foundation for Enhancing Communities. I am a founding board member of the Second Degree Mentoring Program, Penn State Harrisburg. I also serve on the Grad Affairs Committee and Master of Nursing Council as a Family NP representative.

I work at Penn State Hershey Medical Center in the Surgical Intermediate Unit and serve on the special pathogens team and emergency preparedness team. In the future, I hope to work in disaster response, utilizing all of my degrees. In my free time, I love to golf, run, play with my two pups, travel, and visit my family.



Message from the President



Caroline Toomey

Hello fellow YNPs,

For those who have recently joined the profession and are new to PSNA, congratulations and welcome! Whether you're entering nursing or have been practicing for several years, I thank you for your commitment in caring for your patients and communities.

In June, I had the opportunity to attend my second ANA Membership Assembly. This year, I attended as a delegate for PSNA. Although nurses were not able to attend in person due to COVID-19 restrictions, hundreds of nurses from across the country gathered virtually. From listening to ANA President Dr. Ernest Grant address members, to hearing discussions on COVID-19 and ANA's statement on racial justice, attending the ANA Membership Assembly provided me with an opportunity to see the positive impact nurses have when we come together. I was inspired after listening about how our profession's important work is impacting lives during these challenging times.

YNPs -- we want to hear from you! The YNP Advisory Board is accepting applications for open board positions. The deadline is July 31. As a YNP Advisory Board Member, you can share your thoughts and ideas with PSNA leadership on how the association can best support new nursing professionals as we begin our career or work toward leadership roles. In addition, you can network with fellow YNPs from all types of practice settings across the state while gaining leadership experience. I encourage you to review the open board positions and consider joining the Advisory Board! If interested, contact Melissa Dang, PSNA Membership Coordinator, at mdang@psna.org.

Sincerely,

Caroline Toomey, BSN, RN, CPN | YNP Advisory Board President Southeast PA YNP Leader

3D Face Shields

During our state's response to COVID-19, PSNA felt it was important that the association #HelpTheHelpers. A member of the PSNA staff, with the help of their family member, began producing 3D-printed face shields in March.

PSNA has distributed 25 shields per week, donating 315 (to date) across Pennsylvania. Recipients include nursing homes and hospitals. One hospital, Wayne Memorial Hospital, recently discharged a surviving COVID-19 patient. See below for article.

3D printers have been popular household item for several years. Although they sound futuristic – like something from The Jetsons – the technology is straightforward. The face shield design is approved and developed by the National Institutes of Health (NIH), the U.S. Drug Administration, the Veterans Healthcare Administration, America Makes, and the U.S. Department of Health and Human Services.

If you know of an organization in need of face shields, contact Melissa Dang, PSNA Membership Coordinator, at mdang@psna.org.



PSNA-donated face shields made it to Lancaster!

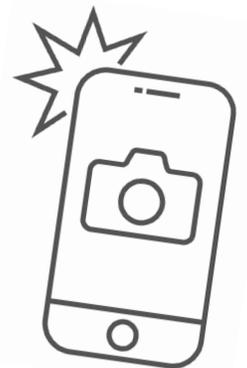
*Photo credit: Jennifer, senior nursing student,
Pennsylvania College of Health Sciences, Lancaster*

My.PSNA.org: Photo Contest

Don't forget – all members have access my.PSNA.org – PSNA's member-exclusive social media platform where members can create professional relationships, engage in open discussions, learn about upcoming events and educational opportunities and more!

Enter to win a \$25 Starbucks Gift Card

1. Download my.PSNA.org through Member Centric
2. Update your profile picture and bio
3. Post an article or ask a question in the Member Forum



The winner will be chosen in mid-August. We can't wait to connect with you!

Old Forge Couple Reunites after COVID-19

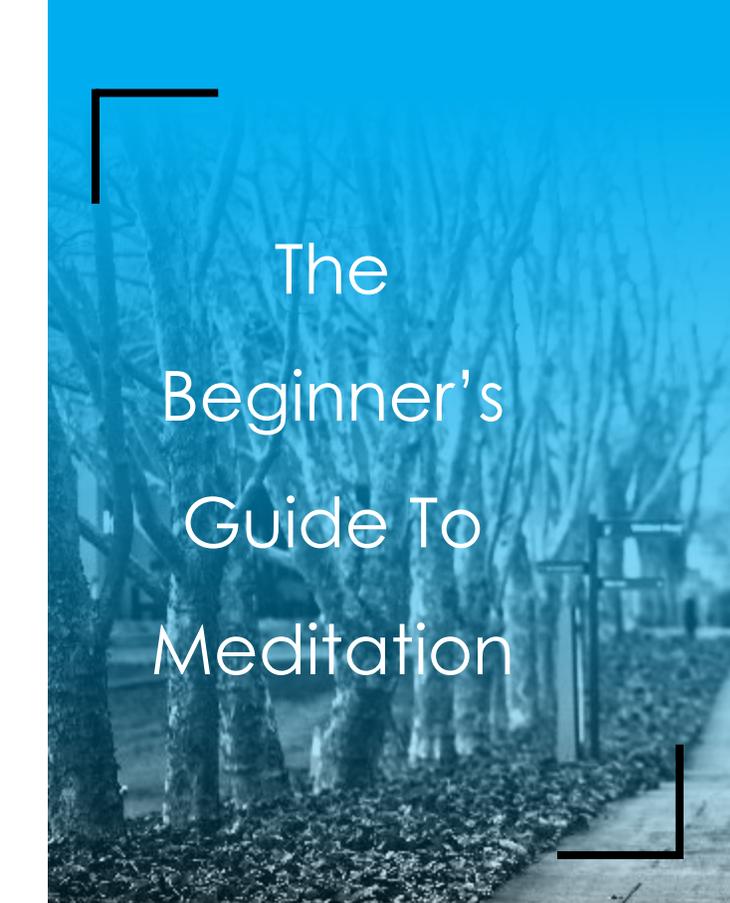
An uplifting ending to a long journey for Charles Cocker, 82, of Old Forge. Cocker's wife, Mary, embraced him as he was wheeled out of Wayne Memorial Hospital after a successful battle against COVID-19. Mary hadn't seen her husband since March when he had hip surgery in a Luzerne County hospital and acquired COVID in a rehab setting at another facility. He was transferred to a second hospital and then to Wayne Memorial. The Old Forge couple was overwhelmed with joy to see each other. Their daughter, Kathy, her husband and son were also on hand for the discharge, along with Wayne Memorial staff who gave Charles a round of applause.

Since the crisis began, Wayne Memorial Hospital has treated close to 30 COVID patients in an isolated containment unit at the hospital. Pulmonologist Sean McVeigh, MD, who oversees the COVID unit, has pointed out that "many people do survive COVID-19 and it's good to tell their stories."

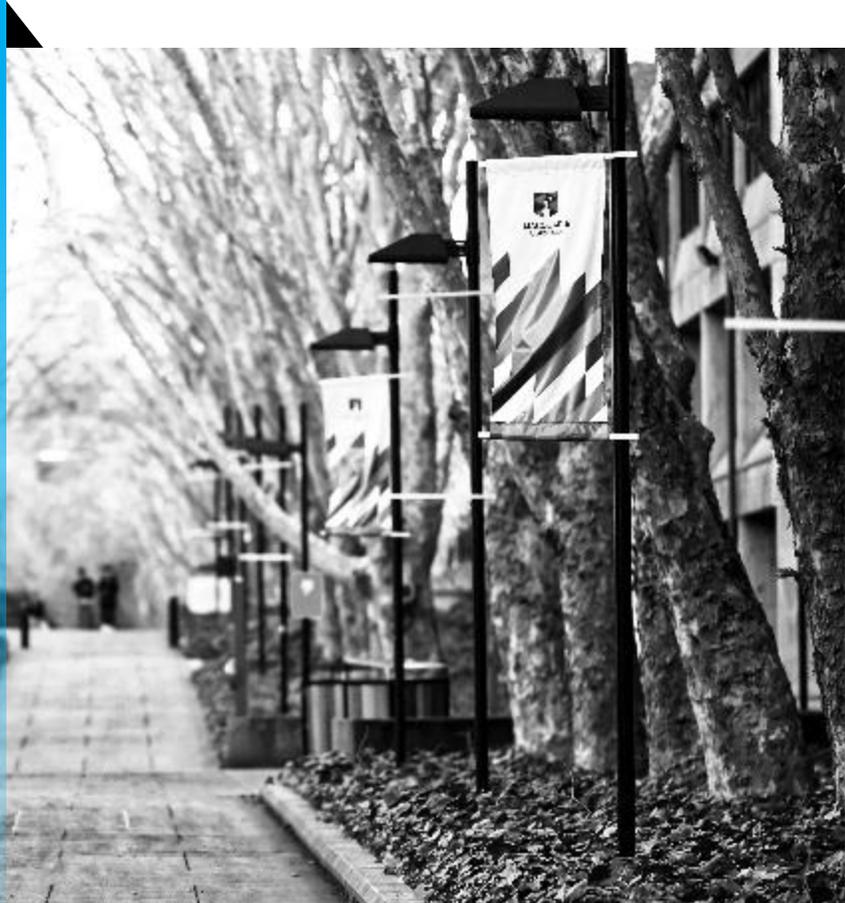
While it was not able to happen before he left, Cocker wanted to thank the staff with a song played over the public address system — "Thanks for the Memories" by Bob Hope. A former hospital maintenance worker and UPS employee, Cocker said he was grateful for his care at Wayne Memorial.

Photo: Mary Cocker welcomes her husband, COVID-19 survivor Charles Cocker, as he was discharged from Wayne Memorial Hospital, Honesdale and (group photo) Wayne Memorial Hospital staff give Charles a rousing send-off as he was discharged.





The Beginner's Guide To Meditation



By Healthy Nurse, Healthy Nation affiliated with American Nurses Association

According to the American Nurses Association's Health Risk Appraisal, an overwhelming majority of nurses, 82 percent, consider workplace stress to be the biggest workplace hazard. There are many ways to combat stress, including meditation. The National Institutes of Health reports that studies suggest a meditation practice may reduce stress, blood pressure, anxiety, depression, and insomnia, while increasing feelings of happiness and well-being.

WHAT IS MEDITATION?

According to Psychology Today, meditation is the act of turning your mind away from distracting thoughts and focusing on the present moment. The practice can involve turning your attention to a single point of reference, focusing on the breath, bodily sensations, or a mantra.

HOW TO START MEDIATING

One of the biggest barriers to meditation is that people don't know where to begin. We break it down with these tips below. Take a look and then try this 2 minute meditation. Don't worry about the rules. There are many different types of meditation and although they may have rules or guidelines, the way you decide to practice is up to you. Take what works for you and leave the rest.

Find your focus. You can choose to focus on anything, but common focal points are breath, mantras, or the body.

Breath: RN and board-certified integrative nurse coach Nicole Vienneau suggests the 4:7:8 technique for beginners. Slowly inhale for four counts, hold the breath for a count of seven, then exhale for a count of eight. Repeat the process a minimum of four times and then repeat it as many times as you'd like.

Mantras: Pick a word or phrase and repeat it in your mind continuously. Try these mantra ideas to get started.

Body: Center your attention on a particular area of your body, such as the belly, neck, or feet.

- *Link to the rest of the article:*
<https://engage.healthynursehealthynation.org/blogs/8/110>



Kristina Rosario

YNP BOARD MEMBER

Hi everyone! My name is Kristina and I'm 27 years old. I started my medical surgical nursing career six years ago at Lehigh Valley Health Network (LVHN) in a medical-based overflow unit on night shift. I soon found myself working on a day shift surgical unit, where I still work today. This unit focuses on gastrointestinal, vascular, and plastic and reconstructive surgeries.

About a year ago, I took on the Churn RN role. A Churn nurse at my facility works in between the two shift regular shift change times, majority 1100-2300. I start my day attending our daily unit huddle and then begin giving lunch breaks to the day shift RNs. While doing this, I assist with incoming admissions, education for patients, quality monitoring (and I'm a second RN that, we know, we all need to help with the normal day to day tasks we have as nurses. During evening shift report, I generally answer call lights to assist the incoming and outgoing RNs to have an uninterrupted report). This is important to me because it is the time in which vital information is communicated. I am sure we have all experienced an interruption in handoff reports and feeling as if we forgot a bit of information to tell the incoming RN. For the few hours in which I spend with the night shift, I assist in patient medication passes, admission and transfers, and act as a resource for the novice RNs. I also lead the evening huddle, where I communicate important information from the morning huddle with our leadership team. I also use this time to collect quality and safety indicators.

I joined PSNA to help connect nurses across different healthcare systems (or even in the same healthcare system!) and provide a safe stress relief outlet, especially for the novice nurses! I'm lucky that my unit has a lot of personal connections and friendships. But I know that not every unit has this. These trusted connections and friendships with colleagues helps with accountability and reflects in a team approach to quality patient care.

At work, we deal with stress – no doubt about it! I believe it is important to spend time with other RNs and do something fun, learn something new, discuss how to reach a goal, or brainstorm solutions to "problems" we all face across our job roles! Some of my favorite events are those PSNA has held with sports teams. We had an outing for a Lehigh Valley Phantoms game and it was awesome! Nurses and their families from across the Valley enjoyed ice hockey and good eats! At the Sip & Snap in Ardmore, I was able to network with experienced nurses and discuss my career journey with senior nursing students. I can't wait for these face-to-face events to start again when we're all allowed to be in large group settings!!

I'm very active. My favorite things include traveling, being at the beach, taking my dog on walks, and teaching group fitness classes. Last year, I traveled to seven countries. With the arrival of Covid-19 into the U.S., we have had to change and adapt to a "new normal" both at work and home. When I walk my dog, he gets super excited to see his leash. I make sure to leave my phone at home, which gives me time to organize and clear my thoughts. Bonus: Seeing your pet happy is animal therapy, fresh air, and exercise!

I'd like to hear from everyone! If you could travel ANYWHERE in the world, where would it be? (no health, financial, or travel restrictions apply!). Happy "virtual" traveling!

Explore Your Benefits!

- How to Ace Difficult Conversations with Patients, Families, and Co-workers ([click here](#))
- Ventilator Management Essential Skills for Non-ICU Nurses ([click here](#))
- Be Confident Protecting Yourself and Providing the Best Care to Your Patients during this COVID-19 Pandemic (focus on PPE) ([click here](#))
- How You Can Have a Direct Impact on Reducing The Devastating Racial Disparities of COVID-19 ([click here](#))
- **Consent to Serve:** PSNA elections are accepting self-nominations through the end of June. Consider applying for the Young Nurse Professional Board seat or as a board member on the Young Nurse Professional Advisory Board. Learn more at www.pсна.org/consent
- **Buy Now Proud Pennsylvania Nurse Magnet:** Show everyone that you're a proud Pennsylvania nurse! Each magnet costs \$6. And \$1 of every sale is donated to the Nursing Foundation of Pennsylvania to meet its vision to ensure nurses for tomorrow. Don't wait – these are selling fast! Get yours today by [clicking here](#).

Find more at [Exclusive Benefits for ANA Premier Members](#). These ANA benefits are set to expire December 31, 2020.