

Schedule

Friday, September 24, 2021

8 - 8:30 am	Virtual Doors Open
8:30	Welcome PSNA President Dr. Deb Cardenas
8:50	Mindfulness Part 1 Marti G. Derr, MSN, RN, CNE
9:20	Overcoming Secondary Stress: Self Care and Resilience in Nursing Practice Gloria Donnelly, PhD, RN, FAAN, FCPP
10:20	Break Booths Posters
10:35	Grief, Fear, and Loss Chris Watts, Sr., PhD, LPC, NCC
11:05	Nursing: Legislative Updates in Pennsylvania Noah Logan, PSNA Government Affairs Coordinator
11:20	Lunch Break Booths Posters
12:20 pm	Mindfulness Part 2 Marti G. Derr, MSN, RN, CNE
12:35 pm	Step-by-Step: Processing Trauma and Moving Toward Post-traumatic Growth Karen Foli, PhD, RN, FAAN
1:05	KEYNOTE SESSION featuring CAROLYN JONES Celebrating Nurses: A Filmmaker Witnesses Our World
2:05	Break Booths Posters
2:15	Healthy Nurse, Healthy Nation Alison Cuccia, MSPH
2:45	Mindfulness Part 3 Marti G. Derr, MSN, RN, CNE
3:10	Prizes & Closing

Presentation Highlights

Celebrating Nurses: A Filmmaker Witnesses Our World

Carolyn Jones | President and CEO, Carolyn Jones Production



Carolyn Jones—author and filmmaker behind *The American Nurse Project* and *Defining Hope*—spent over 10 years documenting the work of nurses across the country, a journey that led her to conclude that “without them, we don’t stand a chance.” That was before the global coronavirus pandemic that has thrust our nation’s nurses even further onto the frontlines of healthcare, addressing our physical and emotional needs before sending us back out into the world. When COVID hit, she had an opportunity to see what emergency nurses were dealing with on the front lines of the pandemic. In this session, Jones will share excerpts and stories from her book *The American Nurse*, and her three documentary films, including the recently released *In Case of Emergency*, shedding light on some of the biggest health care challenges facing Americans today—from the opioid

crisis to gun violence to behavioral health and lack of insurance—and the ways in which nurses are able to tackle them head-on.

Carolyn Jones is an award-winning photographer and filmmaker who has devoted her career to celebrating invisible populations and breaking down barriers. She has published multiple books include *Living Proof: Courage in the Face of AIDS* and *The American Nurse*, and directed three feature documentaries focused on nurses: *The American Nurse*, *Defining Hope*, and most recently *In Case of Emergency*, which focuses on our nation’s biggest public health challenges—from COVID-19 to the lack of health insurance to the devastating impact of the opioid crisis.



Gloria Ferraro Donnelly, PhD, RN, FAAN, FCPP, is a longstanding proponent of self-care and resilience-building strategies, beginning with her book, *Coping with Stress: RN’s Survival Sourcebook* Medical Economics Press (1983), and, most recently, with Dr. R. Wicks, *Overcoming Secondary Stress in Medical and Nursing Practice* (2021). As editor in chief of the refereed journal, *Holistic Nursing Practice*, she encourages the practice of holistic self-care modalities to nurture mind, body, and spirit. Dr. Donnelly is also Dean Emerita and Professor Emerita with the College of Nursing and Health Professions, Drexel University, Philadelphia. True to her quest for personal resilience, Dr. Donnelly is a stand-up comedian, using her comedic talents to raise funds to assist nursing and health professions’ students. She is a fellow of the American Academy of

Nursing and the Philadelphia College of Physicians, the oldest medical society in the United States.

The COVID-19 pandemic has created unprecedented strains on healthcare professionals, particularly direct care providers and the institutions in which they work. High levels of stress among direct care providers are well documented by the American Nurses Association and have been widely reported in the media and literature, including levels of depression, anxiety, and suicide. Demands on nurse educators have also increased as in-person instruction converted to other formats and clinical sites discontinued student experiences. This presentation will focus on secondary stress — that extra layer of stress that results from the demands of caring for others. Self-awareness and intentionally designed self-care strategies are key in building resilience, some of which will be described in this session.

Speakers

Grief, Fear, and Loss

Christopher Watts, Sr., PhD, LPC, NCC

Board Certified Counselor, National Certified Custody Evaluator, Licensed Professional Counselor (PA)

Dr. Christopher T. Watts, Sr. has taught in the Department of Psychology at The Pennsylvania State University since 2012. He is a frequent international keynote presenter and trainer on Eastern therapies, post-trauma healing, hate and bias crimes, victimology, and multicultural competencies. Dr. Watts is the clinical director of C.T. Watts & Associates, PC Counseling Education Center, a lead counseling clinic in Central Pennsylvania. Past appointments include director of the Triage and Evaluation Center, Pennsylvania Psychiatric Institute and Assistant Professor of Psychology, Temple University. Dr. Watts has consulted on many national research and curriculum projects on cross-ethnic approaches to death, dying, and bereavement; hate violence; multiculturalism; violence against women; and crime victim rights and services.

Mind on the Mend®

Marti G. Derr, MSN, RN, CNE

Associate Professor of Nursing, Clinical Track, Messiah University

Marti G. Derr's presentation is an opportunity to learn and practice strategies for creating an inner space for quietness and restoration in the midst of our chaotic lives. Marti has taught nursing for 28 years after 12 years of private practice in therapy. Her primary focus has been psychiatric nursing, bioethics, and leadership. As a trained spiritual director, Marti values the integration of body, mind, and spirit.

Step-by-Step: Processing Trauma and Moving Toward Post-traumatic Growth

Karen Foli, PhD, RN, FAAN

Associate Professor of Nursing, Purdue University, College of Health and Human Sciences

Karen Foli is leading Purdue researchers in identifying at-risk nurses and finding ways for healing and recovery through the concept of insufficient resource trauma and the middle range theory of nurses' psychological trauma. She is the co-author of *The Influence of Psychological Trauma in Nursing*. Karen is reviewing data with colleagues, using narratives from a survey of critical care registered nurses, which was sent out in the early stages of the COVID-19 pandemic. Nurses are reporting significant mental health issues such as depression, anxiety, and symptoms that would indicate posttraumatic stress disorder. Previous ways to cope have been weakened as teams struggle to provide care and grieve incredible patient loss.

Healthy Nurse, Healthy Nation

Alison Cuccia, MSPH

Research and Program Manager, American Nurses Association

Alison Cuccia is a public health researcher with expertise in health behavior and program evaluation. She is published in peer reviewed journals on behavioral science approaches to tobacco control, access to healthier food options, and creating active communities. This presentation will review the framework and components of Healthy Nurse, Healthy Nation and display preliminary data from the Healthy Nurse survey. The presentation will also overview the Well-Being Initiative, which contains a collection of resources to support the mental health and resilience of all nurses.