



## **Essex and Union Counties**

### **Winter 2022**

### ***Presidents Message***

***Lois A. Greene, DHA, RN, NEA-BC, CPPS***

Pearls of the pandemic a caring conversation

Nurses, I know that we are shocking ourselves at the creativity, resilience, and perseverance that we have demonstrated, now going on our third year of a global pandemic. Many of our colleagues did not stay on the battlefield and chose to contribute in other ways in order to maintain their mental and physical health. There is no shame in self-preservation. However, I do think the world has come to realize that nursing care is invaluable and irreplaceable. The Two years of: “Year of the Nurse” (not that we really had a chance to enjoy either year), were granted during the backdrop of increasing patients and diminishing staffing. The economic rightsizing that is occurring as nurses choose to provide their valuable care to the highest bidder is speaking volumes to the world. The financial theory of supply and demand is operating as a law and only confirms the economic value of nursing care to society.

According to the ANA code of ethics “a nurse practices with compassion and respect for the inherent dignity, worth, and unique attributes of every person.” When families are unable to be with loved ones, they know that a nurse will be involved in the care. Families and significant others are comforted that patients have access to a nurse that advocates for them. The 2021-2022 surge of Omicron has caused all the hospitals in our region and the state to restrict visitation and revive the stress of separation for many families. The practice of nursing matters.

To share my personal story, I took this position because of my firm belief that if we are not at the table, we will be on the plate. I believe strongly that nurses should advocate for patients and other nurses. I have walked through the last two years unafraid of personal harm but terrified that vulnerable individuals are being harmed because of misinformation and fear. The information to survive and thrive is consistent and nurses have been teaching this truth for years. I charge all nurses to use this pandemic to reflect on what we know: health is better than recovering from sickness and there are positive things nursing can do to make an impact.

Here are a few not so fun facts according to US News and World Reports.

In a [nationwide survey](#) of more than 9,200 registered nurses released in March 2021, conducted by National Nurses United, participants reported these mental health and emotional issues a year into the pandemic:

- Of hospital RNs, 43% have more trouble sleeping than before the pandemic.
- More than 61% feel more stressed.
- Anxiety has increased for 57% of these nurses.
- About half feel more sad or depressed.
- Nearly 60% say they fear they'll contract COVID-19 and infect a family member.

We hear you, I say nurses I salute you, and send hugs to all of you. Caring for yourselves your patients, your families and each other every day is not easy. Please know that the leadership of NJSNA is here to listen and to work for you. If you are not a member, please join me in Region 3 today: [Membership Benefits | New Jersey State Nurses Association \(njsna.org\)](#). I do not hesitate to share my personal cell phone for any nurse to call me when you need an ear. I will not judge I will not lecture I will listen. Talk or text your thoughts 973 641-1118. We will grow through this together. There is a “pearl” in this pandemic for each of us. Think about it.



# Congratulations Shanda Johnson



## DIVA & DON GALA

Thursday, April 7, 2022

### INSTITUTE FOR NURSING

*The Foundation of the  
New Jersey State Nurses Association*

*Honors men and women in nursing leadership across New Jersey who  
set high standards of excellence and make a notable difference in the  
lives of so many.*

### 14th DIVA AND DON GALA

Thursday, April 7, 2022  
at the Pines Manor,  
2085 State Route 27, Edison, New Jersey

\$150 per person or \$1100 per a table of eight (Discount)

Reception: 6:00 p.m. Dinner: 7:00 p.m.  
Black Tie Optional Cash Bar

### NEW JERSEY HEALTHCARE DIVA

Judith Pincuselli, MA, BSN, RN  
New Jersey Commissioner of Health

### DIVA AND DON HONOREES

Thomas Amato, MBA, RN  
Vice President, Patient Care Services and  
Chief Nursing Officer  
Bergen New Bridge Medical Center

Amita Avallone, PhD, DNP, NEA-BC, CNE, DPT, ACNP,  
BC, NP-C, CNS, FAANP, FOCM  
Associate Professor

Rutgers University, Newark  
Sheila Caldwell, BSN, RN, CNS-NC  
School Nurse  
Cliffwood Elementary School

Linda Carroll, MSN, RN, RN-BC  
Vice President, Patient Care Services  
Chief Nursing Officer  
Saint Peter's University Hospital

Suzanne Drake, PhD, APN  
Owner, Director  
The Wellness Group of New Jersey, LLC

Linda Jean Hinder, DNP, RN, CNS-BC, CNL, CGNLA  
Director, Nursing Excellence, Hackensack Meridian Health

### DIVA AND DON HONOREES

Franklin Hickey, PhD, RN, NEA-BC  
Vice President, Ambulatory Care Services  
University Hospital New Jersey

Shanda Johnson, PhD, APN-C, CNSP  
Assistant Professor  
New Jersey City University

Amita Kishor, DNP, MSN, ANP-BC, RN-BC, CCRN  
Director, Professional Practice  
Saint Peter's University Hospital

Jana Mammolillo-Savino, DNP, RN, ANP-BC, CRRN  
Manager, Clinical Nursing Education  
Riverside Medical Center

Markus Nicola, MSN, RN  
Assistant Vice President, Nursing Services  
Community Medical Center

Cynthia Samuel, PhD, RN, CNS-NC  
School Nurse  
Irvington Board of Education

Yaela Singh, DNP, APN, CTCP, NEA-BC, FAHA  
Neuroscience, Stroke Program Manager  
St. Joseph's University Medical Center

## The Institute for Nursing Wine Collection



The Institute for Nursing was founded in 1988 with the goal of providing scholarships and research grants, and to increase education programs for nurses in New Jersey. The IFN, in conjunction with Brandon Foley, has created a series of Limited Edition Wine labels to raise funds to support our mission and vision of the Institute For Nursing. For more information and to place an order visit <https://shop.oldyorkcellars.com/Institute-For-Nursing>



# A Healthy Heart Inspires Good Health

Denise Warren, DNP, MSN, PMHNP, RN

Identifying and correcting the modifiable risk factors reduces the prevalence of coronary artery disorders (CAD). Nurses, with regards to their employment conditions, can be prone to cardiovascular disease (CVD). This article is aimed to enlighten healthcare providers the prevalence of cardiovascular risk factors among nurses.

According to John Hopkins, University, (2022), heart disease is a condition that includes diseased vessels, structural problems, and blood clots. The most common cause of heart disease is the narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It is the major reason people have heart attacks.

Heart disease is the number one killer in the U.S. It is also a major cause of disabilities globally. There are many different forms of heart disease, however the most common cause of heart disease is narrowing, and blockage of the coronary arteries better known as coronary artery disease (CAD).

Nurses are the health care providers in a society. The best provider is someone who sincerely believes in their own health. Nurses

must understand that their health performance has a profound impact on the receivers of healthcare. Nurses must have programs available to help them, if necessary, to change their risky behavior habits.

Nurses, due to the nature of their job, are prone to challenging work, stress, burnout, and sleep and eating disorders. This leads to various health complications, particularly cardiovascular disease (CVD), neurological disorders, and immune decline. In some countries with limited resources, effective strategies should be designed for the prevention of heart disease, individuals should be classified in terms of risk factors, and the necessary measures must be taken to prevent complications in at-risk individuals.

## References:

*Department of Nursing, Jahrom University Medical Sciences, Jahrom, Iran* [Iran J Nurs Midwifery Res.](#) 2017 Jul-Aug; 22(4): 332–337 doi: [10.4103/1735-9066.212986](#)

Johns Hopkins Complete Guide to Preventing and Reversing Heart Disease

by Johns Hopkins University Press and Peter M Kwiterovich Jr.



## Peer Support for Nurses, by Nurses



nurse2nurseNJ.com

**1-844-687-7301**

**M-F 8am - 8pm**

## Self-Awareness- Peer Support & Moral Injury

January 31st at 2pm

## Self-Regulation & Work life Imbalance!

February 24th at 2pm

## Mental Agility- Have We Taken Agile Too Far?

March 24th at 2pm

## Strengths of Character- Empathy, Stability & Communication

April 28th at 2pm

## Connection, Peer Support & a Circle of Care

May 26th at 2pm

## Optimism- Reframing Your Way Forward

June 30th at 2pm



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@Nurse2Nurses

RUTGERS

University Behavioral Health Center

NEW JERSEY  
NURSING INITIATIVE

# LEGISLATIVE CORNER

## 220TH NEW JERSEY LEGISLATIVE SESSION (2022-2024)

- **A223** "CONSUMER ACCESS TO HEALTHCARE ACT" ELIMINATES REQUIREMENT OF JOINT PROTOCOL WITH PHYSICAL FOR ADVANCED PRACTICE NURSES TO PRESCRIBE MEDICATION.
- **S304** ESTABLISH MINIMUM REGISTERED PROFESSIONAL NURSE STAFFING STANDARDS FOR HOSPITALS AND AMBULATORY SURGERY FACILITIES AND CERTAIN DHS FACILITIES.
- **A244** REQUIRES HOSPITALS TO ESTABLISH NURSE STAFFING COMMITTEES.
- **A256** AND **S732** REQUIRES HEALTH CARE FACILITIES TO ADOPT AND IMPLEMENT POLICIES TO PREVENT EXPOSURE TO SURGICAL SMOKE VIA USE OF SMOKE EVACUATION SYSTEM.

**WE ENCOURAGE ALL MEMBERS TO CONTACT THEIR LEGISLATIVE REPRESENTATIVE TO SUPPORT NURSING BILLS.**

**FIND YOUR LEGISLATOR AND BILLS**

**<https://njleg.state.nj.us/>**



**BLACK  
HISTORY  
MONTH**

**HONORING  
NOTABLE  
BLACK NURSES**

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- 9.9% of nurses identify themselves as Black or African American
- 14.6% of Black or African American nurses have a related master's or doctoral degrees

American Heart Association®



## ***Know the Facts of Heart Disease***

- Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat.
- Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.
- Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates.
- Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a woman's risk for developing cardiovascular disease later in life.
- Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.
- Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.
- 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity.
- While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.
- Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim.
- Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women.
- American Heart Association (2022).





# NJ Devils Nurses Night

Thursday, March 10, 2022 at 7pm

Prudential Center, Newark NJ

Winnipeg Jets vs. NJ Devils

## Night Includes

- \* In-game recognition for NJ nurses throughout the night
- \* Limited Edition NJ Devils Scrub included with each ticket purchased through this link
- \* Group photo at center ice after the game
- \* Special discounted ticket rate

[Click Here to Order Tickets](#)

## The Institute for Nursing presents

Winner has a chance  
of winning up to  
\$25,000

[Purchase Tickets Now](#)

*Caring  
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**50/50 Raffle**  
**\$10 per ticket**



Institute for Nursing

Drawing to be held  
on May 6, 2022  
2pm at  
The Institute for Nursing  
1479 Pennington Rd  
Trenton, NJ 08618

[Click Here for Flyer & More information](#)

A Benefit to Support the Institute for Nursing

# *Meet the Board*



**Board Members**

President: Lois Greene /Past-President: Norma Rodgers/Treasurer: Nwamaka Eguh  
/Secretary: Rachel Lyons VP Communications: Elsie A. Rivera/ VP Membership: Alissa  
Walaszek/ VP Education: Denise Warren/ VP Congress on Policy & Practice: Stephanie  
Herr/ Essex County Members-at-Large: Jennifer C. Ryan & Rosemary Allen-Jenkins/Union  
County Members-at-Large: Sandra Baker & Lynda Arnold Davis/ Nominating Committee  
Chair: Shanda Johnson/ Nominating Committee: Carline Elizer, Rosemarie Rosales,  
Marlene McLeod-Douse, Lucinda Swinton, Courtney Reinisch

**KEEP IN TOUCH!**

**We would love to hear from our members.**

**Please let us know of any recognitions, publications, presentations.**

**Send us questions, ideas, or comments to**

**[njsnaregion03@gmail.com](mailto:njsnaregion03@gmail.com)**

Elsie A. Rivera, DNP, APN, FNP-C

VP Communications Region 3