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## NURSES ON BOARDS

### Be Counted— 10,000 Nurses on Boards by 2020

THE DATA ISN'T PRETTY. According to the American Hospital Association's Center for Healthcare Governance, the percentage of hospital and health system board members who are nurses dropped to 5 percent in 2014—down from just 6 percent in 2011.

### Together we can build healthy communities!

The American Nurses Foundation is a founding member of the Nurses on Boards Coalition (NOBC), which represents twenty-two national nursing and other organizations. The Coalition's goal is to improve the health of communities and the nation through the service of nurses on

BOARDS CONTINUED ON PAGE 4



## HONOR A NURSE

### Celebrating Two Nurses Honored in 2015

THE AMERICAN NURSES FOUNDATION highlighted Ann Marie Clyatt, BSN, RN, and Tresa Diaz, RN, as two nurse honorees in 2015, recognizing their tremendous impact as compassionate and inspirational caregivers.

Ann Marie has touched countless lives during her career as a public health nurse. A resident of Miami, Florida, Ann Marie provided assessments, screenings, and health education to the Miccosukee Indians at their tribal headquarters on the Tamiami Trail. She has delivered skilled nursing care during home visits and through her work at clinics and schools. Through her advocacy work with the Florida Nurses Association, Ann Marie helped improve wages and working conditions for public health nurses.

She also volunteered her time and energy to care for Edna Hicks, a founding trustee of the Nurses Charitable Trust. As Edna underwent treatment for lymphoma, Ann Marie provided care, one nurse to another. Ann Marie's care allowed Edna to stay in her home until Edna's death some years later.

HONOREES CONTINUED ON PAGE 4



## NURSING RESEARCH PROGRAM

# 28 Grants Awarded through Nursing Research Program

TWENTY-EIGHT NURSING SCHOLARS received over \$249,000 in grant funding in 2015 to expand nursing knowledge and improve health care through the American Nurses Foundation's Nursing Research Grants (NRG) Program. A broad range of research topics was funded, from "Serious Communicable Diseases Unit Care Team and the Ebola Virus Disease Challenge" to "Genetic and Behavioral Factors Associated with Perceived Cognitive Function for Breast Cancer Survivors." These scholars will continue the Foundation's legacy of supporting research that can improve quality care and health care policy.

Since its inception sixty years ago, the NRG Program has awarded over \$4 million to more than 1,000 novice and experienced nurse researchers whose influential scholarship has informed quality nursing practice, better public health outcomes, and effective public health policy.

A recent example of the how NRG grants identify opportunities for better care is a recent grant funded by the Association of periOperative Registered Nurses, titled "Postoperative Symptom Distress of Orthopaedic Ambulatory Surgery Patients: A Qualitative Study."

"The findings of significance are that orthopaedic patients are suffering at home during the first week after surgery. Many have unrelieved pain. Caregivers miss more work than expected and experience stress and anxiety when unable to assist the patient," according to the grant's final report, written by Jan Odom-Forren, PhD, RN, CPAN, FAAN, from the University of Kentucky, and coinvestigator Deborah B. Reed, PhD, MSPH, RN, FAAOHN. "One of the most significant findings is that use of assistive devices could simplify use of toilet and shower after surgery, but healthcare workers who work in hospitals or ambulatory surgery facilities do not assess home readiness. This is a new finding that has far-reaching implications to improve the distress of patients at home."

The full list of grant recipients can be found on the Foundation's website. The NRG's 2016 grant application cycle begins February 1, with applications due May 1. Visit [www.givetonursing.org](http://www.givetonursing.org) for more information.

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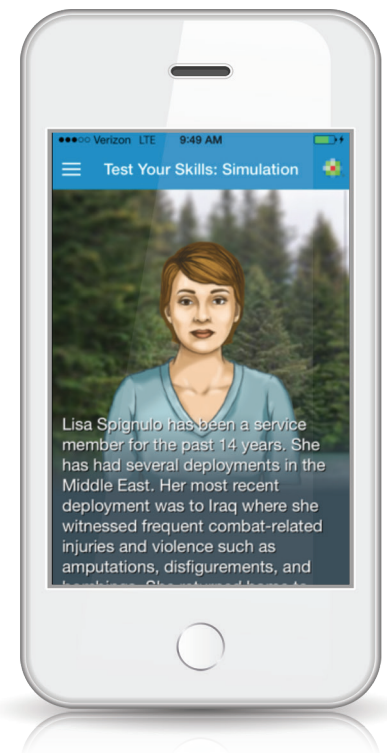
# App Supports Nursing Care for Veterans with PTSD

ANNOUNCING THE RELEASE OF A MOBILE VERSION of a post-traumatic stress disorder (PTSD) toolkit from the American Nurses Foundation and the University of Pennsylvania School of Nursing (Penn Nursing). Developed by Lippincott Solutions, the free mobile app is designed to help nurses and other health care professionals gain rapid access to trusted PTSD information to support and inform care decisions. This new, free app is available from the Google Play and the Apple App stores.

“The PTSD Toolkit was designed to simplify the process of helping the nation’s veterans and military service members by making it easier for nurses and other clinicians to obtain trusted information and support tools,” said Kate Judge, Foundation executive director. “A mobile version of the toolkit aligns with our mission to eliminate misinformation about PTSD and connect clinicians with the clinical references and training resources they need to make the best treatment decisions for their patients.”

Many returning military service members attempt to overcome symptoms of PTSD on their own due to feelings of shame or weakness. Civilian nurses are often a first point of contact for those veterans, who may be experiencing disabling agitation, nightmares, and emotional withdrawal due to PTSD, a serious mental health issue triggered by experiencing or witnessing trauma.

“PTSD is a complex disorder that is often accompanied by other equally devastating issues, such as depression, anxiety, chronic pain, relationship problems, and substance abuse, that can impact timely and accurate diagnosis,” said Jayne Marks, vice president of publishing for Wolters Kluwer Health Learning, Research, and Practice. “The PTSD Toolkit in app form provides nurses and other clinicians who work with patients who have or may have PTSD with immediate access to reliable information and simulations to help with diagnosis and treatment.”



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Find out more about the PTSD app and how to download it at [www.LippincottSolutions.com/PTSD](http://www.LippincottSolutions.com/PTSD).

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The app version of the toolkit streamlines clinical workflows related to the care of PTSD patients. It helps improve care quality by providing clinicians with mobile access to valuable insight into the disorder, as well as a step-by-step process for diagnosing PTSD and the ability to request additional information that can be shared with others.

## EVENTS

# Out & About

AT THE 2015 QUALITY CONFERENCE, ANA Membership Assembly, and the ANCC Magnet Conference, attendees donated record amounts to support Foundation programs such as scholarships and increasing the number of nurses in leadership positions. Diverse Foundation-sponsored programs and projects, from a “Passport for Prizes” activity to a “Build Your Board-Ready Resume Workshop,” have involved attendees in the Foundation’s mission.

At the 2015 ANCC Magnet conference, Foundation donors, board members, and staff celebrated the #powerofnursing with Magnet nurses at the convention’s welcome party at the Center for Civil and Human Rights. Thank you for your support and look for us in 2016!



## BOARDS CONTINUED FROM PAGE 1



boards and other bodies. That is why the NOBC is working to ensure at least 10,000 nurses are on corporate and nonprofit health-related boards of directors by 2020.

As the NOBC celebrates its one-year anniversary, we are thrilled to

announce the launch of the Coalition’s website! We are ready to count nurses currently serving on boards and identify those who want to serve. If you serve or want to serve on a board, visit [www.nursesonboardscoalition.org](http://www.nursesonboardscoalition.org) and be counted!

## HONOREES CONTINUED FROM PAGE 1

Tresia, a labor and delivery nurse in Bel Air, Maryland, similarly inspires her colleagues to be better people and extraordinary nurses. Nominated by her husband, Eric Diaz, Tresia has a broad view of patient care that extends to care of the soul. “To deliver a child into the world, no other joy can compare to it. But to know a mother has lost a child and still needs to deliver seems like an insurmountable task both emotionally and physically,” Eric says. “Not only does Tresia provide the utmost care, but she has told me of the times when mothers need to be cradled in her arms, like a child themselves, due to the grief. Tresia stays and consoles them.”

While studying to become a registered nurse, Tresia, the mother of four young children, often put in extra hours to mentor younger peers to help ensure their academic success.

Ann Marie Clyatt and Tresia Diaz were selected from among hundreds of nurses nominated by colleagues, patients, and others for the Foundation’s Honor a Nurse program. The Honor a Nurse program, created by the Foundation and supported by the Lippincott Solutions team at Wolters Kluwer, recognizes nurses for their extraordinary contributions to health care. The program enables colleagues, friends, family, and leaders to honor and tell the stories of nurses who have made a positive difference in nursing locally or globally. The funds raised by the Honor a Nurse program are used to support nursing research, scholarships, and programs to improve nurses’ lives and the nursing profession.

**Visit [givetonursing.org/honoranurse](http://givetonursing.org/honoranurse) to honor a special nurse or team today.**