

Nurses *Transform Lives*



The **Future** of Health Care

NURSES TRANSFORM LIVES. They do it person by person, each and every day — in hospice care, in the pediatric ICU, in the parish clinic, in community health centers. At the American Nurses Foundation, we believe nurses also have a major role in transforming health care — its outcomes, its accessibility, and its cost.

The American Nurses Foundation is the only philanthropic organization with a mission to transform the nation's health through the power of nursing. We help nurses step into leadership roles in their communities and workplaces to ensure that they can play a meaningful role in shaping decisions on the quality and capacity of health care.

We advance science that helps people live better and healthier lives with less pain and greater independence. We enable nurses to be healthier themselves, so that they can be role models for their patients and continue to serve as vital members of the health care community.

To better support the nation's 3.1 million nurses, the Foundation has also begun transforming itself. Over the past year, we have brought new perspectives and expertise to our programs and significantly broadened our scope of activities, some of which we highlight on these pages.

This is a unique moment in our history, a time when health care reform is both critical and possible. It will come about through both complex and simple changes and will require the focus, expertise, and dedication of nurses.

We are grateful for your philanthropic support and invite you to **join us in helping nurses to play their essential role in improving the future of health care.**

Kate Judge
Executive Director

Joyce J. Fitzpatrick
Chair, Board of Trustees

A Collaborative Leadership Model

To help the American Nurses Foundation reach its potential and make the best decisions regarding our philanthropy, we diversified our board of trustees. We believe the future of health care requires a collaborative model, and we have recruited members from across the broad spectrum of stakeholders in health — including nurses, physicians, academicians, and corporate and philanthropic leaders.



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A Mission for Transformation
The American Nurses Foundation is the charitable and philanthropic arm of the American Nurses Association, dedicated to transforming the nation's health through the power of nursing.

Nurses *transform* lives through...



A Pioneer on the Nursing Frontier

Veteran nurse Rita Chow paves a new path for the nursing profession

Achieving the impossible sounds like a cliché until you hear what Rita K. Chow, 86, has accomplished in her nursing career. Time after time Chow has stepped into daunting roles where her keen intellect, humor, courage, and compassion have not only served her well, but have also transformed the lives of her patients.

In her first three weeks as director of nursing for the Federal Medical Center prison services hospital in Fort Worth, Texas, Chow learned to shoot a rifle, pistol, and shotgun — a mandated safety requirement. The day she arrived in 1989, the facility's other nurse departed, leaving her as the only nurse for approximately 1,400 inmates. But Chow wasn't discouraged. Over the next six years, she recruited a new nursing staff, created the nation's second federally accredited inmate-to-inmate hospice program, and guided the design and construction of the nation's first ever federal long-term-care facility for aging prisoners.

Shaping health care policy and practices

Before working in Fort Worth, Chow was assistant director of nursing and director of patient education at the Gillis W. Long Hansen's Disease Center in Carville, La., the nation's first and last dedicated care facility for Hansen's disease, also known as leprosy. When she arrived in 1984, "My first concern was to get as many [patients] as possible out of bed, moving, and enjoying exercise," she says, recalling how many of the hospital's 300 patients roamed the corridors in motorized wheelchairs due to frailty or leg amputations. The music and movement therapy program she developed there served as a model after the facility closed in 1999 and patient care was shifted to community-based health care providers.

innovation & leadership.



Rita Chow & Yaye Togasaki-Breitenbach

“My wish is for [my] nurse colleagues to go beyond my lifetime of dreams and hopes to achieve more collaborative, patient-centered, holistic care.”

During her long career, Chow has worked as a nurse on a Sioux reservation, shaped health care policy and practice at federal health care agencies, and served with the U.S. Army Nurse Corps. Along with her impressive set of professional honors and more than 100 publications, her achievements include a B.S. from Stanford University, an M.S. from Case Western Reserve University, and an Ed.D. from Columbia University. Throughout her career and even after retiring from the U.S. Public Health Service, she has traveled the world as a speaker. Since her retirement, Chow has also served as volunteer director of the National Interfaith Coalition on Aging, where she helped shape best practices to support aging, spirituality, and end-of-life care.

Inspiring the future of nursing

“My wish is for [my] nurse colleagues to go beyond my lifetime of dreams and hopes to achieve more collaborative, patient-centered, holistic care,” says Chow. To carry that vision forward, in 1993 she and her late friend, Yaye Togasaki-Breitenbach, co-founded the Chow-Togasaki-Breitenbach Endowment to provide unrestricted funding for graduate and postdoctoral nursing research studies.

Chow urges her colleagues, especially the American Academy of Nursing’s fellows, to generously support ANF’s research funds “to unearth new knowledge and present new evidence to improve nursing practice and health care outcomes. Together, we could have a profound impact on the nursing profession and on our high humanitarian goals of meeting all of our patients’ needs — psychosocial, spiritual, and physical.”

Nurses *transform* lives through...



Carolyn Jones



The American Nurse Project

Nurses find a voice in a new book and documentary

In a career spent working with nurses — and as a nurse herself — Rhonda Collins appreciated the diversity of the profession and wanted to help others appreciate it too. “People don’t understand the complexity of nursing,” says Collins. “We are as specialized as physicians. You would never ask a pediatrician to do brain surgery.”

Thus The American Nurse Project was born. Inspired by this desire to celebrate and share the impact of nursing, Collins — a vice president at Fresenius Kabi USA, a health care company providing products for the care of critically ill patients — met with Carolyn Jones, a photographer known for her socially engaging photographs. “We just started making a list of nurses all across the country doing extraordinary work,” says Collins.

In early 2012, Jones and her team set off across the country, visiting 75 nurses and capturing their personal stories with images and video. *The American Nurse: Photographs and Interviews by Carolyn Jones*, a book published in fall 2012 with support from Fresenius Kabi, tells those stories. There is the nurse who created a hospice program at Louisiana’s Angola prison, teaching inmates who had committed heinous crimes to care for dying fellow inmates. There is the nurse, born and raised in Appalachia, who drives through the mountains and across rivers to care for people who might otherwise never get medical attention. “Here in our country, nurses stand in the gap,” says Collins. “They go places others don’t want to go, do things others don’t want to do. They truly are the glue that holds patient care together.”

courage & compassion.



For ANF, The American Nurse Project was an opportunity not just to celebrate nurses' work, but to support and further their ability to transform and deliver care. A partnership between the Foundation and the Project resulted in a new education and scholarship fund for nurses, funded by the book's proceeds. In response to the book's success, Jones is producing a feature-length documentary that will follow six of the nurses featured in the book.

Since its release, the book has received incredible feedback. "Among nurses," Collins says, "the response has been the same: 'Finally, somebody captured our voice.' Our goal was to create a movement and to recognize what nursing does for our country and our world."

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To learn more about The American Nurse Project, visit americannurseproject.com. The book and note cards featuring the photos can be purchased at nursesbooks.org.

Nurses *transform* lives through...

The Science of Nursing Care

Annual grants program provides vital support in the research of nursing practices

Recognizing the importance of nursing care, the American Nurses Foundation's Nursing Research Grants Program supports and encourages careers in the research field. The grants help nurses shape and influence nursing practices and have played a vital role in launching larger scientific health studies. Funded by contributions from organizations and individuals, the grants fill gaps in evidence-based practice and address the value of nurses' contributions to safety, reliability, quality, and efficiency. In 2012, the Foundation funded 20 research scholars from this program, two of whom are profiled below.

For more information or to apply for a research grant, please visit anfonline.org/nursingresearchgrant.

Pediatric nurses' assessment of procedural pain in children with Autism Spectrum Disorder

University of Florida — Gainesville, Florida

Award funded by the Society of Pediatric Nurses

Ever since **Amanda Brown** began studying for her Ph.D. at the University of Florida, she knew she wanted to study autism in children. Since then, Brown, who also works as a clinical nurse leader at Wolfson Children's Hospital in Jacksonville, Fla., has narrowed her research to focus on pain assessment of autistic children.

"It's important to assess pain in anyone," says Brown. "Pain that is un-assessed or unrecognized goes untreated, and increased suffering can extend healing time in patients of all ages." This is especially critical for children who are developmentally delayed.

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The social, communicative, and sensory impairments experienced by children with Autism Spectrum Disorder (ASD) can affect their expression of pain. Furthermore, the majority of parents of children with ASD report that their child responds differently to pain than children with more typical development patterns.

Brown's research focuses on the work of pediatric acute care nurses at Wolfson Children's Hospital, but hopes the study will lead to an improvement in the whole inpatient experience for children with autism.

new solutions.

Improving quality of life in chronic obstructive pulmonary disease by integrating palliative approaches to dyspnea, anxiety, and depression

National Jewish Health — Denver, Colorado

Award funded by the Hospice and Palliative Nurses Foundation

As the Lung Cancer Center program coordinator at National Jewish Health, the leading respiratory hospital in the nation, **Bronwyn Long** was regularly seeing patients with chronic obstructive pulmonary disease (COPD), a term for respiratory disorders such as emphysema and chronic bronchitis.

COPD is a major cause of disability and the third leading cause of death in the United States. “The symptom burden that people with COPD have is worse than advanced lung cancer,” says Long. “People live with it day-in, day-out for a long time. It’s a very slow, progressive disease.” COPD symptoms can range from mild shortness of breath and coughing to severe difficulty breathing that requires patients to carry supplemental oxygen.

Following a study that showed how palliative care helped cancer patients live longer and with a higher quality of life, National Jewish Health proposed a similar nursing research study for COPD patients. “Over time COPD patients lose the ability to be active,” says Long. “It’s a source of real frustration.” Using palliative care — customized medicine that focuses on bringing comfort to a patient — Long is looking to ease the physical, social, intellectual, and existential distresses that accompany the disease.

“The symptom burden that people with COPD have is worse than advanced lung cancer. People live with it day-in, day-out for a long time. It’s a very slow, progressive disease.”



Peter Olson

Empowered Leaders

The Leadership Institute helps nurses develop confidence and competence in the workplace

“Every nurse is a leader,” says Wylecia Harris, chief of staff and special projects officer for the American Nurses Association (ANA). Skilled caregivers, nurses meet complex medical needs, cut through red tape to solve problems, and lend an expert and steady presence in environments fraught with emotion. “Whether or not they hold a formal leadership position, nurses are leaders,” says Harris, “and we want to ensure that they thrive in those roles and have the greatest impact possible.”

Nurses can have wide-reaching influence on the health care system, yet are often overlooked for the highest levels of organizational leadership. To change that, in 2011 ANF made a founding grant to support its launch of the ANA Leadership Institute. This formal leadership development program is designed to train nurses at all levels in strategic thinking, communications, personal leadership styles, and other topics that will hone talents and enhance careers.

To learn more about the Leadership Institute, visit ana-leadershipinstitute.org.

Philanthropy *transforms*... nursing.



Courtesy Jefferson School of Nursing, Thomas Jefferson University

Creating Lasting Legacies

An advocate for education

Retired nurse Inez Mercer’s belief in the importance of nurses’ access to education will have a lasting legacy. After her death in 2012, her IRA created the Foundation’s largest educational program fund for nurses. “Her commitment to her profession and the critical nature of education will guide us to use her life savings wisely,” says Kate Judge, executive director at ANF. “The Foundation is deeply indebted to Inez; her generosity and name will be linked to the most important and meaningful programs.”

A commitment to the best in nursing

For Terri Haller, becoming a nurse began as a childhood ambition. “I always knew I wanted to be a nurse,” she says. Throughout her career, Haller has worked in a variety of specialties — surgery, trauma, administration — yet in each job the American Nurses Association has played an equally important role.

“I’ve been a career-long member of ANA,” says Haller, “and it has always been the one professional organization that supports the best in nursing, regardless of specialty or clinical focus.” Currently serving her second term as ANA’s treasurer, Haller decided to make a bequest to the American Nurses Foundation, the philanthropic arm of ANA.

The decision was inspired by the recent progress ANF has made in providing for nurses and supporting ANA’s work. As an ANA board member, she has watched ANF reinvent itself to become a relevant foundation that provides the scholarship and support nurses need, and she is excited to see ANF recruit new leaders from across health care disciplines.



Peggy Peterson

Making an Investment in Nurses' Health

An innovative grant promotes shift work sleep disorder awareness and prevention

While shift work is common for nurses, the practice can carry some serious health consequences. Researchers have found that shift work sleep disorders (SWSD) can negatively affect work performance, safety, and quality of life. In addition, sleep disorders can cause serious health burdens such as cardiovascular disease, diabetes, gastrointestinal disorders, and depression.

In 2012, ANF received a \$226,000 grant from Teva Pharmaceuticals to develop an innovative, comprehensive, and free continuing education program to help registered nurses recognize and respond to the health effects of sleeping disorders caused or exacerbated by shift work. The goal was to help nurses recognize the symptoms of SWSDs in their patients and colleagues, and, critically, themselves. In turn, nurses will be better able to implement changes, improve patient outcomes, and enhance their own self-care.

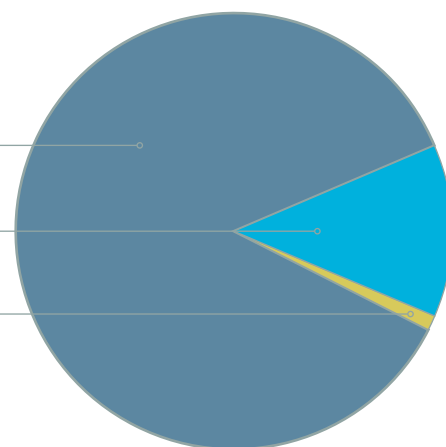
Michael Decker, diplomate of the American Board of Sleep Medicine and Byrdine F Lewis Chair in Nursing at Georgia State University, headed the program, which included a webinar and articles in *American Nurse Today* magazine. More than 1,000 nurses participated in the program. Before taking the course, the overwhelming majority did not recognize many adverse outcomes — such as traffic accidents, diabetes, cancer, and illness necessitating sick leave — as being attributable to SWSD. “But after completing the activity, nearly two-thirds recognized that SWSD can contribute to any of these conditions,” says Decker.

“The health consequences of shift work affect nurses as well as their patients,” says Joyce Fitzpatrick, chair of the ANF Board of Trustees. “With Teva’s support, we were able to help nurses and patients be healthier.”

2012 Financials

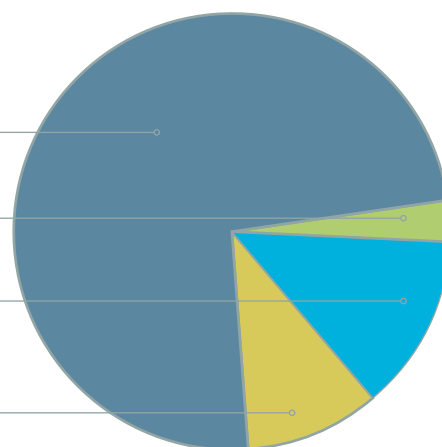
Revenue

Contributions	\$ 1,570,000	86%
Grants	\$ 227,000	13%
Other Income	\$ 26,000	1%
Total	\$1,823,000	

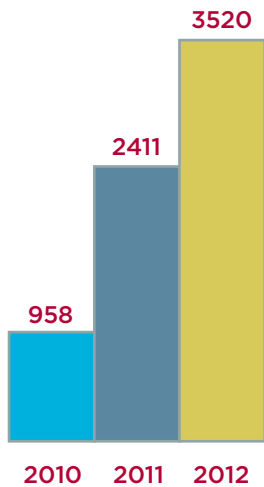


Expenses

Grants	\$ 1,160,000	74%
Programs & Services	\$ 41,000	3%
Fundraising	\$ 205,000	13%
Governance, General & Administrative	\$ 162,000	10%
Total	\$1,568,000	



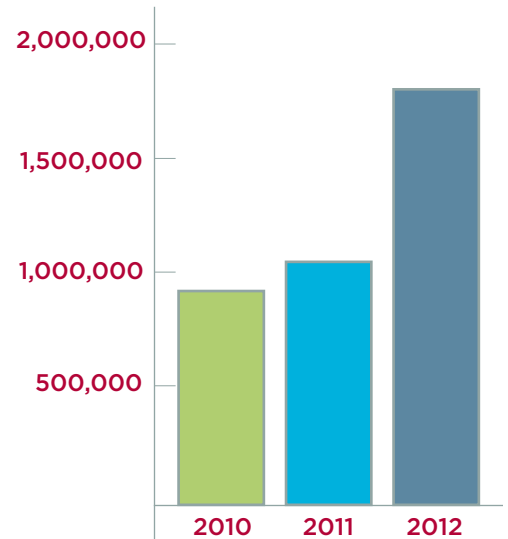
2010–2012 Growth



Number
of ANF Supporters

Revenue

	2010	2011	2012
Contributions	\$ 667,000	\$ 944,000	\$1,570,000
Grants	\$ 240,000	\$ 110,000	\$ 227,000
Other Income	\$ 31,000	\$ 12,000	\$ 26,000
Total	\$ 938,000	\$1,066,000	\$1,823,000



For a copy of the Foundation's audit or 990 visit www.givetonursing.org.

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