



# CONNECTIONS

## ISPN *Connections* Winter 2022 Issue

### Message from the President "Proactive and Priority Planning for Care for The Elderly Is Also Mental Health Care!"

**Ukamaka Oruche, PhD, RN, PMHCNS-BC**  
ISPN President

Twice now, we have witnessed in horror and perhaps guilt as our elders are hauled out of nursing or skilled facilities to alternate or temporary shelters. It happened during the COVID-19 pandemic, and again during Hurricane Ian. Of course, these are just the stories that got media coverage. To all ISPN members and families affected by the recent Hurricane Ian and similar other disaster events, we send our warmest regards and well wishes for a fast recovery.



Nurses must sound the alarm bell here; we are failing as a society regarding caring for our elderly. In many cultures, disregard for elders is described as an "abomination". It is sickening to watch elders, sometimes half-clad in pajamas and house slippers, being pushed in wheelchairs or gurneys or supported on their feet into ambulances or buses, in the case of Hurricane Ian, in the rain. Why do we wait until the last minute or "give medicine after death"? Imagine the trauma experienced by being evacuated, and on top of this disastrous event, having people dying in the room next to you in the COVID-19 pandemic, or listening in fear to howling wind and torrential rain in the case of the hurricane.

INVESTMENT and EXECUTION of strategic and practical steps have eluded us so far: to care for our elderly in a



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respectful and humane way in crisis or disaster events. We failed our elderly during COVID-19. We all witnessed this via television.

We failed them AGAIN during Hurricane Ian. I was in Florida during Hurricane Ian.

As is often the case, as nurses we are systems thinkers. We often recognize the problem and its ramifications. We know more must be done. We courageously step up to fill the gap using our talents and skills. Below are some thoughts for your consideration.

### **Professional and Moral Responsibilities of Nurses**

Nurses must sound the alarm that thoughtful and proactive plans to care for our elderly in crisis or during disastrous events are essential. Effective challenges to wicked problems require interprofessional or multidisciplinary solutions. We must ensure that nurses (for example, through the American Nurses Association (ANA) and its enterprises and other specialty professional nursing organizations such as International Society of Psychiatric Mental Health Nurses (ISPN) are part of a national task force to address the care of elderly in the wake of future disasters. We must make sure there is always mental health support for the elderly. Nurses must collaborate with other professions or key organizations, such as the National Academy of Medicine, to address this high-priority public health issue.

In sum,

1. Give voice and advocate.
2. Offer to help with proactive planning.
3. Demand a seat at the table for planning and policy change.

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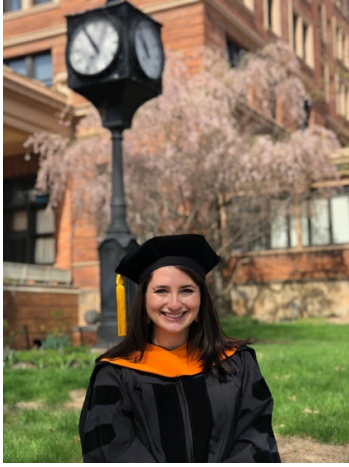
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## **Self-Care in an Era of Burnout**

**Dina Fradkin, DNP, CNP, PMHNP-BC**

As September is over and many of us may be amid a new academic year, it's as good a time as any to reflect on how we care for ourselves while taking care of others. Last year, in this very newsletter, I discussed compassion fatigue and burnout among nurses and the importance of implementing Linehan's radical acceptance (2015) model, considering the pandemic. This year, I hope this serves to remind you that



regardless of COVID-19, making time for ourselves whenever possible is of vital importance to energize our interest in our work, maintain our interpersonal relationships, and support our own happiness.

Burnout among nurses can manifest as exhaustion, amotivation, frustration, and reduced productivity. As the American Nurses Association Code of Ethics guides our practice, it also informs our understanding of the importance of self-care. In fact, Provision 5 of the Code dictates that nurses respect and care for themselves in a similar manner to that demonstrated in direct patient care. In psychiatric mental health nursing, there is often a great strain in hearing, absorbing, and processing grief, trauma, violence, and many other unfathomably difficult patient experiences. In order to respond appropriately to our patients, it is vital to reflect on how we show up for ourselves and our loved ones. Whether that means setting boundaries in academic and clinical affairs, taking that well-deserved vacation, or reaching out to a wide network of support, self-care can take the silhouette of a myriad of experiences.

*Linehan, M. (2015). DBT skills training manual (2nd ed.). New York: Guilford Publications.*

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## ISPN Policy Activities

Sally Raphael, MS, APRN-PMH, FAAN

This has been a busy year to date for the Policy Committee. We developed and published an association response to the Roe v. Wade reversal and the Tennessee criminal sanctions on a registered nurse for death resulting from a medication error. We also provided a webinar on the *Conditions of Unaccompanied Youth at the US Southern Border* and the federal response in place. The Board adopted a new position statement, *Strengthening the Safety Nets for Child and Adolescent Mental Health* in June 2022.



Among the many sign-on letters of support initiated by ISPN as a member of the Mental Health Liaison Group & the Nursing Community Coalition, and with our partner the Global Alliance for Behavioral Health & Social Justice, here are some of the major bills supported by ISPN in 2022:

- Waivers for health and mental health care be permanent beyond COVID Public Health Emergency (PHE)
- The 988 Implementation Act effective as of July 16, 2022
- Letter Calling for Integration of MH/SUD Into New HHS Administration for Strategic Preparedness and Response
- Letter of support for the Senate CURES package
- The Public Safety Officer Support Act of 2022 (S.3635)
- Infrastructure 2023 Letter
- Major provisions from the Omnibus Act
- The Behavioral Health Coverage Transparency Act
- Updated FY 2023 Appropriation Requests

- Letter Supporting NDAA Amendment that Honors the U.S. Cadet Nurse Corp
- Letter Supporting Legislation that Improves Access to Workers' Compensation for Injured Federal Workers
- Letter of Congratulations to the Under Secretary of Health at the U.S. Department of Veterans Affairs

The committee members are currently working on four new ISPN position statements, *The Opioid Crisis: A Need for Harm Reduction; Suicide Prevention: We Need to do Better; Gender Affirmation; and Emergency Department Boarding for Children and Adolescents*. Feel free to contact committee members with thoughts on future policy directions.

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## ISPN 2023 Annual Conference

We are so excited to tell you about the ISPN 2023 Conference, *Psychiatric-Mental Health Nurses Joining Together for Critical Need: Addressing Diversity, Those Affected by War, Violence, and Health Inequities Across Populations* in Redondo Beach, California. Last year we had over 160 attendees and 37.5 contact hours.

We are planning a very successful in-person event for this year. Plan to come early and participate in the pre-conference workshop, EMDR training led by Dr. Kathleen Wheeler. We are proud that Dr. Bernadette Melnyk will be the Opening Keynote Speaker and Steven Shefter, author of *Preparing to Part-Love, Loss, and Living* will be our Closing Keynote Speaker. Invite your friends, colleagues, students, and all interested parties to be a part of this fabulous event. We are so looking forward to seeing you in Redondo Beach!!!

The Sonesta Redondo Beach & Marina is a vibrant coastal community. We will be steps from serene beaches, magnificent views of the Pacific Ocean and Palos Verdes Hills, and

fiery sunsets.

Redondo Beach is a favorite Los Angeles destination that overlooks the Pacific Ocean, is 7 miles down the coast from LAX, and is within a short distance to Hermosa Beach, Manhattan Beach, El Segundo, and Gardena! The hotel is just steps away from the famous Redondo Beach Marina and pier shops, 22 miles of Bike Path, beachside for biking, walking, and/or jogging, and multiple water sports from whale watching to fishing to sailing, and glass bottom boats.

Registration for the ISPN 2023 Annual Conference will be opening soon. Keep an eye on the conference webpage for additional information: [ispn-psych.org/2023-conference](https://ispn-psych.org/2023-conference)



### Join the ISPN Foundation Dinner!

Save the Date! Thursday, March 30, 2023, during the ISPN Annual Conference in Redondo Beach, California.



The theme for this year's ISPN Foundation Dinner will be 'Decades Gone Past'. Let us celebrate the 25<sup>th</sup> year for the ISPN annual conference by dressing in our favorite outfits from decades past. The Foundation Dinner will be a great time to meet the keynote speakers in a casual environment along with supporting the ISPN Historical Archiving initiative. Catch up with old colleagues and make some new colleagues at the ISPN Foundation Dinner. The dinner is being sponsored by the University of Iowa College of Nursing. This event is open to everyone.



## ISPN 2023 AWARDS NOMINATIONS ARE NOW OPEN!

THE DEADLINE FOR NOMINATIONS IS JANUARY 13, 2023  
[ISP-PSYCH.ORG/2023-ISP-AWARD-NOMINATIONS](https://ispn-psych.org/2023-ispn-award-nominations)

### ISPN Awards

The ISPN Awards provide an opportunity for the association to formally recognize some of the many outstanding contributions of psychiatric-mental health nurses throughout the world. The nomination window is now open! All nominations are due by January 13, 2023.

[Submit yourself or a colleague for an Award today!](#)



### ISPN Foundation Grants

The ISPN Foundation uses money that has been donated and raised at the Foundation Event to support two grants. The deadline to apply is December 16, 2022.

#### [Mental Health and Wellness Research Project or Clinical Inquire Project Grant](#)

The purpose of this \$1,500 award is to recognize and support the contributions of a nursing research project or clinical inquiry project for a graduate nursing student or junior faculty member that will address research concerns related to mental health promotion and prevention, mental health policy development, community outreach, equity and social justice in nursing or health care for ethnic minority populations. For more information click the link above.

#### [ISPN Foundation Joyce Fitzpatrick Psychiatric Nursing Research Grant](#)

Qualitative and/or quantitative proposals, and proposals for pilot and/or development research, may be submitted for this \$3,000 grant. For more information click the link above.



### ISPN Foundation Scholarships

The ISPN Foundation also uses money that has been donated and raised at the Foundation Event to support Conference Travel Scholarships. The deadline to apply is December 16, 2022. The purpose of these scholarships is to provide funding to travel and attend the ISPN 2023 Annual Conference in Redondo Beach, California. The deadline to apply is December 16, 2022. We encourage full, retired, and student members to apply.

[Full / Retired Members Application Link](#)

[Student Members Application Link](#)



### Member News

ISPN would like to congratulate all 250 distinguished nurse leaders that have been inducted into the American Academy of Nursing 2022 Class of Fellows, especially the members of ISPN who were inducted: Dawn Bounds, Karan Kverno, Rene Love, Joyce Shea, R. Lee Tyson, and Rose Mary Xavier! ISPN sends a big congratulations to the six of you!



**November 16, 2022**

**Treatment Options for Pediatric and Adult Persons Suffering with Bipolar Spectrum Disorders**

Linda Jo Volness, MSN, APRN

**December 13, 2022, \*note this is a Tuesday**

**How to Create Cultural Safety in Healthcare for Sexual and Gender Minority Patients**

Sean Murphy, PhD, MSN, PMHNP-BC

To register for any upcoming or on demand webinars, visit [ispn-psych.org/ispn-webinars](https://ispn-psych.org/ispn-webinars).

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**A Reminder: Subscribe to the ISPN Listserv, "E-List"**

Your ISPN membership includes access to our exclusive e-list (AKA, listserv). This member tool allows you to distribute messages to all members subscribing to the list, with a simple email to the list address. Think of the possibilities!

- Communicate with the membership through a single email.
- Search the online archive for valuable information and resources.
- Ask your peers the questions that are most important you.
- Manage your subscription and preferences through your member profile.

To get started:

1. Log in to your membership profile.
2. In the "My Features" tab, click "E-Lists".
3. Make sure you are subscribed to the list.
4. Make note of the list address.
5. Click "Edit" to control your preferences.
6. Click the list name to see and search previous posts.
7. To start participating, click "Post a New Message" or send an email to the list address.

Read these [Frequently Asked Questions](#) about the E-List.



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