



CONNECTIONS

ISPN Connections Fall 2021 Issue

Resilience and Self Care

Forging Ahead in a New Normal

Dina Fradkin, DNP, CNP, PMHNP-BC

The beginning of 2020 presented massive new challenges and hurdles for the globe, and frontline workers were, unfortunately, privy to some of the pandemic's most gruesome and horrific aspects. The end of the year was celebrated with guarded optimism, with a small ray of light extending from the windows of Pfizer and Moderna. What would 2021 look like? What would a new world look like?

Nine months into 2021, we still have 150,000 cases every day in the United States (Centers for Disease Control and Prevention, 2021). Masks have become integrated into our daily *keys, wallet, and phone* checklists, and a brief respite in the early summer brought a new surge of Delta catastrophe. So how do we operate in a world that is entirely new to us? Non-nurses have moved into the remote stratosphere, and while the transition to telehealth has brought its unique challenges and perks, health care work remains largely in-person. How do we begin to care for an entire subset of the population whose sole job is to care for others? [Read more...](#)

Discovering the World Within

Sara Horton-Deutsch, PhD, RN, PMHCNS, FAAN, ANEP

I recently attended a retreat on states of consciousness essential to transformation and profound awakening. We explored states of consciousness people experience... mystical moments where we directly glimpse the ultimate nature of reality. What struck me most profoundly was discovering five simple practices to recognize these experiences and their potentially transformative and healing effects. The first is to study. Through reading, reflecting, writing, and dialoguing with others, we open ourselves to the sacred, to the mind-body-spirit connection, to mystery, and



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daniel-wesemann@uiowa.edu

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J. Kaye Knauff, DNP, RN,

the unknown. Second, travel. Every culture has its unique history, artifacts, foods, traditions, and ways of relating. Seeing and experiencing different cultures taps into our senses and expands our worldview. While expansive travel may be prohibitive at this time, exploring other cultures through media such as books and movies is possible. [Read more...](#)

Research/Practice

FNPs: Our Colleagues in Health Care

Dustin K. McKague MSN, FNP-BC, CWON-AP
Angela M. McNelis, PhD, RN, CNE, ANEF, FAAN

Findings from a national study of clinical education in family nurse practitioner (FNP) programs, funded by the National Council of State Boards of Nursing, found that FNP students lacked clinical education experiences in mental health. A sample of 3,946 FNP students completed the survey from 2016 to 2018 and reported how frequently during their clinical courses they completed specific tasks across each of three main population foci for family practice: pediatric, adult, and geriatric. Students responded they never performed a mental health assessment with pediatric [$n = 443$, 11.2%], adult [$n = 114$, 2.9%], and/or geriatric [$n = 141$, 3.6%] patients (McNelis, Dreifuerst, Beebe, & Spurlock, 2021). Moreover, in a focused analysis of the pediatric experiences, almost 30% ($n = 1118$) reported zero, one or two mental health assessments during their entire clinical rotations (McKague, Beebe, McNelis, & Dreifuerst, 2021). [Read more...](#)

Interview

Interview of Vinisha Dsouza

As President of the International Society of Psychiatric-Mental Health Nurses, I am excited about our recent formal collaboration with the Indian Society of Psychiatric Nurses (whose acronym is also ISPN). This collaboration, in addition to our recent and similar partnership with Sri Lankan Professional Nurses Clinical Society, is part of our organization's effort to expand our international network and engagement. I had the opportunity to connect with Vinisha Dsouza, a psychiatric nurse and member of the Indian Society of Psychiatric Nurses. Vinisha is also a PhD student at the University of



Cheryl Giscombe, PhD, PMHNP-BC, FAAN, FABMR

FNP-BC, PMHNP-BC
greylynn75@gmail.com

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kkverno1@jhu.edu

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bnk13@pitt.edu

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aparna.kumar@jefferson.edu

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cnhartis@outlook.com

Sara Horton-Deutsch,
PhD, RN, FAAN, ANEF
shortondeutsch@usfca.edu

Brayden Kameg, DNP,
PMHNP-BC, CARN, CNE
bnk13@pitt.edu

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uncnurse44@gmail.com

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johnnyyuhas@gmail.com

North Carolina at Chapel Hill School of Nursing. Vinisha shared reflections about psychiatric nursing in India, mental health stigma, nurse well-being, and a vision for future collaborative activities between ISPN and the Indian Society of Psychiatric Nurses. Vinisha's thoughtful comments inspired me as I look forward to working with our organizations to enhance mental health and the well-being of nurses around the globe!

~ Cheryl Giscombe, PhD, PMHNP-BC, FAAN, FABMR



Vinisha Dsouza

September 20, 2021

CG: It is great to have the opportunity to speak to you about your experience as a psychiatric nurse from India. Can you tell us about nursing in India and what attracted you to become a psychiatric nurse?

VD: Nursing in India is like that in the USA, however, we are not as tech-savvy. My journey as a nurse started 22 years back. Phew... It's been a long time. But it feels like yesterday. I have always wanted to be a nurse since my younger days. My dad worked in a government hospital, and I grew up in a household

where being in the medical field was a way of life. My thoughts were tuned to help the community. In India, nursing is considered a women's profession. Being a member of the medical fraternity means being a link that allows the family, neighbors, and community to access good health services and guide better care. [Read more...](#)

ISPN 2022 Annual Conference



Save the Date

ISPN 2022 Annual Conference

*The Power of Psychiatric Mental Health Nurses:
Leading Innovations for Sustainable Health and Well-being*

March 16-19, 2022

Redondo Beach, CA

Thank you to everyone who submitted an abstract for the 2022 Annual Conference! Also, a big thank you to all of the Abstract Reviewers! The Conference Co-Chairs, Allison

Brauch, and Susan Glodstein are working to go through them and start on the preliminary program. Registration for the Conference will be opening soon! Keep an eye on the Conference webpage for additional information: <https://www.ispn-psych.org/conference>

Gift of Membership

Think of a student - or two - whose membership you might sponsor by paying the student's first year of ISPN membership dues. A special way to reach out to graduates as well is to support their entry into ISPN by sponsoring their first year of ISPN membership dues. <https://www.ispn-psych.org/membership-categories>

Regional Initiative



Expanding Mental Health Care, Literacy and Policy Around the World

The ISPN Regional Initiative will build and expand upon the work of ISPN within a specific geographic area, generating new forms of scholarship, education, clinical practice knowledge, and expanding community voice grounded in the Scope and Standards for Psychiatric Mental Health Nurses. Regional connections build on the global history and legacy of advanced practice psychiatric mental health nurses influence and impact on mental health care worldwide.

All regions have leader(s) and if not will start regional meeting soon! This is a great place to meet other ISPN members and collaborate with like-minded individuals.

A big thank you to our regional leaders:

Regional Coordinator: Marian Newton

Northeast Region: Jennifer Graber and Susan Glodstein

Southwest Region: Pam Lusk and Mark Soucy

West Region: Deborah Johnson and Dawn Bounds

Southeast Region: Marian Newton and Rene Love

Midwest Region: Beth Bonham and Sandy Wood

International Region: Alicia Stringfellow

For more information and to get involved visit: <https://www.ispn-psych.org/ispn-regional-initiative>

Phone: 608-443-2463
Email: info@ispn-psych.org
Website: www.ispn-psych.org