



# CONNECTIONS

## ISPN Connections Winter 2020 Issue

### A Message from the Newsletter Editor

Hello and welcome to the newest issue of Connections. In this issue, we focused on the pandemic and the resiliency of nurses across the globe. The first column by Dr. Sara Horton-Deutsch, helps us to understand healing circles to promote resiliency. The second column written by Alicia Stringfellow and two of her students from the UK, provides a perspective of teaching and learning during the crisis. The final editorial column, from our student editorial board member, further details critical aspects of resilience.

The issue also contains an address from our ISPN President and Foundation...

### A Message from the ISPN President

As 2020 approaches closure amidst an ongoing global pandemic, ISPN members continue finding ways to support our communities, colleagues, and the individuals we are privileged to serve as psychiatric mental health nurses. While our activities of life may be altered by COVID-19, the need for connection is ever present. Perhaps you have discovered new ways to reach out to love, care, support, and sustain those in your circle. Connecting with psychiatric APRN colleagues is more important than ever, as ISPN members continue to effectively serve our communities. You are a hero wherever you support resiliency and hope among the individuals you are serving. The ISPN board wants to remind you to care for yourself through these difficult times. Here are a few ways to practice resiliency, preparing for the unknown future as we live in the present fully:

1. Turn it Off! Intentionally take breaks from information flow. Give your mind and body a break from hypervigilance and arousal.
2. Exercise! Make time to increase your heart rate and burn off the cortisol and adrenaline that may be elevated right now (Harvard, 2020).
3. Sleep! Keep a regular sleep pattern. Sleep is crucial to



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your body's immune system and your mind's ability to cope (Suni, 2020).

4. Connect! Spend time with others however you can and focus on the positive and the funny. Laughter heals. Consider ways to connect with ISPN colleagues through regional groups, Zoom, email, and ISPN listserv.
5. Give! Look every day for what is in your power to give be it large or small.
6. Be Positive! Be diligent and disciplined to remain positive about yourself and your strengths and in your communications with others. Put energy into protecting these relationships with self and others.
7. Center! Find a practice that centers you in your body at least 20 minutes a day. Meditation has been correlated with sustained resilience (Kwak, et al., 2019). One option: as healthcare providers, ISPN members qualify for free access to the [HeadSpace app](#).
8. Express Yourself! Get it out. Journal-and then shred it if it's too yucky and something you don't wish to hold. If you are too overwhelmed for processing in words, paint or color-go abstract! Just get it out-it's just today's expression.
9. Learn! New learning brings new life, and now is the time to come through this experience with new strength and new life.
10. Choose Opportunity! We are in a new world. As we move toward acceptance of our new reality, look for positive opportunities and ways to be flexible and to adapt.

Adapted from Sordelet (2020). [Calista's Covid-19 Resiliency Kit](#).

Harvard (2020). [Exercise to relax](#). *Harvard Men's Health Watch*, July 2020.

Kwak, S. et al. (2019). [The immediate and sustained positive effects of meditation on resilience are mediated by changes in the resting brain](#). *Frontiers in Human Neuroscience*, 13, 101.

Suni, E. (2020). [How sleep affects immunity](#). *Sleep Foundation*.

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## **Circle Connections**

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During our first virtual ISPN conference this past summer, the program committee organized three Circle Connections. These circles offered a way to bring members/attendees together to connect and promote healing and resiliency. For those who attended, we hope you found them meaningful. Moving forward, as we navigate conferencing in an online world, circle time provides an opportunity to build, enhance, and

## Teaching and Learning During the Pandemic

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Catherine Williams, final year Undergraduate Student Mental Health Nurse  
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The *International Year of the Nurse 2020* saw the World Health Organisation (WHO) publish its first State of the World's Nursing report. The report highlighted a need for an acceleration of nursing education to address global need, domestic demand and respond to changing technologies and advancing models of integrated health and social care (WHO, 2020). In the context of a worldwide pandemic, never has this global spotlight on nursing been so significant or the recommendations made so poignant.

This article provides an insight into the role of undergraduate student mental health nurses in the United Kingdom (UK) and how they helped support the National Health Service (NHS) in the context of COVID-19 and the global pandemic. It is written in collaboration with two of my final year Personal Students, Georgia and Catherine, who have provided personal insights into their experience and taken the opportunity to share this with ISPN members. [Read more...](#)

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## The Heart of Resilience: Theoretical Support for Student Nurses

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John V. Yuhas

Edson College of Nursing and Health Innovation, Arizona State University

We are rapidly approaching the end of what the World Health Assembly designated as the International Year of the Nurse and Midwife. This comes in recognition of the 200th anniversary of Florence Nightingale's birth on May 20, 1820. While the current pandemic has likely become one of the most challenging moments in nursing history, it has also been a time of great inspiration, hope, and pride within the profession. The COVID-19 pandemic has encouraged the nursing community to pause and reflect upon the historical foundations that have shaped our practice. How appropriate that we reflect upon Florence Nightingale, who grounded clinical standards of documentation, infection control and autonomy in a time of war. At every level of nursing, now is a moment to take great pride in our rich history and the history we are presently creating. [Read more...](#)

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## ISPN 2021 Annual Conference Brought to You Virtually

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The ISPN Conference Committee is hard at work putting together a great program for you all! Thank you to everyone who submitted and/or reviewed an abstract this year! There was great involvement. Keep an eye on the 2021 Conference webpage for a preliminary program and registration information in early December.

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## ISPN Foundation News

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The ISPN Foundation will be holding an online auction prior to and during the ISPN Conference in March. The auction will be, as usual, our primary fund-raising event for the year. We count on the support of ISPN members and conference attendees to help fund the grants and scholarships that we offer. The Foundation also provides substantial support each year for the speakers that make our ISPN conferences so great.

Please watch for further announcements on the details, but we will be asking you to donate items as well as to bid on all of the wonderful things that will be in the auction. Our goal is to make the auction as fun and innovative as possible even though we will not be able to be in person this year.

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## New Policy Committee

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As a leading organization representing advanced practice mental health nurses, ISPN has the opportunity and responsibility to influence health and mental health legislation and policies that impact our practice and the organizations and individuals we serve. Building upon the excellent work of the ISPN Policy SIG since 2016, the ISPN Board of Directors (BOD) seeks to strengthen our voice on a national and global level, by partnering with the Mental Health Liaison Group and the nursing community to review and advise decision-makers regarding federal, state, and global issues. To that end, the Board has appointed an ad hoc Policy Committee, chaired by Sally Rafael, to:

1. Explore and track current issues of health and mental health policy relevant to PMHN practice, education and research;
2. Recommend policy actions to ISPN BOD;
3. Generate knowledge about policy; collaborate on projects; exchange ideas; disseminate information through ISPN communication means; and advocate for issues of relevance to Psychiatric-Mental Health Nursing.
4. Collaborate with national policy groups and key stakeholders.
5. Develop a mentoring program for those who are new to policy or who are interested in developing a role in policy.

6. Follow activities and actions of The Nursing Community, Mental Health Liaison Group, federal/state advocacy events and determine strategies for policy issues relevant to persons with mental health needs.
7. Explore opportunities for collaboration with health and mental health stakeholder groups.

Ad Hoc Policy Members serving two years include: Sally Raphael (chair), Pamela Galehouse, Cynthia Handrup, Brayden Kagen, Barbara Peterson, Deborah Johnson (BOD liaison).

The Policy SIG continues to welcome members who desire to participate with ISPN to support important policy issues.

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## ISPN Regionalization Initiative

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“Connecting” is what ISPN membership is all about! In addition to connecting members across the USA and the world, the ISPN Membership Committee has launched an exciting Regionalization Initiative. We are making strides towards developing new region-based groups, allowing ISPN members across the globe to meet quarterly or more often. Regional groups will survey members regarding their interests and needs, and collaborate on issues specific to local practice, education and research. Visit the ISPN Regionalization Webpage for more information and to join your regional ISPN listserv discussion sites. If you are interested in serving as a regional leader (or co-leader) please contact [Jess Retzlaff](#). Look for regional meetings to start occurring in December or early in 2021!

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## News and Events

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- ISPN Webinar on January 27, 2021 on Tardive Dyskinesia. More information and other ISPN webinars on demand can be found by [clicking here](#).
- ISPN Foundation’s “Honor a Nurse” campaign continues. [Click here](#) to honor a nurse today!
- ISPN Mentoring Initiative Navigator Program is looking for volunteers to be mentors. Email [Jess Retzlaff](#) if interested. As always, if you would like to be a mentee, you can [apply here](#).
- Finally, we want to know about your achievements in psychiatric-mental health nursing! Have you had a recent achievement or acknowledgement of your esteem as a psychiatric-mental health nurse that you want to share with your ISPN colleagues? Whether it relates to research, leadership, teaching and student support, clinical practice or service, let us know by emailing [communications@ispn-psych.org](mailto:communications@ispn-psych.org) with details of your news. Here are just some of the things we are interested in: your promotion in an academic or clinical position; fellowships, grants, and research funding awarded; textbooks or other significant publications you have edited or contributed to; appointments to Boards of Directors (nursing or multidisciplinary); any innovations in clinical practice you have led or been significantly involved.

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## Invitation to Connect

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ISPN is inviting you to connect with us on social media! We have launched a new Instagram and LinkedIn page for ISPN! We will continue to have a presence on Facebook

and Twitter as well. "Like" or "Follow" us on whichever platform you use! We look forward to bringing you lots of great information and keeping in touch. We hope you comment on our posts and feel free to ask any questions or share our content with friends and colleagues who would benefit from the information.



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## A Reminder: Subscribe to the ISPN Listserv, "EList"

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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 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.

Any troubles, email [Jess Retzlaff](#) and she will subscribe you.

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

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