



Fall 2024 NEWSLETTER ISSUE 17

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President's Message

Happy Fall!

Hope everyone is doing well and enjoying our fall weather.

I enjoy putting this newsletter together! I read lots of medical related articles and I hope I find topics for you that are interesting!

Welcome to our new Pain Resource Committee (formerly Northern Illinois Pain Resource Nurse Consortium)! The leaders of Northern Illinois Pain Resource Nurse Consortium will continue to provide educational programs to nurses. Check out our website for details on this new committee and the Fall Pain Program!

In August, I read half of the book "The Women"! It is very good. This book was recommended to me by my nurse colleagues and I recommend you read it too. I hope to get back to reading the rest of it once the days get short and it's cold! Along with reading my monthly magazine from American Nurses Association, I am spending time these days scrolling through LinkedIn. How about you? Where are you getting your medical news from?

There are lots of issues in our world today, weather (600 miles of destruction from Hurricane Helene), Middle East violence, the war in Ukraine, the cost increases, and so much more. Here in our country, our need to vote in November is critical.

Stay safe and healthy.

Sharon Garcia
President, Stateline Nurses Network

What Is Stateline Nurses Network?

The Stateline Nurses Network, NFP (SNN) is a not-for-profit group of nurses who seek to advance the profession of nursing through networking, collegiality, continuing education, and professional development.

We encourage every nurse to join their state's professional nursing organization to provide unity of message, goals, strategies, and resources. In Illinois, ANA-Illinois represents and supports the Nurse Practice Act, our state board of nursing, education of nurses, and societal and legal implications of our profession. Stateline Nurses Network serves as a valuable local resource to strengthen our voice, offer encouragement, and stimulate involvement in the profession of nursing.

Please consider joining our network. It is only \$20 per year! Go to the membership page on www.statelinenurses.org today!



Like & Follow Us On Facebook

Our Stateline Nurses Network has a great Facebook page! We invite all of you to follow & like our page, and like, share, and comment on our posts. Go to Facebook now and search for [@StatelineNurses](#)

New Surgical Robot

There is a new surgical robot for super-microsurgery! This technology won't replace surgeons but will redefine their skills. I saw two videos of this super microsurgery on LinkedIn. In one of the videos robots put four stitches into a kernel of corn! How cool is that!!!

Safety Grades for Rockford-area Hospitals

The Rockford Register Star reported Safety grades for Rockford-area hospitals

(The story was reported by Jim Hagerty, Rockford Register Star)

Two Rockford hospitals have received "C" grades from [The Leapfrog Group](#), the national watchdog organization that grades medical centers on patient care and safety.

The organization gave Cs to UW Health SwedishAmerican Hospital and Javon Bea Hospital's Rockton campus.

What are hospitals graded on?

The hospitals are graded on 32 measures, including problems with surgery, safety problems, practices to prevent errors, infections and doctors, nurses and hospital staff. From there, each hospital is graded "below average," "average," or "above average." Hospitals are then assigned a letter grade of A, B, C, D or F in order to provide a complete picture of patient safety.

How did other area hospitals do?

- OS Saint Anthony Medical Center, Rockford; Grade: B
- Beloit Memorial Hospital, Beloit; Grade: A
- FHN Memorial Hospital, Freeport; Grade: B

How do these grades compare to last year?

In spring 2023, Javon Bea and SwedishAmerican hospitals received C grades. FHN Memorial Hospital received an A while Beloit Memorial Hospital received a B.

Rockhurst College in Kansas City reports ten factors that are influencing nursing practice in 2024, from artificial intelligence to climate change. Read about them!

1. GROWING NURSE DEMAND

The shortage of U.S. nurses continues to be a hot topic in nursing.

Between 2022 and 2032, the U.S. [Bureau of Labor Statistics](#) expects nurse employment to grow twice as fast as the average for all jobs. It projects an average of over 190,000 job openings per year. Nursing jobs will be [particularly plentiful](#) in hospitals, outpatient centers, home health, and long-term care.

Nursing is an in-demand profession because:

- The population of aging adults is [growing](#), creating a greater need for geriatric health care.
- The number of people with chronic conditions, such as diabetes and obesity, is [increasing](#).
- More nurses are [retiring](#), with approximately 20% of registered nurses intending to retire in the next five years.

Job stability is one of many [reasons to be a nurse](#). New nurses can help address the nursing shortage while making a difference in people's lives and enjoying the benefits of a stable career path.

2. ARTIFICIAL INTELLIGENCE

In 2023, artificial intelligence (AI) became mainstream. OpenAI launched ChatGPT, which placed AI at the center of [everyday workflows](#) in many industries. Health care also delved into potential applications, even after historically lagging in AI adoption.

Health care [leaders expect](#) the industry to shift towards greater AI implementation in 2024.

As the largest segment of the health care workforce, nurses will contribute significantly to the safe and effective adoption of AI. The American Nurses Association (ANA) has [called on nurses](#) to:

- Support the use of AI for optimal health outcomes.
- Ensure AI applications do not compromise the nurse-patient relationship.
- Stay informed about AI so they can educate patients and families.

Nurses who provide direct patient care may begin [using AI](#) to support decision-making, document verbal interactions with patients, and monitor patients remotely. Those willing to adopt AI in ethical and appropriate applications can improve the precision and speed of health care.

3. TELEHEALTH

Telehealth use spiked during the coronavirus pandemic. In March 2020, there was a 154% increase in [telehealth visits](#) compared to the same period in 2019.

Though telehealth use has slowed since the height of the pandemic, [analysts predict](#) growth in 2024 for chronic care management and primary care.

Nurses can use remote technologies to [deliver](#) health care, education, and information. In doing so, they have new opportunities to transform health care, including:

- Delivering high-quality care remotely.
- Growing health care accessibility.
- Improving patient outcomes.

Nurses can use telehealth to reach patients in underserved areas. They can conduct virtual consultations, share patient information, and monitor patients remotely. Telehealth also allows nurses to expand their skills and advance their careers.

4. NURSE MENTAL HEALTH

Nurse well-being is a hot topic in the post-coronavirus pandemic world. A [2023 study](#) by McKinsey and the American Nurses Foundation found that 56% of nurses had experienced burnout symptoms. The prevalence was highest among new nurses.

Numerous factors can lead to nurse burnout. In the study, nurses reported insufficient staffing, high caseloads, poor leadership, and an overload of administrative tasks. The coronavirus pandemic deepened some of these challenges, and nurses are still navigating the continuing effects today.

Nurse well-being is critical to patient safety. Fortunately, new nurses can influence positive change by:

- Advocating for better mental health support and resources.
- Developing and modeling self-care practices.
- Fostering support networks to help nurses feel less isolated.

Stakeholders are taking action to protect nurse well-being. For example, the American Nurses Foundation recently launched the [Stress and Burnout Prevention Program](#), which helps nurses address burnout, manage stress, and increase confidence.

5. PANDEMIC PREPAREDNESS

As the world continues navigating the [unpredictable future](#) of COVID-19, health care organizations will emphasize public emergency preparedness in 2024.

The World Health Organization recently updated its [COVID-19 Strategic Preparedness and Response Plan](#), and the U.S. federal government created the [Office of Pandemic Preparedness and Response Policy](#).

The coronavirus pandemic has demonstrated the potential rapid global impact of public health emergencies. As frontline health care professionals, nurses play a vital role in preparedness.

Nurses will help improve preparedness by:

- Assisting organizations and communities in the development and implementation of

emergency preparedness plans.

- Providing education on disaster preparedness and immunizations to patients, families, and communities.
- Monitoring the spread of infectious diseases and collecting and analyzing data to detect the early signs of public health emergencies.

6. CLIMATE CHANGE

The world experienced notable climate changes in 2023. Antarctic sea ice reached its [lowest maximum level](#), and the Earth experienced the [hottest summer](#) on record.

There is growing potential for climate change to threaten public health. For example, between 2007 and 2018, wildfires in the western United States led to increased [emergency department visits](#) related to anxiety.

ANA has [urged nurses](#) to participate in and support “climate-smart” health care. As advocates for health and safety, nurses can take action through their work settings, public policy, and nursing associations:

- Advocating for health care organizations to prioritize nurse staffing in disaster preparedness.
- Contributing to reducing the environmental impact of nursing practice.
- Advocating for health care policies that foster just and equitable climate responses.
- Participating and sharing evidence-based information in climate change discussions.

7. ONLINE EDUCATION

Enrollment in online degree programs is rising. In a [recent survey](#), 56% of chief online officers at higher education institutions said enrollment in online and hybrid programs had increased. Students [value the convenience](#) of online programs, which they can participate in anywhere with an Internet connection.

Online degree programs are a hot topic in nursing education. Many nursing students are earning their Bachelor of Science in Nursing (BSN) online.

In an online BSN program, students complete all coursework online and undertake clinical experiences in the field. Online programs often integrate [virtual simulation](#). Clinical scenarios are simulated via computer, virtual reality, or augmented reality, providing students with realistic and interactive learning opportunities.

Some colleges and universities offer Accelerated BSN (ABSN) programs online. If you’re wondering, “[What is an ABSN?](#)”, it’s a degree option for individuals who have a bachelor’s degree in a non-nursing discipline. ABSN programs allow individuals to earn a bachelor’s degree in nursing in [11 to 18 months](#), a much shorter period than a four-year bachelor’s degree.

Share your news with us!

We are always looking for news about our fellow nurses! Share with us your national certification, published articles, graduations, awards received, or elected positions – all

can be mentioned in our news-letter and/or on our Facebook page! Or let us know about special nursing events, conferences, or specialty nursing weeks.

To share your news, email us at: Statelinenurse2013@gmail.com

A Self-help Tip

Don't be afraid to say "no" if your schedule is already full.
Don't be afraid to say "no" to taking on additional responsibilities.
But say "yes" to friends, family and colleagues!



Calendar of Events

Saturday, October 5th, Breast Cancer Walk

8 AM Rock Valley College

October 10 - December 20, 2024 - CME/CE Course

Coleman Palliative Medicine Training Program

[REGISTER NOW AND LEARN MORE \(click\)](#)

10% discount for groups of 4 or more. For more information, please contact Aliza Baron abaron@uchicago.edu

Tuesday, October 15, 2024 - 6:00-8:00 PM

Navigating Resilience: Voyage Beyond Vicarious Trauma Workshop

Venue: Along the Path Counseling Services, 433 S Phelps, Rockford, IL 61108

Approved for 2 CEUs

Contact Along the Path Counseling Services for information 815-397-4287

November 14, 2024 - Pain Resource Committee Evening Program

Renowned Speaker Linda Vanni, MSN, PMGT-BC, ACNS-BC, NP, AP-PMN, will discuss "Future Trends in Pain Management Pharmacology".

Venue: Northern Illinois Hospice, 4751 Harrison Avenue, Rockford, IL 61108
4:30-7:00 PM - Light meal, networking, Exhibits, Program

Approved for 1.5 CEUs

Click <https://statelinenurses.org/prc/> for more information on this program meeting, to download the registration flyer, and for more information about the Pain Resource Committee of Stateline Nurses Network (formerly Northern Illinois Pain Resource Nurse Consortium).

Rock house kids Gift wrapping!

Saturday, December 14, 2024, starting at 9 am.

1325 7th Street
Rockford, IL 61104
815-962-5067

Rock House Kids began in 1999 with a nine-year-old boy who was running away from a dangerous home situation. Our Founder assisted him with food, clothing, school support, and other items that he needed. Soon after, his friends joined him and, over the years, RHK has grown to be a safe haven for neighborhood children.

Nurses Expo is coming...Mark your calendars!

Friday, April 25, 2025

Watch your email for a Save the Date and details on the event!

Funny Corner!



In honor of Halloween approaching... How to scare a Nurse with 4 words!

- *Sure is quiet today!
- *Patient's daughters' a nurse!
- *EMR down —paper charting!
- *What is that crawling?
- *States' in the building!
- *Next admit is yours!

Stateline Nurses Network Board (2024):

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**[Find Out More About
Stateline Nurses Network](#)**

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