March 23, 2022

Message from the President

Dear Ohio Organization for Nursing Leadership Colleagues,

Happy Spring!

Spring is our time of rebirth and refresh, which has even more meaning this year as we see a significant reduction in COVID-19 cases and hospitalizations in Ohio!

As we have all discussed at our OONL Board Meetings, we have had COVID losses, COVID wins and COVID opportunities. I believe every one of us knows someone who has lost a loved one to this pandemic. The number of children worldwide who have lost a parent to COVID is numbing. In the United States, “One U.S. child loses a parent or caregiver for every four COVID-19 deaths,” a new modeling study published today in Pediatrics reveals as of March 11.
• There have been over 6 million COVID-related deaths worldwide, meaning we would have had at least 1.5 million children impacted by a loss of a parent or caregiver.
• We have had 964,000 COVID-related deaths in the United States, so we have 241,000 children in our country impacted by a loss of a parent or caregiver.
• We have had 37,212 deaths and 9,303 children impacted by a loss of a parent in Ohio.

This loss, along with other pandemic impacts, has resulted in major increases in behavioral health patients arriving to emergency departments and crisis centers and a continued increase in pediatric behavioral health admissions to hospitals. Most pediatric hospitals, as reported through our Ohio Children’s Hospital Association colleagues, have “outpeaked” former high census levels in the past six weeks. Many organizations are developing strategies to solve this very important need for our children and parents.

The impact of this on our overall mental health and the health of our caregivers will be an important priority for our employee wellness and health equity action! The strategies will need to exist at national, state and local levels to continue to develop and implement programs to keep our teams whole from a mind, body and spirit framework.

From a COVID win column, I am thankful for each of you as leaders for your continued creativity and innovation to lead through very lean times. We have gained refreshed alliances with our academic partners, and many of the organizations in the state are developing very creative work study programs and academic partnerships. In addition, I feel our regions are partnering together in very positive ways! The Ohio Hospital Association has built new connectivity for the special interest organizations and our ability to connect and collaborate. These relationships and mutual collaboration will be essential in this next phase of living in the “endemic state.”

From a COVID opportunity standpoint, our resource concerns are significant for RNs and respiratory therapists. Our call to action is creativity and innovation for new programs and new health care career pipelines that have never been more important. The emotional wellness of our nursing care leaders and care teams is vital to our profession. Peer to peer support, employee engagement, employee wellness and employee morale are key topics that require action from us as leaders. From a Maslow Theory standpoint, we have shifted back to the “air, food and water” physiological and safety level. For our profession to get back to autonomy and self-actualization, we are going to need every creative idea to be built into action.

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”
- Harriet Tubman

As we look ahead in 2022, keep these key dates in mind!

- April 8: Board Meeting on Teams
- June 13: Board Meeting on Teams or In-Person
- Aug. 18-19: Board Meeting on Teams or Retreat
- Nov. 9-11: Board Meeting at OONL Annual Conference


DIVERSITY, EQUITY, AND INCLUSION COMMITTEE

DEI Committee Developing Strategic Plan

The OONL Diversity, Equity and Inclusion, or DEI, team is working hard with representation from every chapter to develop its strategic plan. The committee will be sending a needs assessment to all members to help match future educational sessions to the needs of OONL members. The team is also collecting demographics of members to assist the development of education and programming for OONL membership that meets the interests of its members, determine strategies for recruitment and retention of members as well as support our members’ well-being and ability to care for the populations they serve in their respective communities.

The strategic plan will be based on AONL updated guiding principles. The first principle the team will be looking at is around diversity, equity and inclusion and human wellness. Please reach out to Wendy.Ungard@cchmc.org with any questions or comments.

LEGISLATIVE AND PRACTICE COMMITTEE UPDATE

Legislative and Practice Committee Focused on Labor Shortage

The Legislative and Practice Committee is off to a great start in 2022. A subcommittee, led by Melissa Cole, was formed in late 2021 with an objective to organize and develop our legislative focus as it pertains to what is happening in health care amidst the significant
labor shortage. The group met monthly, developed additional subgroups and proposed the following recommendations:

- Lobbying for funding (federal and state) support to increase pipeline development for nursing education, especially considering educational cuts - Jean Scholz Mellum and Joan Sevy Majers
- Virtual/telehealth nursing reimbursement - Melissa Cole and Jodi Paul
  - Home care, acute care, etc.
    - Start of care, or SOC, visit recognition
    - Virtual nurse models with bedside care team (nursing assistants, licensed practical nurses and paramedics)
  - CPT codes that we can begin to reimburse or recognize
    - Case Management
    - Care Coordination
- Leverage current legislation to support veteran movement to health care – communication plan/strategy to market the availability - Bob Williams and Joan Sevy Majers

The subgroups will meet on a regular basis to determine the best plan of action. The 2022 Day at the Statehouse planning has begun, and the committee will keep you posted in the coming months.

Diane Sprankle MSN, MHA, RN, NE-BC
Legislative and Practice Committee Chair

CHAPTER UPDATES

OONL Cincinnati Chapter Update

The Cincinnati Chapter has added electronic enrollment and dues payment to its website, as well as the ability to view membership meeting presentations and obtain continuing education credits for completing the presentations and surveys.

LEARNING AND LEADERSHIP RESOURCES
Sepsis Alliance Leadership Conference Set for April 6

Executives and leaders in health care face countless daily challenges, from bolstering clinical insight and driving innovation to pursuing equity and improving the bottom line. Leaders in sepsis care face additional challenges specific to this complex, costly and difficult-to-diagnose condition: sepsis is still the number one cost and cause of death in U.S. hospitals. There is tremendous opportunity for improvement in sepsis awareness, innovation and care — and it starts at the top.

The Sepsis Alliance Leadership Conference: Empowering Improvements in Care will place a spotlight on the role health care executives and leadership can play in improving awareness, recognition, diagnosis and treatment of sepsis. The conference set for April 6 will also offer attendees the opportunity to engage with sepsis leaders and subject matter experts from across the country and to claim nursing CE credits at no cost.

Expert speakers include James Guliano, vice president, Operations and chief clinical officer, Ohio Hospital Association; Armando Nahum, Co-Founder & President, Safe Care Campaign; and David Mayer, executive director, MedStar Institute for Quality and Safety, among others! **Click here to register.**

Join the OHA Virtual Collaborative; April CE Session on Hospital Violence

OHA has launched a statewide virtual collaborative and invites hospitals and health systems to join. The inaugural February meeting is archived [here](#) to learn more about this new member opportunity. Join by clicking [here](#) and learn about the benefits of the collaborative [here](#).

Members of the statewide virtual collaborative have the opportunity to attend the next continuing education opportunity from noon to 2 p.m. April 21. The session will focus on addressing actions to reduce hospital violence.
On behalf of the team at the Ohio Department of Mental Health and Addiction Services, or OhioMHAS, thank you for your tireless efforts for your patients and all Ohioans. As nurses and leaders in health care, you provide healing, hope and a compassionate heart to the Ohioans in your care, and I have great respect for your dedication to your patients and your profession during these challenging times.

One of my staff members recently shared with me this bit of wisdom – “You’re not helping anyone by setting yourself on fire to keep somebody warm.” It brought to mind the dedicated and empathetic instinct of health care professionals to put others’ well-being first and, at times, above oneself. It is the noblest of intents, and may work over a short period, but we cannot be our best selves if we don’t turn some of that attention to caring for our own mental and physical health.

Many of us know this anecdotally, but the 2021 “Stress in America” review by the American Psychological Association reported that Americans have higher stress levels than reported in 2020, and at least 84% of adults reported feeling at least one emotion, such as anxiety, sadness, or anger, associated with prolonged stress in the prior two weeks. Two in three adults say the number of issues America is facing is overwhelming to them and that work is a primary source of stress.

Just as it is in physical health care, prevention is key to our resiliency and recovery from mental health challenges. Recognizing the signs and symptoms of distress in our lives is critical, and equally important is having a plan and useable strategies in place to make regular self-care a habit. Self-care is not a luxury.

Take your own pulse first and attend to your own needs as necessary. It’s important to give yourself space and grace to recover from the wear and tear of stress encountered in your
job and personal life. Below are several helpful resources our team has been learning from, using and sharing with others:

- **Stress First Aid for Health Care Workers**: Guided by a set of core principles, Stress First Aid provides a helpful framework of practical actions that can be used for your own self-care and with those you manage in your workplace. I encourage you to take a look at the color-coded Stress Continuum model on page 8 and consider which area you tend to find yourself. This helpful tool provides training for recognizing signs of distress, taking action and knowing what resources to connect with for help.

- The **Ohio CareLine**, 1-800-720-9616, provides 24/7 access to a trained behavioral health counselor who can offer confidential emotional support to anyone struggling to cope with challenges in their lives and who can connect you with additional supports in your community if needed.

- **ICU Program from the Working Well Toolkit**: This is a site that uses the analogy of an ICU to reduce stigma and for staff to support each other when struggling at work. There are short videos that make the information easily accessible on a unit.

- **Mental Health America's website** also provides a wealth of resources on staying mentally healthy, including assessments and more.

- **Building Your Resilience** is a helpful article from the American Psychological Association on resilience and fostering wellness.

OhioMHAS is committed to making supports like these more visible, accessible and less stigmatizing for every Ohioan to use. We welcome the opportunity to engage with OHA and OONL about how we can better equip Ohio’s nurses and other health care workers with the support and tools needed to stay healthy and well for yourself, your families, your patients and your communities.

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**Learn about Project Sunshine, Resources**

Project Sunshine is a 20+-year-old international nonprofit that supports children and families facing medical challenges. Project Sunshine harnesses the healing power of play to serve children undergoing serious medical challenges. Some are being treated for cancer or other chronic conditions. Some are recovering from injuries or surgery. Most are hospitalized. Project Sunshine’s trained and vetted volunteers forge personal relationships through play—which is one of the most effective methods of reducing stress in children,
allowing their minds and bodies to heal (American Academy of Pediatrics). In the United States, they work with a corps of over 20,000 volunteers and partner with over 450 medical facility partners to bring joy and play to children. Project Sunshine’s free programs include In-Person Volunteering, TelePlay and Sending Sunshine Activity Kits.

Before COVID, Project Sunshine’s volunteers would go into hospitals to engage the children in collaborative games, imaginative crafts and activities to promote play, relaxation and mindfulness. Project Sunshine is thrilled to report that as hospitals begin to open their doors back to our volunteers, our In-Person Programming is resuming, and our volunteers are ready to answer the call and adhere to any changes in medical clearance procedures.

The newest program, TelePlay, connects children and families to trained volunteers, via a HIPAA-compliant Zoom platform, to bring live play and activities to children in hospital or at home. In 2021, Project Sunshine reached over 3,800 children and families virtually across the country.

Lastly, Sending Sunshine Activity Kits are individualized packets of materials that inspire play and engagement, allowing children to express themselves, use their imaginations, communicate emotions and dream beyond the confines of their illness. They can be distributed by any medical personnel and are designed for children of all ages, including a psych-safe kit, sensory kit and caregiver kit.

Project Sunshine partners closely with our medical facility partners to ensure that they have access to the free programs and resources they need based on the patient population they serve. Project Sunshine envisions a future in which all children who are sick can access Project Sunshine programs, at any time and from anywhere. Learn more at https://projectsunshine.org/ or contact them directly at info@projectsunshine.org.

SAVE THE DATE

STRENGTHENING OUR CONNECTIONS

Ohio Hospital Association

107th Annual Meeting & Education Summit

June 13-15, 2022
We'll Be Meeting In Person at 107th Annual Meeting

The OHA Annual Meeting is the premier educational forum for Ohio's hospital leaders. At this event, nearly 1,500 prominent health care managers, directors, executives and decision makers for hospitals, health systems and state government organizations come together to participate in over 80+ educational sessions.

Watch your email in the next week for registration to open for OHA's 107th Annual Meeting & Education Summit to be held June 13-15 at the Hilton Columbus at Easton. Continuing education credits will be offered over more than 65 sessions.

Mark Your Calendars: OONL Fall Conference

Plan to join us Nov. 9-11 at the Renaissance Westerville-Polaris Hotel. More details will be made available in the coming months.

Bookmark This Page: Check Out OHA Learning, CEU Options

Bookmark the page ohiohospitals.org/events to see the latest event offerings for OHA members. Most offer continuing education credits.

SAVE THE DATE

Want to Stay on Top of the Latest OONL News and Announcements? Follow us!

Twitter: @OONL_OHA
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Questions and comments can be directed to OHA Communications at Communications@ohiohospitals.org.
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