FEBRUARY 24 ISSUE 5

WISPAN WELLNESS

Wisconsin Peer Alliance for Nurses Quarterly Newsletter

PROVIDING SUPPORT, ADVOCACY AND EDUCATION FOR NURSES

Photo: Yulia Gapeenko (Vecteezy.com)

PRESIDENT'S CORNER

NEW NURSE MENTAL WELLNESS PEER SUPPORT

By Kristln Waite-Labott, BSN RN
President and Founder

Greetings and gratitude from all of us at WisPAN!

We are so excited to share that we have officially launched our peer support program for nurse mental wellness. We have partnered with the Wisconsin League for Nursing (WLN), the Wisconsin Nurses Association (WNA), and the Wisconsin Organization of Nurse Leaders (WONL) to offer this additional arm of WisPAN that focuses on peer support for nurse wellness.
We have held the first few pilot meetings, and they have been a great success. We will continue to offer virtual peer support meetings for nurse mental wellness every Wednesday at 7pm central time.

What do these meetings offer?

- Free, confidential, anonymous, safe space to share
- Practice a 5-minute wellness exercise that you can take with you
- Peer to peer sharing on topics related to nursing and wellness
- No attendance is taken and there is no obligation to attend, come once or come often
- Free resources offered

Would you or someone you know benefit from talking with other nurses? We are meeting together to support one another and share ways to build resilience and cope with stressors. All nurses, from student nurses to retired nurses, can benefit from this type of support.

We hope you will join us! Email: wispan2021@gmail.com for more information or to get the meeting link.

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FEATURE ARTICLE:
A PRECARIOUS GAP IN UNDERGRADUATE/GRADUATE NURSING CURRICULUM EDUCATION ON SUBSTANCE USE DISORDER

By Heidi Paquette PhD, RN, NNP-BC
Clinical Assistant Professor, Marquette University College of Nursing

Substance Use Disorder (SUD) does not discriminate based on age, race, gender, education level or socioeconomic status. The 2011 to 2021 drug overdose death rates in Wisconsin were 32.4 per 100,000 people: higher than the 31.4 per 100,000 people rates for the United States (https://www.kff.org/statedata/mental-health-and-substance-use-state-fact-sheets/wisconsin). Due to people (including nurses and healthcare professionals (HCP)) experiencing increasing stress levels after the pandemic, the burdens of SUD impacting physical and mental health for all age groups are escalating. Nurses interact with people throughout their lifespan, and work closely with other HCP in various health care settings; therefore, are available to assess for SUD from a public health perspective. Unfortunately, data has shown stigmatization, negative attitudes and low levels of satisfaction caring for people with SUD by HCP, while nurses have reported a lack of knowledge and skills to care for people with SUD (Corrigan et al., 2017; van Boekel et al., 2013; Manzotti et al, 2023). A systematic review of literature on substance use education in schools of nursing (Smothers et al., 2018), reported the current model of teaching SUD education in nursing schools lacks evidence supporting optimal SUD education in nursing curriculum.

All new graduate nursing students should be minimal competent to recognize and care for people at risk for SUD. Addiction Nursing Competencies have been developed (Finnell et al., 2019; Wason et al., 2021) and the screening, brief intervention, and referral to treatment (SBIRT) is an evidence based model nurses can use with people to assess their level of using risky or harmful substances (Knopf-Amelung et al., 2018). WisPAN is developing a SUD curriculum tool kit for nursing colleges.

Adams, N., Xu, J., Crowder, S. J., Cangany, M., Bracale, J., Ofner, S., & Fulton, J. S. (2023). Substance use disorder education: A statewide assessment of core content in nursing schools. Journal of Psychosocial Nursing & Mental Health Services, 1-9. doi: https://doi.org/10.3928/02793695-20230320-02

Photo: Abdul Mustafa (Vecteezy.com)

MENTAL WELLNESS PEER SUPPORT CONNECTIONS: NURSE TO NURSE

Every Wednesday, 7-8pm CST
Virtual • Free • Confidential

Open to any nurse who would like to connect with other nurses.
Come to Listen, Share, Learn and Explore.

Contact WisPAN for the meeting link at: wispan2021@gmail.com
Or call: 414.376.7002

SCAN ME!

PEER SUPPORT FOR SUBSTANCE USE CONTINUES

We will continue to offer our peer support services for nurses with substance use issues and/or those who are going through a monitoring program. If you aren't familiar with that arm of WisPAN, these meetings got us started in September of 2021.

Photo: Yulia Gapeenko (Vecteezy.com)

We continue to educate on Substance Use Disorder in nursing. We at WisPAN feel it is urgently important to educate all health-care professionals on substance use disorder in nursing and drug diversion, how to recognize it, and what to do if it is recognized. This education will prepare and support healthcare staff and leaders and give them the tools they need to respond appropriately to substance use and/or diversion events. Having those tools can be the difference between continued use and recovery.

It can be the intermediary between personal or patient harm and safety. Please share this education opportunity widely so we can reach those who need to hear it most.

We want to remind you that we offer 1 hour of Continuing Education credit for those who attend our educational presentations, either virtually or in person.

If you would like more information on how you and your organization can benefit from this education and receive this credit, please email: wispan2021@gmail.com.

Photo: Saranyoo Chantawong (Vecteezy.com)

THE LAST QUARTER - OR - A YEAR IN REVIEW

REALIZING OUR IMPACT

Accomplishments in the Last Quarter

Support Meetings

Substance Use Disorder:

- 1st & 3rd Monday at 9am CST
- Tuesday & Thursday at 7pm CST

Mental Wellness:

- Every Wednesday at 7pm CST

Our newest WisPAN arm focused on nurse mental wellness is off to a great start!

Partnering with the WLN, WNA, and WONL has helped us reach even more nurses!

- We held 31 virtual peer support meetings for those with substance use issues!
- We held 3 virtual peer support meetings for nurse mental wellness! (Our newest addition!)

- We held 10 education presentations on SUD in nursing!
- We reached 521 people with that education!

Accomplishments in the 2023

- We worked to develop a new WisPAN arm focused on nurse mental wellness with plans to launch in January 2024.
- Partnering with the WLN, WNA, and WONL will help us reach even more nurses!

- We held 118 virtual peer support meetings for those with substance use issues!
- Those meetings saw 756 nurses!

Support Meetings

Substance Use Disorder:

- 1st & 3rd Monday at 9am CST
- Tuesday & Thursday at 7pm CST

Mental Wellness:

- Every Wednesday at 7pm CST

- We held 45 education presentations on SUD in nursing!
- We reached 1864 people with that education!

Photos: Yulia Gapeenko (Vecteezy.com)

WISCONSIN STUDENT NURSING ASSOCIATION CONVENTION
BRINGING LIGHT TO NURSING

Saturday, February 6th
Wilderness Resort, Wisconsin Dells

WisPAN joined WLN's vendor table at the Wisconsin Student Nurses Association (WSNA) Convention at the Wilderness Resort in Wisconsin Dells. This was the 75th annual WSNA Convention and focused on Illumination: Bringing Light to Nursing. There were keynote speakers, breakout sessions, vendors and much more! At WisPAN and WLN's table, we were able to share our Mental Wellness Nurse Peer Meetings with so many! So happy to see this amazing group of student nurses and be able to feel their excitement.

FUNDRAISING GALA

Announcing the date for WisPAN's first annual fundraising gala! It will be an evening of food, socializing, music, speakers, and a silent auction. For tickets or questions, please email: wispan2021@gmail.com or call 414.376.7002

SAVE THE DATE!

Wisconsin Peer Alliance for Nurses
WISPAN

Spring into Nurse Wellness Benefit GALA

Thursday May 9th
5:30 – 8:30 PM
Elm Grove Women's Center
13885 Watertown Plank Road
Elm Grove, WI 53122

DONATE WITH PAYPAL!

Heavy hors d'oeuvres
Music
Speakers
Silent Auction

WisPAN is a 501(c)3 non profit. All proceeds go to support our peer support programs and speaking presentations.

If you have ideas on how we can grow, please reach out to us. If you know of a healthcare organization or an academic institution that would benefit from education on substance use disorder in nursing (all of them would by the way) please reach out to us. **We are having an impact and we will continue to expand our reach until every nurse that needs support has it.**