

The Pulse of MAPHN



Making a difference to improve and protect the health of our communities."

Winter 2024 maphn.org Volume 8, Issue 1

Save the Dates!!

26th Annual MAPHN Conference

May 8 - May 9, 2024

Hilton Inn-Woburn/Boston

"Public Health Nursing:

Advancing Health Equity and Overcoming Challenges in an Ever-Changing Climate"

IN THIS ISSUE:

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- Meet Your Board of Directors
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- Welcome New Members!
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PRESIDENT'S MESSAGE



Gail Johnson, BSN RN
MAPHN President

Greetings everyone, Happy New Year!

The New Year is here, and as we welcome in 2024, I thought I would share some of the projects that I have been working on during my tenure as President of MAPHN.

I have initiated a relationship with the New England Public Health Training Center,
(NEPHTC) and Boston University, to help bring about quarterly educational training webinars, not just for Massachusetts, but for all the New England states. Our first webinar training presented by Kitty Mahoney, was on Disease Surveillance and Investigation. The second webinar was on Vaccine Immunizations and Vaccine for Children program, given by Sara Harris and Angela Kramer. The last webinar in the series, Emergency

Preparedness, will be held on January 30th (12:00 PM to 1:30 PM), given by Jessica Tracy,
Save the Date, so you don't miss this webinar!

Boston University School of Public Health is a grant awardee for a Local Public Health Intensive Training Program, through the MDPH. MHOA is a sub-awardee. This intensive training program covers a 4-year grant cycle. Year one is housing and food trainings.

In partnership with MHOA, MAPHN is part of a working advisory group, which includes Taylor West and me, to provide local public health input on the development, delivery, and evaluation of this training program. MAPHN is also partnering with Massachusetts Environmental Health Association (MEHA); and Massachusetts Association of Health Boards (MAHB).

The Northeast Chapter conference planners are actively working on our annual conference for 2024! SAVE THE DATE: Wednesday, May 8th and Thursday, May 9th, at the Hilton Inn in Woburn, MA. Stay tuned for more details. Please try to attend the conference, it is a wonderful opportunity to listen to all

our speakers, see the poster presentations, earn CEUs, network, see old friends, and meet new ones,

and leave with a great story to tell.

What I absolutely love about public health nursing, is the opportunity to be a part of this amazing

specialty of nurses, who share a common goal. Public Health is bigger than all of us, a huge field that

encompasses so much territory. After attending the APHA national conference in Atlanta in November,

the presenters brought forth many health challenges we might encounter; an example would be the

ongoing social determinants of health, decolonization, and anti-racism.

As Public Health Nurses, we need to incorporate these additional health challenges into our day-to-day

practices. These challenges might include: obesity, cardiovascular disease and other chronic diseases,

injury prevention, climate change, cancer, firearms, opioids, tobacco and vaping, STIs, the COVID-19

pandemic, and lastly, future pandemics. As Public Health Nurses, we have our work cut out for us!

As we enter the New Year, we need to set realistic goals for ourselves, and have a vision to ensure we do

the best we can for our residents, and for our cities and towns. Most importantly, we need to take time

for ourselves. Self-care is critical to help decrease stress and burnout, like we saw during the COVID-19

pandemic. It is important to know when you need to step away, take a break, and promote your own

physical, emotional, and psychological care. Sometimes you must put YOU first!

Take care and thank you for all you do.

Gail Johnson, BSN, RN

President of the Massachusetts Association of Public Health Nurses



MEET YOUR BOARD OF DIRECTORS!

Your <u>Officers</u> are elected by the membership to serve 2 year terms (except for President-Elect, which is a 1 year term) and vote on issues at the BOD meetings. Officers who are filling a vacancy are appointed by the BOD and serve for the remainder of the designated term.

Feel free to contact any of them about anything MAPHN!

President: Gail Johnson (2022-2024) president@maphn.org

President-Elect: Nicole Mello (2023-2024) nmello@dighton-ma.org

Immediate Past President: Ruth Mori mjm3mom2003@yahoo.com

Vice President: Sara Harris(2022-2024) harriss@worcesterma.gov

Secretary: Taylor West (2023-2025) secretary@maphn.org

Treasurer: Angela Kramer (2022-2024) treasurer@maphn.org

<u>Chapter Presidents:</u> Chapter Presidents are elected by each chapter to vote at the BOD meetings, and to report back to their Chapter.

Taylor West, Metrowest/Central Chapter twest@southboroughma.com

Gail Johnson, Northeast Chapter gjohnson@westfordma.gov

Tiffany Zike, Southeast Chapter tzike@needhamma.gov

Anne Mistivar, Western Chapter <u>misticeltic@gmail.com</u>

Boston/Cambridge Chapter (open)

Cape & Islands Chapter (open)

Other Non-Voting Leaders who attend BOD meetings:

Caroline Kinsella, Executive Director executivedirector@maphn.org

Leila Mercer, Administrative Assistant admin@maphn.org

Kitty Mahoney, Communications & Webmaster kittymahoney@maphn.org

Glynnis LaRosa, MDPH Public Health Nurse Liaison glynnis.larosa@mass.gov

Caitlin Pettengill, MDPH OLRH Chief Public Health Nurse caitlin.pettengill@mass.gov

Committee Chairs



New Members since our Summer 2023 PULSE Issue

Boston/Cambridge

Ishr Ella Noor, Somerville HHS

Cape & Islands

Wendy Judd, Barnstable County DHE

Metrowest/Central

Moira Carter, Concord/Maynard BOH

Barber Dunker, Worcester State Student

Amy Grniet, Oxford BOH

Bridget Hurley, Worcester State Student

Katherine Mayer, Greater Meadows RHC

Linda Phalen, Framingham HD

Northeast

Rashod Blades, Burlington BOH

Nicole Chauncey, Lowell HD

Kitzia Diaz, Salem BOH

Jillian Hertig, Medford HD

Cindy Juncker, Gloucester HD

Patricia McDonough, Middleton HD

Lea Pero, Middlesex-Essex PHC

Southeast

Barbara St Georges, Canton HD

Western

Pamela Franco, Agawam HD

Em Rhodes Moulton, MA DHHS

Tessa Sweeney, Westfield HD



UPCOMING ELECTIONS AND AWARDS in APRIL

MAPHN Elections:

This year the following offices are up for election this year:

- President-Elect
- Vice President
- Treasurer

We welcome all considerations for candidates! Check your email inbox for Consent to Serve Forms, which will be available **very** soon in "News This Week" (NTW).

Below are descriptions from the MAPHN By-Laws of the Offices up for election in 2024:

President-Elect: The President-Elect, serving a 1 year term, collaborates with the President to learn the role of the President, to become familiar with the programs of the Association and its governance, and to develop and facilitate officer transition. The President-Elect assists and supports the President as an Ex-Officio Member of all committees with the exception of By-Laws and Nominating Committee. The President-Elect assists as needed and plans for transition to their Presidential year. The President-Elect shall automatically become President at the end of the term of President-Elect.

Vice President: The Vice President assists the presiding President, accepting special assignments, and, upon the absence or disability of the President, performs the duties and exercises the powers of the President.

Treasurer: The Treasurer provides quarterly and annual treasury reports to the Board of Directors of income and expenses for reporting requirements. The Treasurer also assists the Executive Director to ensure that the financial records are complete and in good order for annual audit purposes; and makes any recommendations to the Board of Directors, President and/or Executive Committee regarding dues, reimbursements and spending requests.

Annual MAPHN Awards:

Please consider nominating one of your PHN colleagues or Public Health partners for one of MAPHN's annual awards:

- Sheila Miller Memorial Public Health Nurse Award
- Charlotte Stepanian Memorial Lifetime Achievement Award
- Champion of MAPHN Award

Award descriptions and nomination forms will be available very soon in NTW.

Winners of the annual Election and Awards will be announced at our Conference on May 9th.

UPCOMING EVENTS



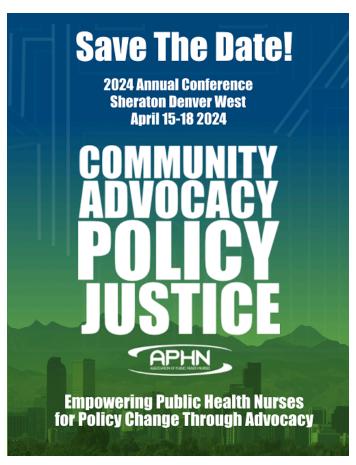
29th Annual Massachusetts Adult Immunization Coalition (MAIC) Conference

April 2, 2024 | 8:00 AM - 4:30 PM

Boston Marriott Newton

2345 Commonwealth Avenue, Newton, MA 02466

The 2024 conference will provide an opportunity to receive the most updated information on routine adult immunization, including the COVID-19 vaccine; to hear from leading experts in the field; and to offer networking and discussion opportunities with leading immunization experts and colleagues. This conference attracts professionals from local public health organizations, long-term care facilities, pharmacies, college health practices, hospitals, physician practices, community health centers, dental practitioners, vaccine manufacturers, and more. Click here to register!



Conference Registration: Coming Soon Go to PHNurse.org for details



WELCOME OUR NEW MDPH CHIEF LOCAL PUBLIC HEALTH NURSE!

On November 6, Caitlin Pettengill, DNP began her newly created position as Chief Local Public Health Nurse (Public Health Nurse Advisor II) at the Massachusetts Department of Public Health's Office of Local and Regional Health (OLRH). Caitlin is a long time MAPHN member who served as the organization's Secretary from 2021-2023.

"Over the last five years, I have served as the Assistant Director of School Health Services at MDPH. During the COVID-19 pandemic, I also worked in Framingham as a Local Public Health Nurse. I am looking forward to supporting the important work being done by the Massachusetts Local and Regional Public Health Nurses. And I am excited to learn more about your individual programs and public health nursing practice!"

You can contact Caitlin at caitlin.pettengill@mass.gov – she would love to hear from you!



MEMBER CONTRIBUTIONS

Got a newsworthy article, event or recognition to share? Send it to <u>newsletter@maphn.org</u> anytime! It will appear in our next issue!

Thoughts on The Future of Public Health Nursing

Submitted by: Kitty Mahoney, Metrowest/Central Chapter

From The Future of Nursing 2020-2030:

"A nation cannot fully thrive until everyone - no matter who they are, where they live, or how much money they make - can live their healthiest possible life, and helping people live their healthiest life is and has always been the essential role of nurses. Nurses have a critical role to play in achieving the goal of health equity, but they need robust education, supportive work environments, and autonomy... the achievement of health equity in the United States [will be] built on strengthened nursing capacity and expertise. By leveraging these attributes, nursing will help to create and contribute comprehensively to equitable public health and health care systems that are designed to work for everyone."

I really like this because it speaks to me (and maybe you also) on several levels. If only those in charge of decision making, leadership and the supervisors of nurses, especially in Public Health, understood the true value of what this statement means. The report and the paragraph above have some instructions if you read it carefully such as:

- Public Health Nurses need to be provided training and education dollars in local public health budgets...
 Health Directors, take note when putting your department budgets together: if you think you have
 provided a sufficient amount for your public health nurses training, at a minimum, double it. The
 rewards and benefits will return to your community tenfold in service, in leadership and that is a "return
 of investment".
- 2. Public Health Nurses need to be provided opportunities for networking with other Public Health Nurses at the local level, state level and national level. Again, Health Directors and City/Town Managers, take note that this means the public health nurse needs PAID time out of the office, out of the clinic, out of the community to obtain the essential link to public health nursing support, education, and information. When a nurse pays for the education or is required to take personal/vacation time to broaden the scope of his/her practice which benefits and serves the community he/she works, that is not only unsupportive, it is an obstacle in the path of the community proposing to achieve health equity.
- 3. Nurses should be invited and encouraged to contribute on so many levels of local government... providing information on public access, raising awareness to public health issues, contributing to solutions of public health crises by aligning our nursing education and information with action and more. Public Health Nurses can share so much insight about his/her community that to ignore that, ignores the value of that insight, eclipses the importance of the public health nurse perspective, and reduces potential desired outcomes.

4. Communities, Cities, Towns, Regions, Departments: encourage and support the Public Health Nurses membership in the only state recognized Public Health Nursing Organization, MAPHN! Committee work, Chapter meetings, Annual Conference... all contribute to having a great Public Health Nurse. Doing so demonstrates your ability to see the value and worth of your Public Health Nurse.

Medicare Reimbursement for In-Home Vaccinations Now Available!

Submitted by: Heidi Harper, Metrowest/Central Chapter Kitty Mahoney, Metrowest/Central Chapter

Starting January 1, 2024, Medicare provides an additional payment amount for administering the following vaccinations in the home for certain Medicare patients:

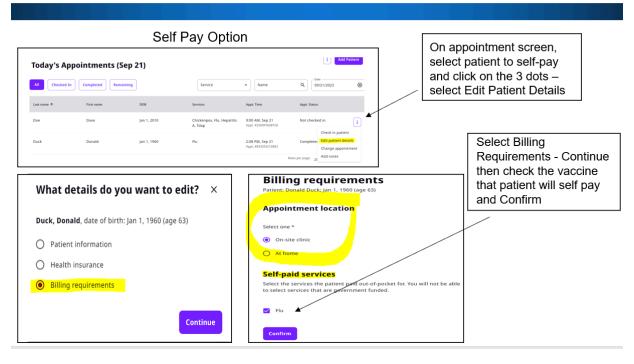
- Flu
- Hepatitis B
- Pnemococcal

At this time, the additional payment amount for in-home Part B preventive vaccine administration is approximately \$38. Medicare will pay this amount in addition to the standard administration amount (approximately \$30 per flu, hepatitis B, or pneumococcal shot) for a total payment of approximately \$68 for a flu, hepatitis B, or pneumococcal shot you administer in a patient's home in 2024.

For PHNs who use COLOR to obtain reimbursement, there is a toggle feature in Color that allows you to indicate that the vaccination was completed in a patient's home.. This prompts ForHealth to bill the at-home fee to Medicare. Please refer to the slide below to locate this feature:

Insurance Collection Best Practices





For additional details, including billing codes and conditions visit this CMS web page.

Massachusetts Nurse Honor Guard

Submitted by: Kitty Mahoney, Metrowest/Central Chapter

Massachusetts Nurses Honor Guard for Deceased Nurses

The Nightingale Tribute: Salute a fallen nurse.

In 2021, the St Elizabeth's Medical Center staff was devastated by the tragic loss of their friend and colleague Ann O' Flaherty RN. Ann was a nurse at St.Elizabeth's Hospital for over 30 years. Since Ann dedicated her life to the nursing profession, St Elizabeth's honored her with the Nightingale Tribute at her memorial service. The Nightingale Tribute, offered by the Nurses Honor Guard, pays homage to a fellow nurse at the end of their life and recognizes their accomplishments and commitment to the nursing profession. The Nightingale Tribute was developed by the Kansas State Nurses Association in 2003 to be used to honor deceased nurses. The ceremony includes a short synopsis of the nurse's career and the reading of the poem, "She Was There" by Duane Jaeger, RN, MSN. A white rose is placed on the casket and the ringing of a triangle signals a "Final Call to

Duty". During these readings, a porcelain Nightingale Lamp with a white candle is lit in the nurses' honor. When the nurse doesn't respond to a third and final call to duty, they are relieved of their duties, and asked to rest in peace. The candle is extinguished and the lamp is presented to the family along with roses to signify the nurses' devotion to their profession. The service takes about five minutes and can be tailored to fit the beliefs of the nurse being honored and/or their family.

Nurses Honor Guard Chapters exist across the United States. In 2022, Massachusetts Nurses Honor Guard Chapter was developed in Ann O'Flaherty's memory, "Ann O's Watch". Many thanks to Ann's family for allowing the Guard the privilege to respect Ann's memory in this way.

She Was There

When a calming, quiet presence was all that was needed, She was there.

In the excitement and miracle of birth or in the mystery and loss of life,

She was there.

When a silent glance could uplift a patient, family member or friend, She was there.

At those times when the unexplainable needed to be explained,

She was there.

When the situation demanded a swift foot and sharp mind,

She was there.

When a gentle touch, a firm push, or an encouraging word was needed,

She was there.

In choosing the best one from a family's "Thank You" box of chocolates,

She was there.

To witness humanity—its beauty, in good times and bad, without judgment,

She was there.

To embrace the woes of the world, willingly, and offer hope,

She was there

And now, that it is time to be at the Greater One's side,

She is there.

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Northeast Chapter

submitted by : Gail Johnson, Northeast Chapter

The Northeast Chapter held their Holiday Party on December 8, 2023



Back Row: Elaine Silva, Sara Harris, Nancy Bissel, Sharon Toulhouse, Darcy Beal, Karen DaCampo, Melissa Lowry, Mary McKenzie Front Row: Nicole Chauncey, Gail Johnson, Pamela Merrill, and Cherie Monahan Missing from Picture: Amelia Houghton

Western Chapter

Submitted by: Angela Kramer, Western Chapter



The Western Mass MAPHN Chapter held their Monthly Meeting on November 8, 2023 at the Ludlow Town Hall. Our meeting was a luncheon in the Board of Selectmen's Conference Room. Members donated unwrapped gifts to the Annual Toys for Tots which was held on Sunday, December 3, 2023 at the Ludlow Town Hall in association with the Rotary Club and Town of Ludlow 250thCelebration Committee. We thank everyone for the generosity and donations.

The founders of the Western Chapter, Sherry Petrucci, Past President; and Mary Allen, Past Secretary & Treasurer, were honored for their more than 20 years of PHN Leadership service, at the Chapter's Annual Holiday Luncheon on December 11 at the Villa Rose Restaurant in Ludlow. MA State Senator Jake Oliveira was there to congratulate Sherry and Mary for their citations of appreciation. Sherry and Mary have worked hard and accomplished so much to promote PHN in western MA. Congratulations, Sherry and Mary!



Winchester HD Public Flu and Covid Clinics

Submitted by: Karen DaCampo, Northeast Chapter



Our nurses and scribes were ready for duty at Winchester's annual public Flu and Covid Clinics!



APHA HIGHLIGHTS

The American Public Health Association's Annual Conference, was held in Atlanta, November 12-15, 2023.. MAPHN attendees included:

- Gail Johnson, Northeast Chapter
- Mary McKenzie, Northeast Chapter
- Caroline Kinsella, Southeast Chapter
- Jessica Tracy, Southeast Chapter
- Glynnis LaRosa, Western Chapter
- Ruth Mori, Metrowest/Central Chapter



MAPHN President Gail provided a Slide presentation to the Board of Directors , summarizing the Conference.



PHN Nursing Section Luncheon, celebrating its 100th Anniversary!



Visit to CDC's Emergency Operations Center!

One of the Benefits of being a member of MAPHN is the availability of scholarship support to attend professional events such as the annual American Public Health Association (APHA) and Association of Public Health Nurses (APHN) conferences. Interested in attending in 2024? Contact your Chapter President or Admin@maphn.org for more information.

MAPHN Recognized for 25th Anniversary

MAPHN recently was recognized by the MA Senate and House of Representatives for 25 years of serving PHN in the Commonwealth. Thanks and appreciation go out to Senator Jake Oliveira and Representative Aaron Saunders for sponsoring these Acknowledgements! And thank you to Angela Kramer, Western Chapter, for her part in making it happen!





MAPHN BENEFITS

Many of you are new to MAPHN, and may not know about the benefits of your membership. Or you may be a long time member, but never really knew how to access your member benefits. In any case, here is a summary of what you can do with your MAPHN Membership!

Membership Benefits

Are you aware of the many benefits available to you as a member of MAPHN? Take a look!

Get Connected!

<u>Chapter Membership:</u> There are **6 regional Chapters** supported by MAPHN, providing public health nursing with information, networking, continuing education, learning opportunities, "field trips", and regionally relevant programs. \$50.00 of your dues paid annually to MAPHN goes toward the support of your selected chapter.

Chapters elect chapter officers and a chapter director to attend the quarterly meetings of the Board of Directors. Monthly chapter meetings are posted on our website with date, time, location and special information on guest speakers or programs. Members can select one of the following chapters when they join or renew their membership:

- Northeast
- Southeast
- Metrowest/Central

- Western
- Cape & Islands (currently inactive)
- **Boston/Cambridge** (currently inactive)

<u>Website:</u> <u>www.MAPHN.org</u> is the portal for members to obtain the latest practice information, access educational products and services, tools to enhance their practice, get the latest news on professional topics, and explore how to access our benefits listed here.

<u>Membership Directory</u>: An online directory of all current MAPHN members is available for those looking to connect.

Member-to-Member Forum: A place on our website where you can ask, comment or respond to questions or comments with other MAPHN members! MAPHN serves members by providing a dynamic forum for the exchange of new ideas, bringing together members to share their experiences, expertise and friendship. Go to www.maphn.org/publicforums

<u>"News This Week" and "The Pulse":</u> "News This Week" is a weekly email update sent to members' inboxes with important information, advisories and relevant public health nursing news. Our electronic newsletter "The Pulse" is published twice a year in summer and winter, written by

members and for members. MAPHN encourages articles to be submitted by all throughout the year at newsletter@maphn.org.

Facebook Page: Find us under Massachusetts Association of Public Health Nurses and like us!

Electronic Membership Card: Located in your Member Profile, which can be downloaded.

Get Involved!

<u>Committees:</u> MAPHN always welcomes member participation on our committees, who work on the foundations of our organization. We have committees working in:

- Outreach, Visibility & Membership (OVM)
- Service
- By-Laws
- Finance

- Awards
- Conference Planning
- Nominations & Elections
- Education, Practice, Research
 & Informatics (EPRI)

Service Projects

<u>Mentoring Program:</u> MAPHN provides a vital resource to nurses new to the specialty of public health through its mentor program. Experienced PHNs are partnered with new PHNs, providing encouragement, support and guidance. For more information about this outreach, contact your Chapter President or email <u>info@maphn.org</u>.

<u>Operation Stand Down:</u> This is an annual project coordinated by our Service Committee members. Volunteers from MAPHN, area Medical Reserve Corps (MRC), and university students provide foot care, diabetic screening and immunizations to at-risk and homeless veterans at the annual Operation Stand Down event in Boston.

Advocacy: MAPHN supports a pro-active legislative affairs program through our participation in CLPH (Coalition for Local Public Health), LSAC (Local and State Advisory Committee), and MPHA (MA Public Health Association), where we advocate for public health nursing and public health nursing practices. MAPHN also partners with other nursing organizations to advocate for issues impacting the field of nursing and public health. MAPHN keeps members abreast of the latest legislative and regulatory developments and often solicits support and assistance from members.

Get Ahead!

Professional Development

Educational Support: MAPHN promotes excellence in continuing nursing education through our **annual Spring Conference**. It is the largest meeting of public health nurses in Massachusetts.

MAPHN also provides educational opportunities at the Chapter level and through relevant webinars in partnership with our colleagues in public health. Many are archived on our website for future viewing. Continuing education hours are provided for conference and educational meeting attendance.

<u>Savings:</u> Being an MAPHN member means membership rates and discounts on all of the organization's conferences, webinars, and online educational materials. In addition, scholarship support is available to attend professional events such as the annual American Public Health Association (APHA) and Association of Public Health Nurses (APHN) conferences. Contact your Chapter President or <u>Admin@maphn.org</u> for more information.

<u>Career Development</u>: MAPHN has an online Employment Opportunities tab which provides information to help members advance their careers, search for jobs, or post an advertisement for career opportunities in public health nursing.

Professional Resources

<u>Free Conference Calling and Google Meet® Access:</u> Instructions are on our website to arrange your conference call or virtual meeting!



Get Involved!

Join a Committee!

Our Committees <u>need</u> **your ideas and participation!** Many committees meet virtually, no travel required! Contact one of our Committee Chairs listed below!

Committee Descriptions

Awards: Oversees and conducts the process to select recipients of MAPHN's annual awards. (ad hoc) Chair: Leila Mercer limercer454@gmail.com

By-Laws: Maintains MAPHN organizational foundation by reviewing Bylaws and policies for consistency and making recommended changes. Chair: Theresa Flynn flynnt@hingham-ma.gov

Conference Planning: Plans and organizes the MAPHN Annual Conference. Contact for 2024: any member of the Northeast Chapter

Education, Practice, Research and Informatics (EPRI): Provide guidance to the membership to enhance evidence based educational opportunities. Conduct and support research activities for MAPHN. Chair: Kitty Mahoney kittymahoney@maphn.org

Finance: Maintain the financial health of the organization. Contact: Caroline Kinsella ckinsella@townofmilton.org

Nominations and Elections: Recruits members to run for office and conducts the election process (ad hoc) Chair: Angela Kramer <u>akramer@ludlow.ma.us</u>

Outreach, Visibility & Membership (OVM): Recruits and maintains members. Increases the image of MAPHN and the Public Health Nurse. Chair: Jessica Tracy <u>jetracy@dedham-ma.gov</u>

Service: Assists the growing developments of organizational participation in the provision of community service projects. Chair: Kitty Mahoney kittymahoney@maphn.org

NEXT ISSUE OF THE PULSE: Summer 2024

Send submissions to newsletter@maphn.org

CHECK OUT OUR WEBSITE!



Massachusetts Association of Public Health Nurses, Inc. Box 539, Milton, MA 02457 <u>info@maphn.org</u>