



MAPHN Newsletter Summer 2018 Edition

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

Volume 4 Issue 1

www.maphn.org

Summer 2018

From The President of MAPHN

Dear MAPHN members,

This past Spring, I was busy preparing for the Annual MAPHN Conference hosted by the Southeast Chapter in Hull, MA. It was a very successful conference with over 100 public health nurses in attendance. We had a net profit of \$7,478.29. Thank you to the conference planners, sponsors, vendors, donations from our membership and our fantastic speakers and panel presenters for coming together for a memorable and educational experience.

At present, I am working on the Strategic Planning Survey questions. This is a very important survey that I hope you take a few minutes of your time to complete. This survey will inform our Strategic Plan for the

future of MAPHN and shape our vision of where we are going and how we can best serve you, our members.

Lastly, I have included a whimsical picture of myself when I was inspecting a barn and horse in Milton as Animal Inspector. I have saved this picture as my screensaver on my computer. I like to look at this picture and remind myself, even on a very hectic day that I have to smile and enjoy the simple things in life.

Respectfully yours,

Caroline A. Kinsella, BSN, RN, BS
President of MAPHN

Milton Health Director/Public Health Nurse



2018 LOCAL PUBLIC HEALTH FELLOW

GAIL JOHNSON

CONGRATULATIONS!



Congratulations to **Gail Johnson BSN RN**, Public Health Nurse for the Westford Health Department, who was inducted this Spring as one of the 2018 Fellows of the Local Public Health Institute of MA (LPHI)!

Fellows of the Local Public Health Institute of MA are selected for their demonstrated mastery of public health practice concepts, commitment to professional development, and willingness to act as stewards for public health practice in MA. They have shown immense commitment and dedication to their own professional development as well as to the public health of the Commonwealth.

Fellows are selected yearly. To learn more about the Fellows Program, or to apply/nominate a candidate for 2019, visit: [LPHI Fellows Program](#)

For other resources offered by LPHI for public health practitioners, go to: [Local Public health Institute of MA](#)



Gail displaying her Award during National Public Health Week activities in Tewksbury, surrounded by her fellow Northeast Chapter members.



PUBLIC HEALTH NURSING IN THE EARLY 20TH CENTURY

(Thank you Jane Morrissey, Andover PHN and Northeast Chapter member!)

Health Care is vital to all of us some of the time, but

Public Health is vital to all of us ALL of the time.

C. Everett Koop, MD

Public Health on the Move in Tewksbury!

By Sarah Kinghorn, Tewksbury Public Health Nurse, Northeast Chapter

On June 3rd Tewksbury had its Annual Bike Safety Rodeo and Health Fair.

Sarah Kinghorn Tewksbury PHN and Iman Djarraya, Master in Public Health student, focused on trying to show the public how much sugar is really in their drink. Iman had the children measure out the teaspoons of sugar in their favorite drink and some parents got a real eye opener. Many of them were shocked! Iman will continue to educate the public over the summer to encourage healthy eating choices. Not only can sugary drinks put the pounds on fast, but contributes to behavioral issues and dental decay.





The American Nurses Credentialing Center (ANCC) has acknowledged the 30 winners of the 2018 Certified Nurse Award. Winners demonstrate the value and impact that specialty certification has on nursing practice and patient outcomes. They demonstrate that, through certification, they can provide superior care to their patients and become even greater assets to the healthcare organizations at which they work. They continue to contribute to the advancement of nursing in their specialty areas through innovation, collaboration, leadership and professional risk taking and patient centered care.

MAPHN is proud to announce that among the winners is Metrowest/Central Chapter member Stephanie Chalupka, EdD, PHCNS-BC, FAAOHN, FNAP, Public Health Clinical Nurse Specialist. Dr. Chalupka is professor and coordinator of the MS in Nursing Program (Community/Public Health Nursing Specialty Track) at Worcester State University. She also holds an appointment as a Visiting Scientist in Environmental and Occupational Medicine at the Harvard T. H. Chan School of Public Health and as a Visiting Scientist at the CDC and EPA funded Mid-Atlantic Center for Children's Health and the Environment (Region 3's Pediatric Environmental Health Specialty Unit). Dr. Chalupka was co-principal investigator of "Project SHARRP" Safe Homecare and Risk Reduction for Providers (funded by National Institute of Occupational health and Safety) to evaluate the working conditions of home health care providers, "*Cross Cultural Approach to Healthy Homes*" (funded by US Department of Housing and Urban Development) to address environmental health issues arising in areas with a concentrated immigrant population and older substandard housing, and "*Strengthening the Capacity of Health Professionals Serving Minority and Low-Income Communities to Better Identify, Manage, and Prevent Environmental Health Risks*" (funded by the US Environmental Protection Agency) to build capacity in health professionals who serve low-income, immigrant/refugee and minority children.

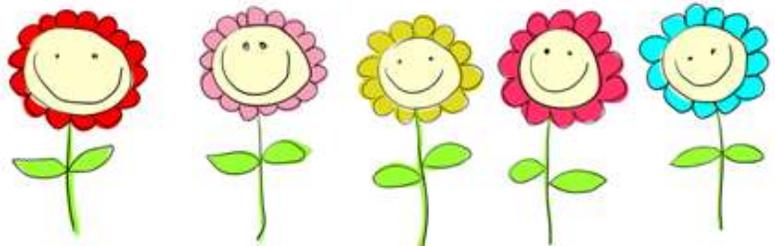
2018 New England TB Hero !



Karen McKim, Quincy PHN and SE Chapter member, was recognized as the 2018 New England TB Hero at the 13th Annual New England TB Clinicians' Conference held in Hartford, CT on May 3.

The Award was presented to Karen by Pat Iyer, Director of Disease Intervention and Case Management, MDPH TB Division and fellow SE chapter member.

Woo Hoo !! Way to go!!



KAREN!

Click here [For information on Infectious TB or Latent TB Infection](#), for your patients in English and other languages.

LOCAL PUBLIC HEALTH TAKING THE LEAD TO TACKLE THE OPIOID CRISIS

Leila Mercer, MetroWest/Central Chapter

Natick Health Department assembling Naloxone "Rescue Kits", in preparation for the *MetroWest Health Department Naloxone Program* kick-off.

(L-R) Leila Mercer, Public Health Nurse; Ingrid Fosberg, Executive Assistant; Katie Sugarman, Prevention & Outreach Manager; and Adam DiPersio, UMass/Lowell PH Intern



The Health Departments of Natick, Framingham, Hudson and Ashland have initiated a way to increase community access to naloxone (sold under the brand name Narcan), a lifesaving prescription medication used to rapidly reverse an opioid overdose.

The ***MetroWest Health Department Naloxone Program*** is a collaborative effort among the four municipal health departments to make naloxone readily available. This pioneer program was created with funding from the MetroWest Health Foundation.

Each community obtained the required MA Registration in Controlled Substances for purchasing naloxone, as well as a Standing Order from their Board Physicians to allow for naloxone distribution.

In partnership with the Justice Resource Institute Rise Program, staff members at each health department have undergone training to provide overdose prevention education and instruction on how to administer naloxone. By setting up a confidential appointment, individuals may obtain a naloxone "Rescue Kit" containing two intranasal doses of the medication as well as guidance and direction.

In addition, organizations or businesses interested in arranging overdose prevention training and naloxone kits for their employees may contact their respective local health department. In Natick, we have provided training and Naloxone to our Library staff at their request; there are plans in the making to work with interested restaurants and a local motel. The services are available to anyone who lives or works in Natick, Framingham, Hudson or Ashland.

Training community members and organizations on how to recognize and respond to an overdose is essential when practicing first aid, and is as important as learning to perform CPR or operate an AED. By utilizing the Health Department as a key access point for the community to obtain naloxone and opioid overdose education, the public will be better equipped and empowered with the knowledge and tools necessary to help save lives.

MEET YOUR ELECTED MAPHN BOARD

Here is your elected Board of Directors for the coming year:

President Caroline Kinsella (2017-2019)
president@maphn.org



Vice President Terri Khoury (2018-2020)
vicepresident@maphn.org



Secretary Leila Mercer (2017-2019)
secretary@maphn.org



Treasurer Dov Yoffe (2018-2020)
treasurer@maphn.org

Director At Large Sarah Kinghorn (2017-2019)
nurse@tewksbury-ma.gov



Director At Large Traci Mello (2018-2020)
tmello@comcast.net

**Next Board of Directors Meeting
October 1st, 2018**



Western Mass Chapter Pilots “First” Annual Public Health Nurse Clinical Conference

By: Sherry Petrucci, RN, PHN

MAPHN Western Mass Chapter President

On December 1, 2017, the Western Mass Chapter of MAPHN launched a pilot program for area nursing students. The concept of this program/ conference was discussed at a monthly meeting; after a chapter member Ruth Amador had attended a Western MA Nursing Collaboration meeting where they discussed developing a program for nursing students.

The Western Mass Chapter had tossed around ideas in the past on how to reach out and gain visibility for Public Health Nursing. This concept was the perfect answer to our mission. The premise was to expand on the population health component of their education into a real-life experience. Our intent was to spark interest with the students in the specialty of public health nursing as a future career choice.

It took many months of collaborative effort between American International College Nursing faculty, the Public Health Nursing Conference Committee and our funding source Western Mass Nursing Collaborative to achieve the desired outcome of the conference.

Student nurses from American International College, and RN-BSN students from Bay Path, approximately eighty in total plus faculty were in attendance. The committee members presented a full day conference. It began with an overview of public health nursing history, moved into the epidemiology of Hepatitis A with a live MAVEN demonstration, leading to full blown hands on EDS mock clinic for the dissemination of Hepatitis A vaccinations. Students participated as registrants, medical screeners, vaccinators, evaluators as well as patients. The students had one request during planning of the event; they wished to have a presentation on the Opioid epidemic. Colleen LaBelle, MSN, RN-BC, CARN, program director, Office Based Addition Treatment Director, STATE OBAT-B Boston Medical Center was our Keynote Speaker addressing the Opioid epidemic.

The event was well received by students and faculty, resulting into what will become a Semi Annual Public Health Nurse Clinical Conference. Our next conference is scheduled for Wednesday, November 7, 2018 at the American International College campus. Other university faculty i.e., Physical Therapy, Occupational Therapy and Physician Assistants, have requested their students participate in future conferences.

A Tick Bite Could Make You Allergic to Meat—and It's Spreading

By Sarah Gibbens, NATIONAL GEOGRAPHIC
PUBLISHED June 21, 2017

As people encounter more ticks during the summer months, their chances for getting bitten by the allergy-carrying Lone Star tick increases.

Alpha-Gal may sound empowering, but the nickname, short for galactose-alpha-1, 3-galactose, is a sugar molecule that might just cause you to become allergic to meat.

The sugar molecule is spread from the Lone Star tick bite, named for the Texas-shaped marking on its back. Once bitten by a Lone Star tick, the body's immune system is rewired.

"You're walking through the woods, and that tick has had a meal of cow blood or mammal blood," explained Cosby Stone, an allergy and immunology fellow at Vanderbilt University. "The tick, carrying Alpha-Gal, bites you and activates your allergy immune system."

From this, your body creates Alpha-Gal antibodies and, from that point on, the body is wired to fight Alpha-Gal sugar molecules. The majority of people who develop Alpha-Gal allergy syndrome realize their illness after eating meat, which is rife with Alpha-Gal. The sugar is also present in some medications that use gelatins as stabilizers.

"There's a time delay in the reaction," said Stone, which accounts for why some people don't always immediately realize they're having a reaction. "It [the Alpha-Gal] has to first travel through your gastrointestinal tract to be released. Hours later, patients wake up with hives, shortness of breath, vomiting, and diarrhea."

In rare cases, patients have to be admitted to the ICU.

"Some patients have had to be given life support because their blood pressure is so low that they're in eminent danger of dying," said Stone, who has treated those suffering a reaction.

"Most patients don't know what they have," he explained. It often takes repeated allergic reactions for people to link their diet to their outbreak. Repeated exposure to tick bites can also worsen the severity of a reaction. Those who developed more Alpha-Gal antibodies from more exposure to ticks saw the most serious symptoms.



The allergy so far has treatments for side effects, but no cure or vaccine.

Is it On the Rise?

Originally found primarily in the southeastern U.S., the disease may become more common in farther north and western regions that experience warming temperatures. Cases of the tick-borne illness have been popping up as far north as Long Island, New York, and as far west as Minnesota.

The Centers for Disease Control do not log cases of Alpha-Gal allergy syndrome, so most reports of the disease's rise are anecdotal.

"Five years ago, we probably had about 50 or so patients that had Alpha-Gal [syndrome]. Now we have about 200," said Stone. However, until cases were first identified in the past decade, little to none was known about the origin of this meat allergy.

"The awareness of Alpha-Gal has grown," noted Stone. "It's also possible that because allergies in general are going up, reactions to Alpha-Gal are increasing."

Studies have documented that warming temperatures have led to an increase in plant-based allergies from allergens like pollen.

Stone believes advancements in hygiene have led to a weakening of some of the natural immunity we develop to fight allergies.

In an interview with USA Today, Purvi Parikh from the Allergy and Asthma Network warned that as the climate has warmed, ticks have begun to spread their territory farther north.

Regardless, humans come into contact with ticks more frequently during warmer weather, and Stone recommends warding off Alpha-Gal in the same way other tick-borne illnesses are prevented: use insect repellent, pre-treat clothes, and avoid high grass and shrubbery.

Local School-based HPV Clinic a State First

By Ellen Knight

Daily Times Chronicle (Woburn)

Apr 18, 2018



This year Winchester was the first community in the state to offer a school-based clinic to administer the HPV vaccine to eligible students. Leaders in developing the clinic, (l-r) Nurse Leader Betty Britt, Health Director Jennifer Murphy, and Public Health Nurse Kathy Whittaker, encourage all parents to take advantage of this program next year or complete the immunizations with their own doctors.

WINCHESTER – Parents do a lot for their kids. One thing which the Health Department is urging and has teamed up with the public schools to help with is seeing that children are immunized for human papillomavirus (HPV).

“A lot of parents don’t realize the importance and necessity of receiving HPV inoculations,” Public Health Nurse Kathy Whittaker said.

About 14 million Americans, including teens, can get infected each year. Many HPV infections go away, but some can cause certain cancers and other diseases.

“Once a person is exposed to HPV,” Health Director Jennifer Murphy said, “there is no treatment to cure it.”

In Massachusetts, as with most states, the vaccine is not mandated. It may not even be discussed at the doctor’s office. Thus, many children are not immunized, though a vaccine has been available since 2008. Some kids may begin the series but not finish, which means they are not protected.

Health officials recommend that girls get the vaccine between the ages of 9 and 26 and boys between 9 and 21. In fact, the earlier the better. The vaccine produces better immunity to fight infection when given at younger ages compared with older ages.



Medical Reserve Corps Tick Borne Illness Outreach

By Phyllis Schilp, Sudbury Board of Health PHN



*Sudbury MRC member Marie Royea stocking
tick info at conservation trails*

Disease resulting from ticks is becoming more prevalent in Sudbury. Every year tick borne illness is the #1 reported infectious disease in Sudbury. The Medical Reserve Corps (MRC) spring outreach includes health educational information on ticks at town buildings, schools, and conservation trails. MRC members fulfill an important role in providing services for those in need during large-scale public health emergencies. Members are instrumental in staffing health clinics, shelters, doing community outreach and responding to disasters in medical and non-medical roles. We are always looking for new members. Come join our team!

To sign up for the MRC please contact: Phyllis Schilp RN Sudbury BOH nurse at:

schilpp@sudbury.ma.us 978-440-5477

The Board of Health wants to remind all Sudbury residents of some important precautions to help guard against tick-borne disease.

- Be aware of wooded areas with high grasses or leaf piling (where ticks hide)
- Walk in the center of trails
- Wear tick repellent containing DEET or clothes treated with permethrin
- When returning home after having been outdoors, bathe or shower as soon as possible to wash off or find ticks crawling on you
- Do a tick check after spending time outdoors (don't forget your pets)
- Test your Tick at: <https://www.tickreport.com/>



Actual size of a deer tick

Please contact the Board of Health with any questions (978)-440-5479. Check out this on line resource from the State Health Department for more information: <http://blog.mass.gov/blog/health/the-importance-of-protecting-your-home-and-family-against-ticks-and-mosquitoes/>.



Stop the Bleed Training is a national awareness campaign and call-to-action. The training is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

The **MetroWest/Central Chapter** held a training for Stop the Bleed in January at the . An instructional session was given by the Sudbury Fire Department paramedics. During the hands on session there was opportunity to practice with a CAT tourniquet. We also learned how to use what you have at the scene to make a tourniquet to stop bleeding. CEU's for the training and each member in attendance received a Bleeding Control Kit.

Stop the Bleed training was also offered at the May meeting of the **Cape & Islands Chapter**. It was very well attended and people thought it was a great training. Tourniquet kits were available for purchase at cost. Below are some of the highlights from the Cape & Islands meeting:



To find out more about the campaign and offer the training at your chapter go to:

<http://stopthebleedtoday.com/>.

Thank you to Phyllis Schilp, MetroWest/Central Chapter President, and Deirdre Arvidson, Cape & Island Chapter President, for contributing to this article!



Please Welcome our Newest MAPHN Members!

Cape & Islands

Barbara Good, Retired

Northeast

MJ Duffy-Alexander, Lynn Health Department

Carol Moriarty, Lowell Health Department

Laura Suzuki, Student

Mark Waksmonski, Bedford Health Department

Susan Young, Retired

Southeast

Lauren Hewitt, Wrentham Board of Health

Ruth Jones, Student

Jean McGinty, Randolph Board of Health

Linda Pierce-Roncka, Westport Board of Health

Western

Kathy Placek, Retired



Massachusetts Association of Public Health Nurses *Membership Benefits*

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

Get Connected!

Chapter Membership: 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***
- ***Boston/Cambridge (currently inactive)***

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

Website: www.MAPHN.org 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..

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

Newsletter and “News This Week”: Electronic newsletters are published twice a year, written for members and by members. MAPHN encourages articles to be submitted by all throughout the year at newsletter@maphn.org . “News This Week” is a weekly e-mail update sent to members’ inboxes with important information, advisories and relevant public health nursing news.

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

New! *Electronic Membership Card! Check your online Member Profile and download!*

Get Involved!

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

- **Outreach, Visibility & Membership**
- **Service**
- **By-Laws**
- **Finance**
- **Conference Planning**
- **Nominations & Elections**
- **Education, Professional Practice, Research & Informatics**

Mentoring: MAPHN provides a viable 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.

Service Projects

Operation Stand Down: 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 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**), and LSAC (**Local and State Advisory Committee**), 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.

Savings: 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 info@maphn.org for more information.

Career Development: MAPHN has an online Employment Information Service 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

Survey Monkey®: Members can access our Select Level survey platform for questionnaires, evaluations of programs, data collection and more. Our subscription includes enumeration of survey question results for large or small surveys. Instructions on how to access this resource are on the website.

AnyMeeting™ Services and Free Conference Calling: These services include a call-in number for attendees and a special code for call planners who can opt to record the call for archiving, note taking and more. Instructions are on our website to arrange your meeting or conference call for 1 or 100 attendees!

**WATCH FOR OUR NEXT ISSUE IN THE
WINTER 2018!**

**SUBMISSIONS ACCEPTED ANYTIME
AT newsletter@maphn.org**

Up next... Pictures from the 2018 Annual MAPHN Conference



MAPHN Annual
Conference
April 25-26, 2018
Nantasket Beach Resort
Hull MA



April 25
Evening Presentation
"Pleasure & Peril: Seaside Life in
Victorian Hull"





Southeast Co-Presidents and
Conference Planners,
Dov Yoffe & Jessica Tracy



April 26
Annual MAPHN Business Meeting



Conference Registration



SOCIAL DETERMINANTS OF HEALTH

MAPHN 24th Annual Conference
Public Health Nurses and
Social Determinants of Health



Our Moderator, Pat Iyer



Our Keynote Speaker
Barry Keppard
Director of Public Health
MAPC



Seth Eckhouse, LPHI
PHN Supporter!

Our MDPH PHNs,
Theodora and Katie!

INTRODUCING
SOUTH SHORE
HEALTH SYSTEM.

WHERE PEOPLE,
CAREGIVERS AND
EXCELLENCE IN
MEDICINE UNITE
As One.

South Shore Hospital • South Shore Medical Center
South Shore VNA • Regions of the South Shore

South Shore
Health System
As One.

SouthShoreHealth.org

MASSACHUSETTS ASSOCIATION
OF PUBLIC HEALTH NURSES

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Massachusetts Association
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Dr. Al DeMaria,
2018 MAPHN Champion Award

AWARDS



Charlotte Stepanian,
2018 MAPHN Lifetime
Achievement Award



Phyllis Schilp,
2018 Annual Public Health Nurse Award

Leila Mercer,
2018 Presidential Award

(Not Present: Peg Drummey,
2018 Annual Public Health Nurse Award)





**PREVENTION is POWERFUL
PUBLIC HEALTH NURSING
WORKS!**

www.MAPHN.org



*Thank you Southeast Chapter for
2 Fantastic Conference years!
2019 Conference planning is underway with Metrowest Central Chapter!*