FROM THE MAPHN ARCHIVES... 

In observance of our 25th Anniversary, I would like to share with you an Issue of our original MAPHN Newsletter! Take a trip back to the Fall of 1999 MAPHN Newsletter here.

Relax, and enjoy this current 2023 Summer edition of The Pulse!

Leila Mercer, The Pulse of MAPHN Editor

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PRESIDENT’S MESSAGE

Dear Members,

Hello MAPHN, summer is here! We have so much to celebrate, one being our 25th annual MAPHN conference, which was a huge success. We had 139 registrants this year, which is the largest number of members at any other conference. I want to thank all the conference planners who worked hard for months, putting this all together for us. In addition, a huge thank you to our exhibitors, vendors, and presenters, for giving us a wonderful conference. Now we start planning for the 2024 annual conference and hopefully we can surpass this year’s registrants.

This year’s upcoming American Public Health Association (APHA) conference is celebrating 100 years in Atlanta, GA, from November 12-15, 2023, please register early. Hopefully, you can take advantage of this great opportunity to attend this national conference! Register HERE: APHA 2023 Atlanta

On March 22, 2023, we kicked-off the first webinar in our series from our new Public Health Nursing Guide on Infectious Disease, Surveillance, and Response. Our next webinar will be focused on Immunizations and Vaccine Preventable Diseases, VFC Program in September. In December, the last of the series will be on Emergency Preparedness, so stay tuned for more information in News This Week (NTW). I appreciate the collaboration with NEPHTC & LPHI to assist in making these webinars happen for all New England. MAPHN is dedicated to workforce development, by offering ongoing opportunities for continuing education credits.

Lastly, I want to welcome all the new public health nurses to MAPHN, and please know that this organization cares and supports each one of you. If you have any questions or concerns, please feel free to contact your local chapter president, your neighboring PHNs, or contact president@maphn.org or admin@maphn.org.

I am thankful to be the President of this organization, and I feel very privileged to work alongside all of you.

Have a great rest of your summer!

Take care,

Gail

Gail Johnson, BSN, RN
Public Health Nurse
President of the Massachusetts Association of Public Health Nurses
2023 MAPHN CONFERENCE HIGHLIGHTS


May 3-4, 2023

Holiday Inn & Conference Center
Marlborough MA

President Welcome
Gail Johnson MAPHN President

Opening Remarks
MA State Representative Jack P Lewis
7th Middlesex District
Keynote Speaker “Through the Years of Infectious Disease”
Alfred DeMaria Jr, MD  MDPH Medical and Laboratory Consultant
President of the Public Health Museum, Tewksbury

Remembering Charlotte Stepanian,
MAPHN Founding Member and Former President of MAPHN

Charlotte Stepanian, MS, RN-BC
1932–2023

Glynnis LaRosa and Gail Johnson, with our special Guests,
Bonnie Stepanian and Jimmie Stepanian; Charlotte’s children
MAPHN ANNUAL AWARDS

Public Health Nursing Award
Jessica Tracy, MSN, RN
PHN, Dedham Health Department

Presidential Award
Darcy Beall, BSN, RN
PHN, Chelmsford Health Department

Champion of MAPHN Award
Georgianna Bishop
Director, Public Sector Consortium
The Lincoln Institute, Cambridge
139 Attendees from across the Commonwealth and Connecticut!
OPERATION STAND DOWN!

ANNOUNCEMENT from our Service Committee:

The New England Center and Home for Veterans is pleased to announce that the annual Greater Boston Stand Down will take place on Friday, September 15, from 8am - 2pm at Boston City Hall Plaza.

This yearly event brings together community providers and Veterans in one place to provide Veterans easy access to services and employment opportunities. As in past years, over 100 service providers, employers, and community organizations are expected to turn out and provide essential supportive services, including housing assistance, medical care and wellness programs, legal support and employment assistance. Veterans will also be able to enjoy a free lunch and live entertainment.

This is the 15th Year that MAPHN has participated as a Service Provider at Operation Stand Down, providing foot care for at-risk and homeless Veterans. In the past, MAPHN Chapters have donated supplies, and Members have given their time and skills to serve these heroes. Stay tuned to your News This Week email for updates and announcements!

To register to participate, click here!

Watch this video montage describing how MAPHN came to be involved with this very special event...

Operation Stand Down with MAPHN
MEET YOUR BOARD OF DIRECTORS!

Your Officers are elected by the membership to serve 1-2 year terms 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!

**Officers:**

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

**President-Elect:** to be appointed (2023-2024)

**Immediate Past President:** Ruth Mori ruth.mori@mass.gov

**Vice President:** Sara Harris (2022-2024) vicepresident@maphn.org

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

**Secretary:** Caitlin Pettengill (2023-2025) secretary@maphn.org

**Chapter Presidents:**

*Chapter Presidents are elected by each chapter to attend and vote at BOD meetings.*

**Metrowest/Central Chapter:** Taylor West tweast@southboroughma.com

**Northeast Chapter:** Gail Johnson gjohnson@westfordma.gov

**Southeast Chapter:** Tiffany Zike tzike@needhamma.gov

**Western Chapter:** Anne Mistivar amistivar@hcc.edu

**Cape & Islands Chapter:** open

**Boston/Cambridge:** open
Other Non-Voting Leaders who attend BOD meetings:

Communications & Webmaster: Kitty Mahoney  kittymahoney@maphn.org

Executive Aide: Caroline Kinsella  executiveaide@maphn.org

Administrative Assistant: Leila Mercer  admin@maphn.org

MDPH PHN Liaison: Glynnis LaRosa  glynnislarosa@mass.gov
New Members since our Winter 2023 PULSE Issue!

**Northeast**

Rashid Blades

Stacy Ciccolini

Mary Connolly

Celeste Gearhart

Jillian Hertig

Pamela Merrill

Maribeth Ting

**Boston/Cambridge**

Keri Ball

Danta Bien-Aime

**Metrowest/Central**

Erin Couillard

Jim Frederick

Amy Grniet

Kathleen Jones

Linda Phalen

**Western**

Maureen Couture

Sarah Fiske

**Cape & Islands**

Catherine Gwynn

**Southeast**

Micyla Bickerton

Michelle Borrello

Madeline DePina

Jennifer Fox

Patricia Iafrate

Ann MacKenzie
MEMBER SUBMISSIONS

HOW TO DECREASE THE RISK OF DROWNING THIS SUMMER

Submitted by Theresa Covell, Assistant Public Health Nurse Barnstable County, Department of Health and Environment, Public Health Nursing Division Cape & Islands Chapter Member

When my children were seven and eight years old we escaped winter in Massachusetts for a few days to visit Nana and Papa in Florida. We could be found at their condo pool at least twice daily. My best friend from childhood who was a competitive collegiate swimmer and remains an avid swimmer as an adult, was visiting with her son. While the kids swam and splashed, my friend and I sat at the edge of the pool, legs in the water, catching up. We began chatting with a family visiting from Michigan as their two children entered the pool. The next thing I remember, an older adult, who had been tanning on a lounge chair, sprung up, bent down at the edge of the pool, reached in and grabbed the Michigan couple’s young son. He had entered the pool slowly, one step at a time. Unbeknownst to us, when he took the final step down into the pool, the water was over his head. He stood there, unable to move, with his mouth and nose underwater. There was no sound. No splashing. No call for help. Four parents were there, watching the kids, and not one of us noticed the young boy’s head was completely under water. The Michigan couple hurried over to comfort their son and thank the sunbather who had rescued him. Though coughing, crying and scared, he was going to be ok. I was shaken. I felt disbelief, and then shame…this happened a few feet away and I did not see it.

Drowning prevention for young children
I incorrectly imagined that a child or individual in distress in the water would create enough of a commotion that if I was nearby, that would be sufficient supervision to take notice and intervene. I then experienced firsthand how unremarkable, quiet and silent distress in water is. In what ways could supervision been enhanced at the pool in Florida?

- Teach children to always ask permission to go near water. It’s the leading cause of death among children between one and four years of age.
- Know that swimming lessons provide one layer of protection from drowning; they do not “drown proof” a child.
Closely, constantly, and attentively supervise children when they are in and around water. Inadequate supervision is often cited as a contributing factor for childhood drowning, especially for younger children. Cell phone use, reading, conversing, and consuming alcohol or drugs impairs supervision.

Clearly communicate which adult is responsible for each child. In a large group setting, even in the presence of a lifeguard, each young child should have a designated adult within arm’s length who is focused on supervising that child.

Parents, caregivers, pool owners, and even older children should learn CPR and keep a telephone and rescue equipment approved by the U.S. Coast Guard (e.g., life buoys, life jackets, and a reach tool such as a shepherd’s crook) waterside.

When visiting a new home, check the premises for potential water hazards and formulate a plan for supervision of children. Ensure barriers are in place to prevent unintended access to water during non-swim times. A mom who lost a young son to drowning, shares this message: “We did it. We did everything we knew to do right. How did I not know how often drowning occurs during a non-swim time?” The Consumer Product Safety Commission (CPSC) found that 69% of children younger than 5 years of age were not expected to be at or in the pool at the time of a drowning incident. Barriers are critical in preventing access to water during non-swim times.

Who is at risk of drowning?

Anyone can die from drowning anytime there is access to water, even if they know how to swim. According to the Centers for Disease Control (CDC), 4,000 people die from drowning in the U.S every year. On average, 11 people drown daily in the US, though more people drown between the months of May and August. Drowning is a major public health problem and it’s preventable. Certain populations are at higher risk of dying by drowning: infants, toddlers, adolescents (especially male teens), people with certain medical conditions like epilepsy and autism spectrum disorder, and people from socioeconomic groups with limited access to basic swimming and water safety training.

Socioeconomic Factors, Race, and Disability Impact Drowning Rates

Significant racial and socioeconomic disparities exist in drowning rates among children. For people younger than age 30, drowning rates among Black people were 1.5x higher than white people. Socioeconomic barriers to achieving basic water competency include cost, limited access to quality programs, and transportation. Compounding the challenge is decreased municipal funding for swimming pools, swimming programs, and lifeguards. Increased access to programs that develop water competency skills for all children, especially those from low-income and diverse families and those with developmental disabilities, will help improve equity. Deaths among persons with autism spectrum disorder were nearly 40x as likely to be caused by drowning as deaths in the general population. Children with special health care needs should have tailored anticipatory guidance related to drowning risks. For any age group and ability, consider the effects of medications and how they may impair a person’s ability to safely be in water.

Adolescents (15 to 19 years) have the Second Highest Drowning Rate

I usually sign my children up for a few maintenance swim lessons at the start of summer. Before researching this article, I incorrectly felt reassured that as 12- and 13-year-old capable swimmers they would have a relatively low risk of drowning. The reality is that for children ages five to 14 years old,
drowning is the second leading cause of unintentional injury and death after motor vehicle crashes. Talking directly to teens about the factors that contribute to teens drowning will teach them to recognize situations that have proven fatal or life altering for other teens. Anticipatory guidance leads to safer decisions.

Adolescent deaths from drowning account for half of childhood drownings in natural water. Why? Teens overestimate water skills, underestimate dangerous situations, and engage in high-risk and impulsive behaviors such as jumping or diving without being aware of underwater hazards. Parents and children should be aware of water depth and physical hazards before being permitted to jump or dive. Further, parents should teach their teens to know the importance of not swimming alone, to always go in the water feet first, to wear a life vest when boating, to learn CPR, and to avoid alcohol and drugs when swimming or boating.

Last week when my kids were in the car with me, I talked with them about what has puts teens at risk and caused harm and death in and around water. As swimming season approaches, revisiting the unique drowning risks adolescents face can plant a seed of awareness and prevention.

**Do you know the Red Cross chain of drowning survival?**
A person who is drowning has the greatest chance of survival if these steps are followed:

**Chain of Drowning Survival**

A person who is drowning has the greatest chance of survival if these steps are followed:

1. Recognize the signs of someone in trouble and shout for help.
2. Rescue and remove the person from the water (without putting yourself in danger).
3. Ask someone to call emergency medical services (EMS).
4. If alone, give 2 minutes of care, then call EMS.
5. Begin rescue breathing and CPR.
6. Use an AED if available and transfer care to advanced life support.
Congratulations to Amanda Stone, Southeast Chapter Member and former MAPHN President! Amanda’s paper, co-authored by Jonathan Howland, was recently published in “Frontiers in Public Health”. Titled, Public health nurses for case finding, assessment and referral of community-dwelling socially isolated and/or lonely older adults, it was published on March 23, 2023.

Read Amanda’s journal article here:


Congratulations to Pat Iyer, Southeast Chapter Member, for being chosen as one of this year’s CDC US TB Elimination Champions!

Thank you for all your hard work throughout the years in raising awareness of TB.

Pat has over 20 years of experience working in TB as a public health nurse in Massachusetts and was the Director of Disease Investigation and Case Management at the Massachusetts Department of Public Health until her retirement in 2022. Pat has been a strong advocate for community health and has taken several initiatives to educate the public about the impact of TB.

Throughout her career, Pat has contributed to several community TB efforts, including collaboration with the Lynn Community Health Center to expand latent TB infection testing and treatment in partnership with community agencies, providers, community leaders, and TB survivors. Read the full article here: CDC U.S. TB Elimination Champion
Service Dogs: The ADA Laws and Massachusetts Office on Disability

Submitted by Kitty Mahoney, Metrowest/Central Chapter Member, MAPHN Communications & Website; and Hearing Dog Kendal.

For those of you who may not know, I lost my hearing in 1997 (meningitis) and was paired with my first Hearing Dog, Emily, in early 2000. I am now paired with Hearing Dog Kendal, a wonderful yellow lab. Kendal was raised as a 6 week old puppy from NEADS (National Education for Assistive Dogs) at Gardner Prison and spent weekends with a puppy raiser doing socializing training. After 2 years, she was matched with me! NEADS was featured in a Chronicle show in October 2022 on Service Dogs and NEADS. The photo below is Kendal with 2 producers of the show!

Kendal accompanied me to work every day in my office. She let me know when there was someone at the door or if I was in the clinic area and my phone rang. Sounds that I otherwise wouldn’t hear.

I can tell you that without exception, Kendal was wonderful with the children who came into the clinic too. Holding their hands, being calm, giving reassurance through the child’s visit. Adults too! And outside the office, she was just as popular at booths or tables. She helped open the first Bark Park for dogs in Framingham and helps staff First Aid Tents!

I thought it might be helpful with so many conversations about “Service Animals” and the rights of individuals who have them. The term Service Animal is VERY different from Therapy Animal or Support Animal and those distinctions are becoming more refined in our laws and ADA guidelines.

Kendal is a SERVICE DOG. She is specifically trained to be my ears. For more information on NEADS please visit https://neads.org/

For those interested, Kendal and I would be happy to come visit your Chapter and talk about our work together and the Service Animal Laws in MA.

From The Commonwealth of Massachusetts: the MA Office on Disability provides an outline of the definitions, laws, rights, responsibilities and “relevant processes for service animals and emotional
support animals in places of public accommodation, housing, transport and employment”. Persons with disabilities have the right to be accompanied by a service animal wherever the person is allowed to go. In housing, persons with disabilities have a right to reasonable accommodations, including the right to keep an assistance animal. An individual with a disability accompanied by a service animal may not be asked to provide documentation of a disability, to answer questions regarding his or her disability, or to have the service animal demonstrate its work. Only when the individual’s disability is not obvious, staff may ask the following two questions to determine whether an animal is a service animal:

1. Is the animal a service animal required because of a disability?
2. What task or service is the animal trained to perform?

Service Animals:

- Are permitted to go wherever their handler is permitted to go.
- Must be under the handler’s control at all times. In most cases this involves use of a harness or leash.
- Must be housebroken.
- May not pose a legitimate, direct threat to health or safety.
- Are allowed even if others have fears of or allergies to dogs.
- Do not have to be allowed to sit on furniture meant for patrons, to eat from plates provided by a food service establishment, or to ride in shopping carts.

Massachusetts Nursing Summit on Racism and the Nursing Workforce

Jessica Tracy, Southeast Chapter, chair of the Outreach, Visibility & Membership Committee; and Caitlin Pettengill, MetroWest-Central Chapter and MAPHN Secretary, recently provided an MAPHN information table at the 2023 Massachusetts Nursing Summit on Racism and the Nursing Workforce, at the Royal Sonesta Hotel in Cambridge.
The 2023 Massachusetts Nursing Summit on Racism and the Nursing Workforce was held on Friday, 4/14/2023. Attending were Six professional nursing organizations: American Nurses Association Massachusetts (ANAMASS); the New England Regional Black Nurses Association (NERBNA); the Massachusetts Association of Public Health Nurses (MAPHN); the Massachusetts Coalition of Nurse Practitioners (MCNP); the Organization of Nurse Leaders (ONL); and the Massachusetts School Nurses Association (MSNO), along with the Foundation to Advance Nursing in Massachusetts (FNAMA).

The ANA recently published their statement on Racism in Nursing, which you can read here: ANA New Position Statement on Racism in Nursing

CHAPTER ACTIVITIES

If you have not connected with your MAPHN Chapter, reach out to one of these chapters below. The Chapter Presidents are more than happy to get to know you and will encourage you to attend Chapter Meetings!

MetroWest-Central

Chapter meets every first Thursday of the month from 12pm-2pm, alternating virtual meetings with in-person gatherings. When meeting in-person, we rotate our locations. 2023 has found us meeting in Southborough, Natick, and Hopkinton.

Officers

Taylor West, President  twest@southboroughma.com

Emily Amico, Secretary

AnnMarie McCauley, Treasurer

This spring we had CEU offerings featuring some special guests! In April, we met at Natick Town Hall where we were introduced to the new MDPH TB Director of Disease Investigation and Case Management, Dr. Anna Hippchen, who gave us an update on the state of TB in Massachusetts, providing us with several valuable TB program resources.
In May, we were treated to a presentation on Climate Change by Harvey Leonard, recently retired well-known television meteorologist at WCVB for many years. This was held at Hopkinton Town Hall.

April 2023
Natick Town Hall
Dr. Anna Hippchen
MDPH TB Manager

May 2023
Hopkinton Town Hall
Harvey Leonard
former WCVB-TV
Chief Meteorologist
Northeast

Chapter meets every second Friday of the month from 9:00 am to 11:30 am, in-person at the Westford Town Hall.

We meet monthly in person, and usually provide CEUs for different presentations. This past Spring we offered CEUs in: TB Talk; Narcan Training; Stop the Bleed Training; The Legal Authority of LBOH; and Infectious Disease, Surveillance & Response. In addition, vaccine manufacturers Sanofi, GSK and AstraZeneca provided educational programs (and generously brought in lunch for us!); and the Director of Healthy Communities presented on the Tobacco Control Program.

Officers

Gail Johnson, President  gjohnson@westfordma.gov
Karen DaCampo, Vice President
Darcy Beal, Secretary
Judith Ryan, Treasurer

Southeast

Officers

Tiffany Zike, President  tzike@needhamma.gov
Jessica Tracy, Secretary
Caroline Kinsella, Treasurer
Western

Officers

Anne Mistivar, President amistivar@hcc.edu
Sharon Leary, Vice President
Angela Kramer, Secretary/Treasurer

(Cape & Islands, Boston/Cambridge are inactive at this time)

EDUCATIONAL OPPORTUNITIES

TB Summer Learning Opportunities

TB Summer Training Series from Rutgers: Rutgers’ Global TB Institute (GTBI) has launched their summer TB 101 series. All of the presentations will be recorded and available on the GTBI website. The topics are below and the sessions will be held on Fridays from 10 – 11 AM from now until September 15th.

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<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>June 23</td>
<td>Transmission and pathogenesis</td>
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<td>June 30</td>
<td>Epidemiology of TB</td>
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<td>July 7</td>
<td>Testing for Latent TB Infection (LTBI)</td>
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<td>July 14</td>
<td>Treatment of LTBI</td>
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<td>July 21</td>
<td>Testing and treatment of LTBI in children</td>
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<td>July 28</td>
<td>Diagnosis of TB disease</td>
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<td>August 4</td>
<td>Interpreting lab results</td>
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<td>August 11</td>
<td>Treatment of TB disease</td>
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<td>August 18</td>
<td>Diagnosis and treatment of TB disease in children</td>
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<td>August 25</td>
<td>Case management and treatment adherence</td>
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<td>September 1</td>
<td>Managing adverse drug reactions</td>
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<td>September 8</td>
<td>Infection control</td>
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<td>September 15</td>
<td>Contact investigations</td>
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Massachusetts Institute for Community Health Leadership

Blue Cross Blue Shield of Massachusetts (BCBSMA) Foundation is now recruiting applicants for the 12th cohort of emerging leaders in the Massachusetts Institute for Community Health Leadership (MICHL) program that begins this fall.

MICHL is an opportunity for emerging leaders in a variety of public health and health care settings in Massachusetts to participate in leadership development with a cohort of professionals who are experiencing many of the same challenges, demands, and benefits of this work. Participants will have the opportunity to join a network of emerging leaders across the state and will extend their growth and engagement, not only through the initial nine-month program experience, but also as a result of building a supportive group of colleagues. MICHL develops evolving leaders to:

- increase their personal impact;
- strengthen their effectiveness in their organization;
- enhance the organization's influence in the health care system; and
- understand effective leadership in the context of privilege, health inequities, and racial equity. MICHL is accepting applications from individuals with diverse backgrounds and roles within public health, health and health care systems. Visit their website for more information about the application process, program curriculum and schedule, and past participants. Applications for the 2023 - 2024 cohort are due August 1, 2023.