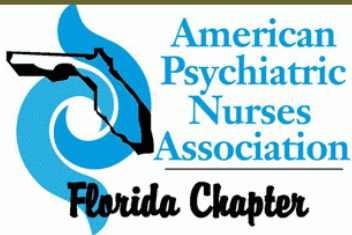


September 2014

# APNA Florida Chapter



## Board of Directors

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*Sandra Cadena*

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*Carole Kain*

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*Cindy Parsons*

## Welcome

The APNA annual Board of Directors retreat was held last month and plans were made for 2014-2015. There were a large number of new board members and the energy was palpable. Goals set for the coming year reflected a commitment to upholding the mission of the APNA membership, national organization and the public. The board is a resource for the entire APNA membership, comprised of RN's and ARNP's. Plans were discussed for the upcoming annual state conference, including an exciting and informative schedule of events. The board is here to serve you and they are eager to hear from you. What issues are you facing in your practice and how can the board support you? Feel free to contact any board member. You are also invited to join the board members in membership conference calls and connect with them at the APNA National Conference. Most importantly, get involved!

## Important Dates

### ➤ Membership Meetings via Conference Call

Calls will be held from 7:30 pm - 8:30 pm.

Please look for an e-mail with dial up instructions.

- September 18, 2014
- January 15, 2015
- April 16, 2015

### ➤ APNA 28th Annual Conference

October 22-25, 2014, Indianapolis, IN

### ➤ APNA Florida State Conference

March 2015, Orlando, FL.

## Chapter 2014-92, Laws of Florida, became effective on July 1, 2014

Chapter 2014-92, Laws of Florida, became effective on July 1, 2014. Several areas impact the Board of Nursing. You will find a summary of the changes below and can view the actual bill language at <http://laws.flrules.org/2014/92>.



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APNA Florida Chapter

**Nursing licensure applicants:** The changes require graduates of approved nursing education programs in Florida, who do not take the licensure examination within 6 months after graduation, to complete a licensure exam preparatory course (approved by the Board of Nursing).

**Licensed nurses:** Licensed nurses (LPN, RN, ARNP) are now exempt from continuing education requirements for licensure renewal if they are certified by a health care specialty program accredited by the National Commission of Certifying Agencies (NCCA) or the Accrediting Bureau of Specialty Nursing Certification (ABSNC).

**Nursing education programs:**

- The law revises clinical training to include simulation and the use has been increased to 50% for each content area. In addition, all clinical training must be completed in the U.S., District of Columbia, or U.S. territory for LPN/RN programs.
- Programs must achieve a graduate pass rate for first time test takers who take the exam within 6 months of graduation. Approved programs shall require graduates who do not take the exam within 6 months of graduation to enroll in and complete a licensure exam preparatory course (approved by the Board of Nursing).
- Remediation plans for probationary programs must include specific benchmarks to identify progress toward a graduate passage rate goal.
- The board may choose to extend a program's probationary period for 1 year if the program can demonstrate adequate progress toward the passage rate goal by meeting benchmarks in the established remediation plan.
- If a student transfers from a terminated program with more than 12 credit hours, the passage rates of the receiving program will be recalculated to exclude the scores of the transferred student.
- Professional nursing education programs are required to reach nursing accreditation status by July 1, 2019, or within 5 years of enrolling the program's first students.

## NEW Advanced Practice Council

The APNA Florida Board recently created a state Advanced Practice Council (APC) and is seeking all Advanced Practice Nurses to help develop local councils! There are several existing groups that meet around the state, and we want to hear about your activities. In order to grow the local membership of these APC's the Board would like to help advertise council activities and efforts to all the APNA members in Florida. Upcoming local APC meetings will be posted in the APNA Newsletter and announced during membership calls.

The Advance Practice Council was created to provide educational activities, networking opportunities and professional development for Psychiatric ARNP's/CNS and also ARNP students. The APC Council will collaborate with other Nurse Practitioner associations on legislative efforts in the state and provide expert knowledge of psychiatric nursing.

Contact Emily Bell if you:

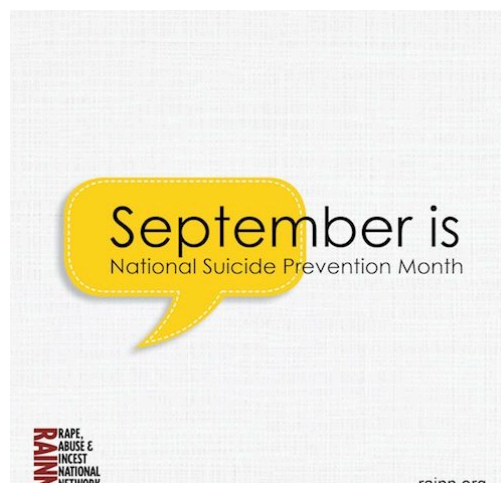
- *Attend or organize* one of these local APC groups
- *Want to attend, join or create* a local group

You can message her on Member Bridge or email her directly at [Emily.e.donelson@gmail.com](mailto:Emily.e.donelson@gmail.com)

Emily Bell ARNP, PMHNP-BC  
President-Elect, APNA Florida Chapter  
Chair, APNA Florida Chapter Advanced Practice Council

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Every year, over 800,000 people die from suicide; this roughly corresponds to one death every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.



<http://ow.ly/B3Bmk>

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*APNA 28th Annual  
Conference  
October 22-25, 2014  
Indianapolis, IN*

## Meet your 2014-2015 Board of Directors



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**Member-at-Large**

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**Immediate Past President**

Patricia Brown, PhD, ARNP  
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## APNA 28th Annual Conference

Please join us at the APNA 28th Annual Conference,  
**October 22-25, 2014** in Indianapolis, Indiana

Join your colleagues for:

- Networking with psychiatric-mental health nurses from all over the world
- Education prepared and presented by psychiatric-mental health nurses
- The opportunity to earn 130+ continuing education contact hours
- Content specific to your needs as a psychiatric-mental health nurse

You can also use this as an opportunity to meet with the Florida Chapter Board of Directors during the state breakout meetings. See program details for date, time, and location.

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*"Coming together is a beginning; keeping together is progress; working together is success."*

*-Henry Ford*

# Combating Compassion Fatigue

The very thing that draws us to nursing—being a supportive part of a person's health needs—is exactly what can cause us to suffer from compassion fatigue. First applied in 1992, compassion fatigue is a term used to describe a syndrome that occurs in nurses when they're caring for a patient facing life-altering or life-threatening changes as a result of an illness. The compassionate nurse demonstrates both feelings of sympathy for that individual and a strong desire to stop the suffering. However, nurses can't always alleviate pain and suffering. Often, we become overwhelmed with the trauma we see each day. This is when compassion fatigue starts.

Some of the signs that compassion fatigue is starting include:

- feelings of tiredness before you even start your workday
- lack of enjoyment in leisure activities
- compulsive acts, such as overdrinking, overeating, and overspending
- excessive blaming
- chronic physical ailments, such as back pain or stomach upset, that may result in the use of sick days
- excessive complaints about your job, peers, or assignments.

After you recognize that you're suffering from compassion fatigue, you can initiate the following changes to combat it:

- Take care of yourself first. Nursing is 24/7 and there's never a good reason for not taking your allowed breaks at work. If you truly work in an organization that creates unsafe nursing assignments, then it's time to change your work environment.
- Talk to friends, peers, and family about how to better balance your job responsibilities with your personal life.
- Take care of your physical health. Make sure you get enough sleep each night. Eat healthy food choices. Exercise regularly outside of work.
- Learn to set boundaries. When a peer asks you to help with her patient load and you have a taxing load yourself, say no. When a supervisor calls you on your day off and begs you to help cover a shift, say no. When a support staff member wants you to do his job as well as your RN duties, say no.
- Recognize your limitations. You can't stop all suffering or problem-solve all healthcare needs. You can be there for your patient without a need to fix everything.
- Recharge yourself. Make a list of all the enjoyable things you like to do, such as long walks, hot baths, visits with friends, or a massage, and put them on your to-do schedule. Make these recharging activities as important as eating and sleeping.
- Stimulate your mind. Nursing is a caring profession, but it's also a scientific one. Keep learning about new diseases and treatments. This will give the emotional centers of your brain a rest and wake up the cognitive centers of your brain for better balance.

Recognizing the signs of compassion fatigue and taking steps to prevent and treat it can provide you with the resiliency to make nursing a rewarding profession.

