

REGISTER TODAY!



Webinar

COVID-19 & Mental Consequences:

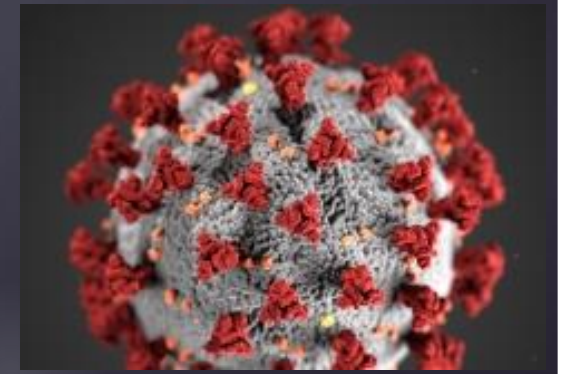
Tips on How to Improve Mental Health Well-being

Thursday, May 7, 2020 | 7:00 p.m. - 9:00 p.m. EST

COVID-19 Updates: Racial Disparities and Impacts on African Americans

MARIE O. ETIENNE, DNP, APRN, FNP, PNP, PHD (HON) MIN., PLNC
PROFESSOR, MIAMI DADE COLLEGE BENJAMIN LEON SCHOOL OF NURSING
2ND VICE-PRESIDENT, MIAMI CHAPTER BLACK NURSES ASSOCIATION

MIAMI-BNA WEBINAR
MAY 7, 2020



Acknowledgements

- ▶ Dr. Martha Dawson, the 13th President of the National Black Nurses Association (NBNA), Founded in 1971
- ▶ Patrise Tyson, President of the Miami Chapter Black Nurses Association
- ▶ Dr. Millicent Gorham, Executive Director of NBNA
- ▶ Board Members of NBNA & Miami-BNA Board Members
- ▶ All Chapter Leaders & Members of NBNA
- ▶ **Happy Nurses Month to all Everyone!** According to the World Health Organization and American Nurses Association, **2020 is the Year of the Nurse and Nurse Midwives**
- ▶ May is National Mental Health Awareness Month



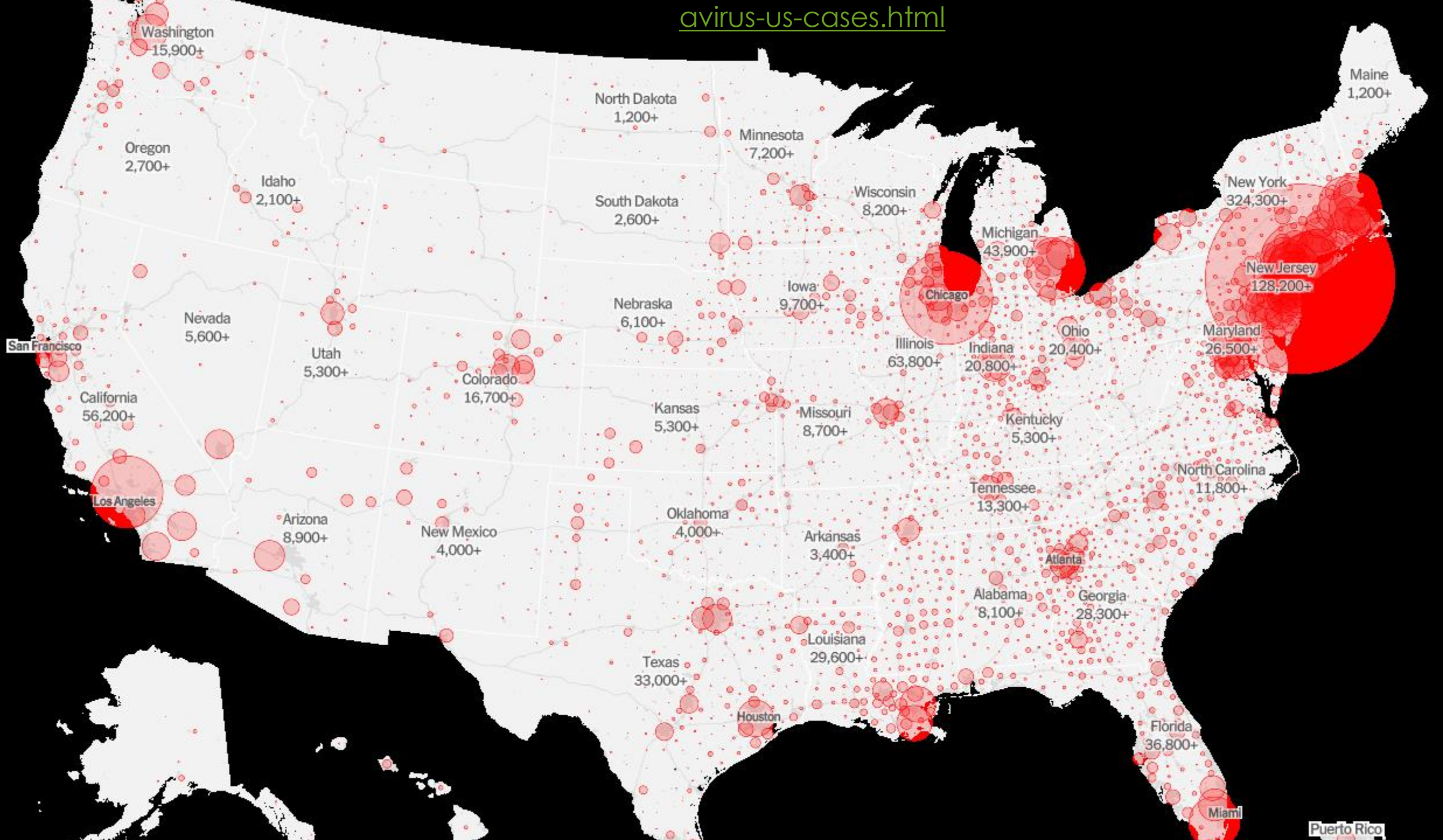
Objective

- ▶ Categorize disparities among vulnerable and poor communities.

Key Message from the U.S. Surgeon General Dr. Jerome Adams, MD, MPH



- ▶ Recently, Surgeon General Dr. Jerome Adams stated that individual behavior leads to higher deaths from Covid-19 among African-Americans.
- ▶ On April 10, 2020 during a press briefing of the White House, Dr. Adams stated that “communities of color need to step up and help stop the spread so that we can protect those who are most vulnerable.”
- ▶ Dr. Adams openly shared his own struggles with high blood pressure, asthma and pre-diabetes, nonetheless added that African-Americans and Latinos should “avoid alcohol, tobacco and drugs.
- ▶ He stated “*We need you to do this, if not for yourself, then for your abuela. Do it for your grand daddy. Do it for your big mama. Do it for your pop-pop.*”



Confirmed Cases and Deaths in the U.S. ("Hot Spot States") as of May 5, 2020

State/territory	Confirmed cases	Deaths
New York	321,192	25,073
New Jersey	130,690	8,244
Massachusetts	69,087	4,090
Illinois	63,777	2,659
California	56,168	2,289
Pennsylvania	53,434	3,165
Michigan	43,990	4,139
Florida	37,439	1,471

The Data is Real!

- ▶ The first data released about COVID-19 victims highlights racial disparities – systemic racism, socio-economic inequality, and lack of access to health care – mean black Americans have a higher mortality rate. The CDC is under pressure to be more transparent about the toll on communities of color.
- ▶ Nearly 3,300 of the nation's 13,000 deaths thus far – about 42% were black, according to an Associated Press analysis.
- ▶ Drastic numbers have prompted a national civil rights organization to call for federal and state governments to release demographic data out of concerns about delayed care and high mortality rates for African American people, as well as to prevent the faster spread of coronavirus across the nation.

Alarming Data!

- ▶ On April 8, the Center for Disease Control (CDC) released a report drawn from hospital data in 14 states for the month of March. Among 580 patients with race or ethnicity identified, disparities emerged. African Americans make up 13% of the U.S. population, but accounted for 33% of patients sick enough with COVID-19 to be hospitalized.
- ▶ President Donald Trump called the impact on African American people a “real problem” at a White House Coronavirus Task Force briefing.
- ▶ Task force member Anthony Fauci, MD, said diseases such as **diabetes** and **High Blood Pressure** affect minorities to a disproportionate degree, especially African American people.

Contributing Factors Influencing Racial & Ethnic Minorities Associated with Higher Incidence of COVID-19

- ▶ It is well documented that social and health inequities are longstanding and systemic disturbances to the wellness of marginalized, minoritized and medically underserved communities
- ▶ Black people are more likely than white people to live in communities with high rates of poverty, where physical and social structures are crumbling, where opportunity is low and unemployment high.
- ▶ Living where the streets are unsafe and the air and water are polluted, where adequate health care facilities and outdoor space are lacking and where a dearth of healthful and affordable food creates a “desert” all leads to poorer health outcomes.

Contributing Factors Influencing Racial & Ethnic Minorities Associated with Higher Incidence of COVID-19

- ▶ Unequal Treatment

COVID-19 Common Myths

- ▶ **Myth: African Americans cannot get COVID-19.**
- ▶ **Myth:** Are black people immune to coronavirus?
- ▶ **Myth:** Having COVID-19 is just like having the flu.
- ▶ **Myth:** COVID-19 spreads through food.
- ▶ **Myth: COVID-19 can be spread by mosquitoes.**
- ▶ **Myth:** I can get COVID-19 from my pet.
- ▶ **Myth:** Young people do not get COVID-19, only older people and people with other medical conditions are a risk.
- ▶ **Myth:** COVID-19 cannot be transmitted in areas with hot and humid climates.
- ▶ **Myth:** Being in the sun or high temperatures prevents COVID-19.

▶ https://marionpublichealth.org/covid-19-myths-versus-facts/?utm_source=rss&utm_medium=rss&utm_campaign=covid-19-myths-versus-facts



Contributing Factors Influencing Racial & Ethnic Minorities Associated with Higher Incidence of COVID-19

Social determinants of health considered:

- ▶ Low socioeconomic status
- ▶ Poor access to healthy foods
- ▶ Residential segregation
- ▶ Multi-generational households
- ▶ Racial segregation,
- ▶ Individuals living in rural areas
- ▶ Over-represented in jails, prisons, and detention centers

What do we Know about Healthcare Disparities?

- ▶ Healthcare disparity is not simply a difference in health outcomes by race or ethnicity, but a disproportionate difference attributable to variables other than access to care

Social Determinants of Health

- ▶ Social determinants of health are conditions in the environment in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (www.healthypeople.gov).

What Interventions that Can Be Done?

- ▶ Shared faith, family, and cultural institutions are common sources of social support.
- ▶ Institutions can empower and encourage individuals and communities to take actions to prevent the spread of COVID-19
- ▶ Help community members cope with the stress
- ▶ The **Federal government** can collect data to monitor and track disparities among racial and ethnic groups
 - ▶ Allocate resources and targeted public health information
 - ▶ Support **partnerships** between scientific researchers, professional organizations, community organizations, and community members to address their need for information to prevent COVID-19 in racial and ethnic minority communities.

Steps to Prevent Coronavirus Virus

- ▶ **There is currently no vaccine** to prevent coronavirus disease 2019 (COVID-19).
- ▶ The best way to prevent illness is to **avoid being exposed** to this virus.
- ▶ Use a hand sanitizer that contains **at least 60% alcohol**.
- ▶ **Avoid touching your eyes, nose, and mouth** with unwashed hands



Prevent Respiratory Illness

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:



Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.



Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Stay home when you're sick, and keep your children home when they're sick.

Prevent Respiratory Illness



Clean and disinfect frequently touched surfaces.



Don't touch or shake hands with people who are sick.



Try not to touch your face with unwashed hands.

Persistence of Coronaviruses on Surfaces



Source: *J. Hosp. Infect.* DOI: <https://doi.org/10.1016/j.jhin.2020.01.022>

Note: Coronavirus activity may be impacted by temperatures higher than 86°F (30°C). Authors also confirm that coronavirus may be effectively wiped away by household disinfectant. COVID-19 was NOT included in this study

Medscape



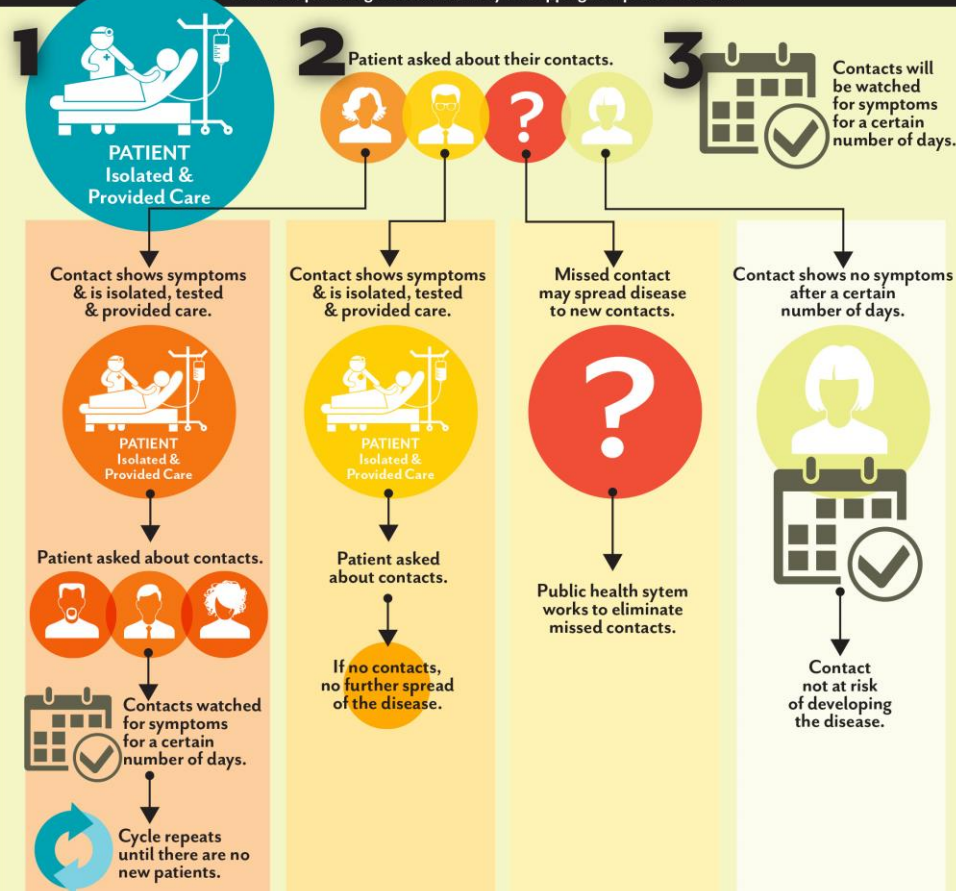
Contact Tracing Can Contain Infectious Disease Outbreaks

FloridaHealth.gov • Florida Department of Health

If you are diagnosed with a certain disease, you will be asked by a local public official—an epidemiologist—about everyone with whom you have had contact. The epidemiologist will talk to each person and ask them about their health. This is called contact tracing and is a core public health function.

- Contact tracing tracks and prevents the spread of disease.
- Epidemiologists find everyone who has been in contact with the sick person.
- Contacts are watched for symptoms for a certain number of days.

Your role, providing all contacts, is key to stopping the spread of disease.



Local county contact information can be found at FloridaHealth.gov.

02/26/20



COVID-19 General Prevention

Florida Department of Health • FloridaHealth.gov • tinyurl.com/FLcdcprevention

Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water – 20 seconds or longer



Dry hands with a clean towel or air dry your hands



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect “high touch” surfaces often



Call before visiting your doctor

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Florida Health Office of Communications 05-05-20

<http://www.floridahealth.gov/>

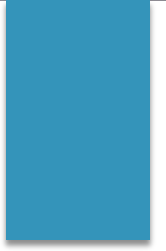
Recommendations from NBNA & NAHN

- ▶ Provide culturally tailored, linguistic, and competent programs to help improve health outcomes and quality of life
- ▶ Provide adequate COVID-19 health literacy services tailored to the needs of Black and Latino communities with a focus on testing and contact tracing services.
- ▶ Ensure that any COVID-19 testing and contact tracing program in hot spot states are set up in accordance with sound cultural competency standards.

References

- ▶ Center for Disease Control (2020). *Share the facts and not rumors*. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>
- ▶ Douglas, J. M. (2020). Why COVID-19 Underscores the importance of social determinants of health. Retrieved from <https://hitconsultant.net/2020/04/20/covid-19-social-determinants-of-health-importance/#.XrG6ZKhKjIU>
- ▶ Kommeda, N, Gutiérrez, P & Aldophe, J. (2020) Retrieved from <https://www.theguardian.com/world/ng-interactive/2020/may/05/coronavirus-map-of-the-us-latest-cases-state-by-state>
- ▶ Institute for Health Metrics and Evaluation (2020). *COVID-19 data projections*. Retrieved from <https://covid19.healthdata.org/united-states-of-america>
- ▶ Shonkoff, J. P., M.D. & Williams. D. R. (2020). Thinking About Racial Disparities in COVID-19 Impacts Through a Science-Informed, Early Childhood Lens. Retrieved from <https://developingchild.harvard.edu/thinking-about-racial-disparities-in-covid-19-impacts-through-a-science-informed-early-childhood-lens/>
- ▶ World Health Organization (2020). Coronavirus disease (COVID-19) advice for the public: myth busters. Retrieved from <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Thank you for
your attention!



Corona Virus Disease Disparities in Nursing and Communities



Dr. Linda Washington-Brown

Objectives

- ▶ Categorize disparities among vulnerable and poor communities
 - ▶ Identify workforce disparities in nursing
 - ▶ Summarize leading minority health statistics
 - ▶ Describe ethnic data on COVID-19 cases and deaths
 - ▶ Discuss available COVID-19 tests

Ethnic and Gender Workforce Data

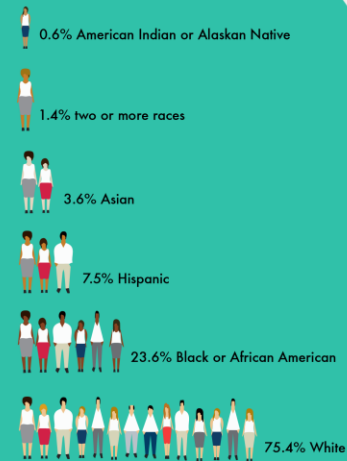
GENDER:



Sources

1. The US Nursing Workforce: Trends in Supply and Education, Health Resources and Services Administration, Bureau of Health Professions, National Center for Health Workforce Analysis, April 2013
2. The Registered Nurse Population: Findings from the 2008 National Sample Survey of Registered Nurses, US Department of Health and Human Services, Health Resources and Services Administration, September 2010

RACE/ETHNICITY:



Sources

1. The US Nursing Workforce: Trends in Supply and Education, Health Resources and Services Administration, Bureau of Health Professions, National Center for Health Workforce Analysis, April 2013
2. The Registered Nurse Population: Findings from the 2008 National Sample Survey of Registered Nurses, US Department of Health and Human Services, Health Resources and Services Administration, September 2010

Figure 2: Distribution of RNs by Race and Ethnicity

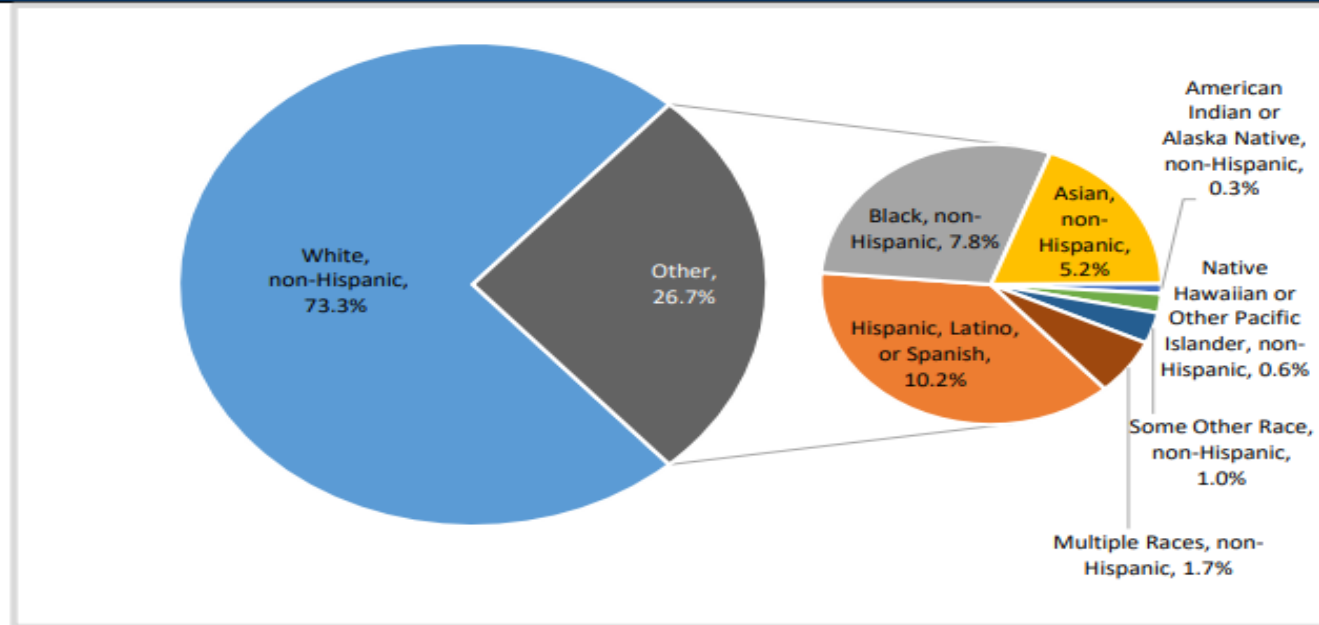
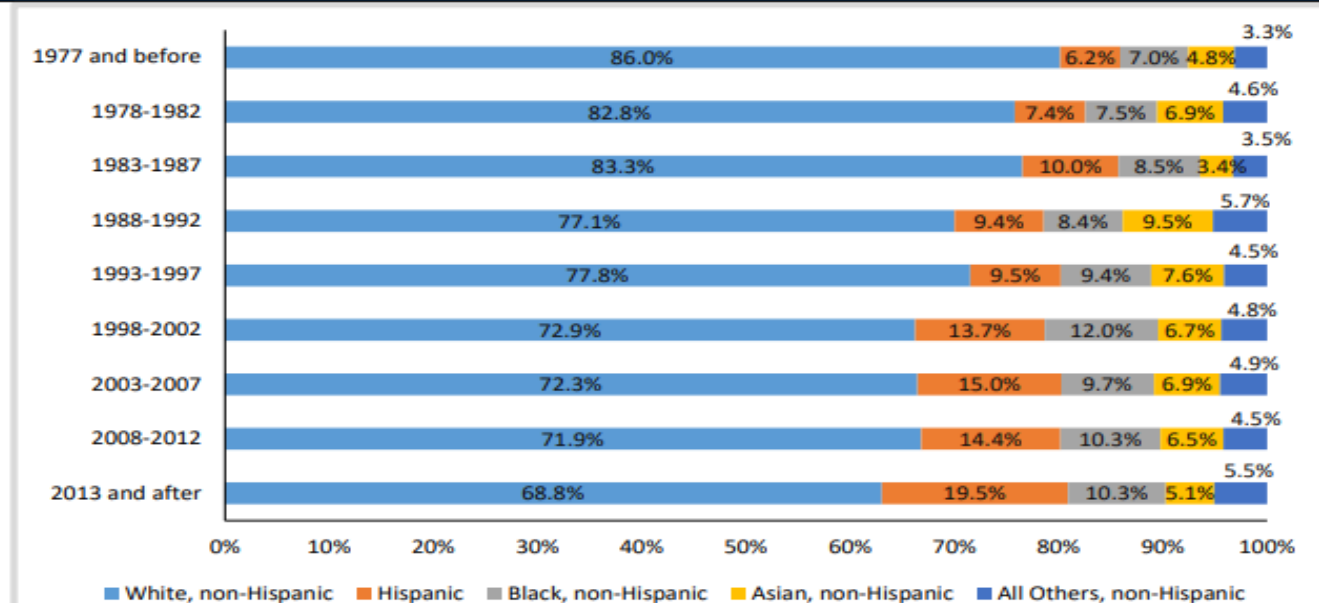
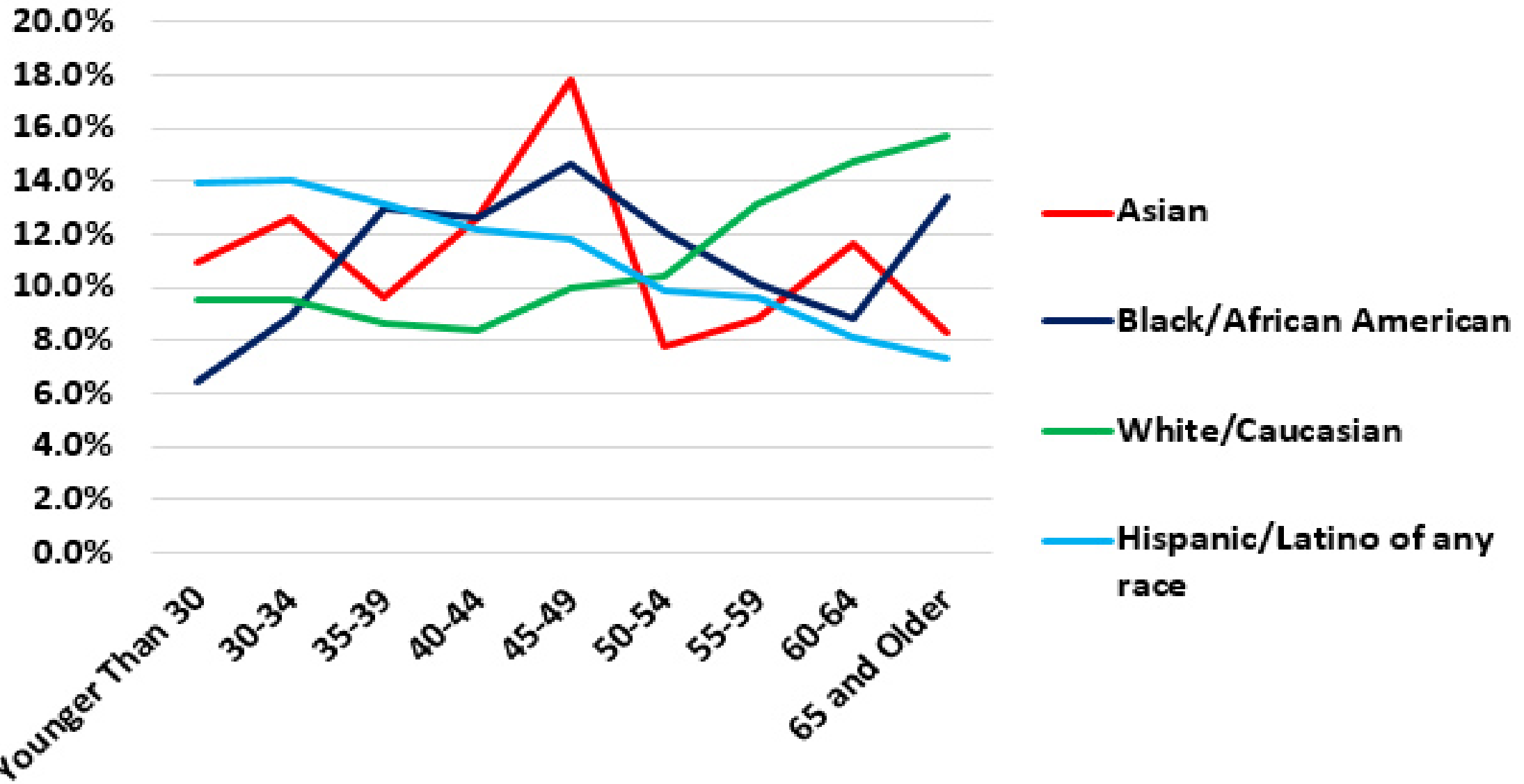


Figure 3: Distribution of Race and Ethnicity by Initial Nursing Program Graduation Year



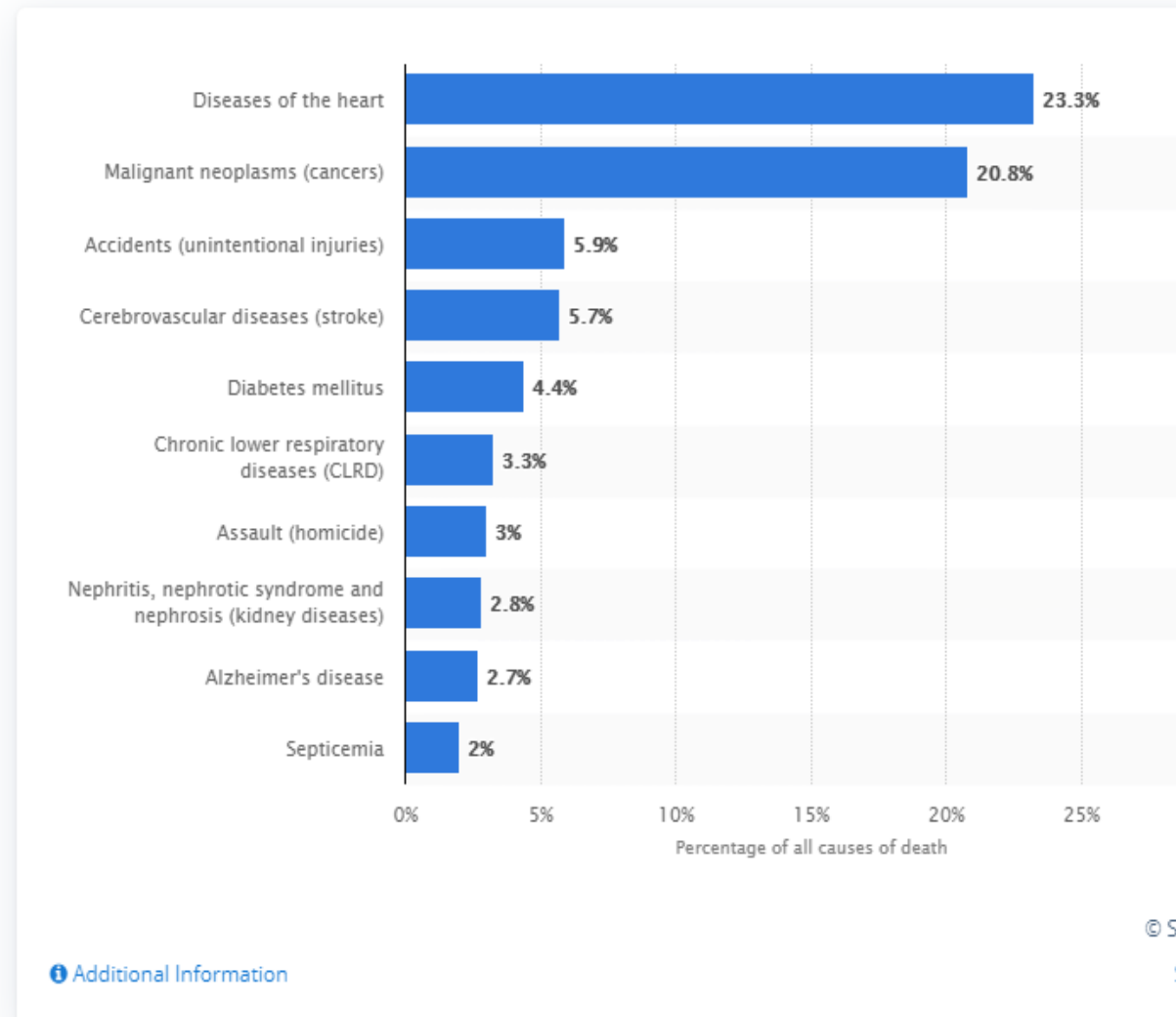
RN Race/Ethnicity by Age Group



Ten Leading Causes of Deaths among US Blacks

- ▶ Heart Disease
- ▶ Malignant neoplasms [cancers]
- ▶ Accidents [Unintentional injuries]
- ▶ Cerebrovascular diseases [Stroke]
- ▶ Diabetes Mellitus
- ▶ Chronic lower respiratory diseases
- ▶ Assault [homicide]
- ▶ Kidney Disease [nephritis, nephrotic syndrome and nephrosis]
- ▶ Alzheimer's
- ▶ Septicemia

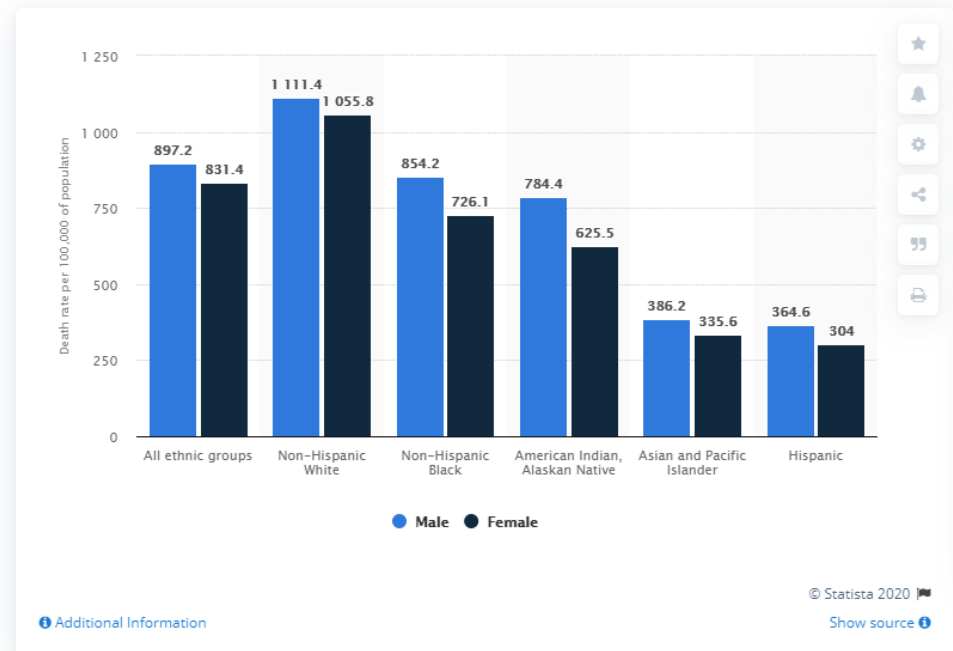
Distribution of the 10 leading causes of death among



Summary of Assessed Health Status

Society / Demographics

Death rate in the United States in 2017, by ethnic group and (per 100,000 of population)



© Statista 2020

[Additional Information](#)

[Show source](#)

Death rate by ethnic group and sex in the U.S. 2017

Published by Erin Duffin, Jul 1, 2019

This statistic displays the total death rate in the United States in 2017, by ethnic group and sex. In 2017,

We use cookies to personalize contents and ads, offer social media features, and analyze access to our website. In your browser's settings, you can configure or disable this, respectively, and can delete any already placed cookies. For details, please see your browser's Help section. Please see our [privacy statement](#) for details about how we use data.

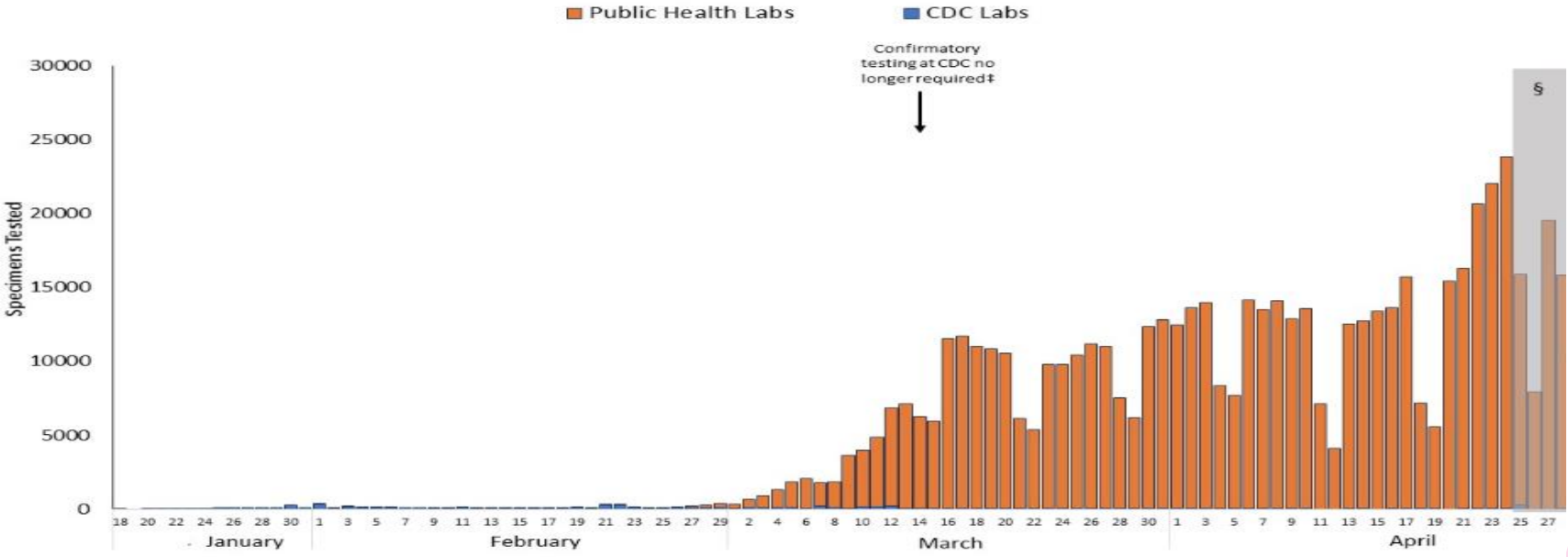
RACE/ETH	Excellent	V Good	Good	Fair	Poor
White	37.5	32.2	22.0	6.5	1.8
Black	33.5	25.8	27.0	10.8	2.9
A IND	26.4	24.0	30.8	13.0	5.7
Asian	39.1	31.8	20.9	6.2	2.1
P ISL	29.4	26.3	33.3		
HISP	34.3	27.5	25.8	9.6	2.5

COVID-19 Tests

- ▶ If symptomatic [cough, fever, shortness of breath, diarrhea]
- ▶ Types of Tests
 - ▶ Molecular (PCR or isothermal nucleic acid amplification)
 - ▶ Serologic (Host antibody)
 - ▶ Viral (Antigen)
- ▶ Test Sites
- ▶ Test Results
- ▶ Test Limitations

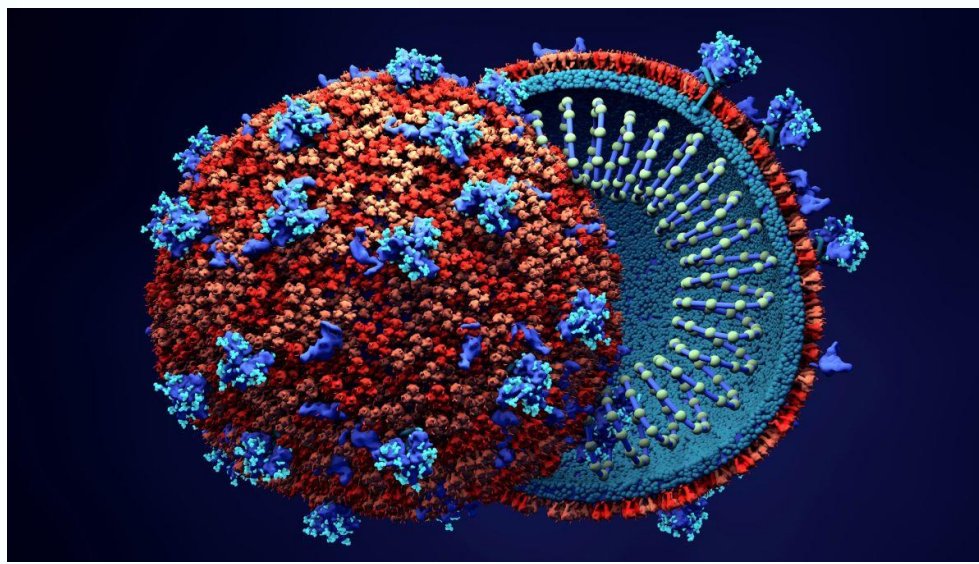
COVID Specimens Tested

Number of specimens tested for SARS CoV-2 by CDC labs (N= 5,591) and U.S. public health laboratories* (N= 590,981)†



Summary

- ▶ There are grave disparities in the nursing workforce that contributes to the care of vulnerable populations in poor communities
- ▶ Minority health statistics show that:
 - ▶ Blacks are 10% less likely to have been diagnosed with breast cancer
 - ▶ Blacks are twice as likely to have been diagnosed with diabetes than White Americans
 - ▶ American Indians / Alaska Natives are 60% more likely than whites to be obese
 - ▶ Blacks are about 60% more likely to have a stroke than White Americans
 - ▶ American Indians / Alaska Natives are 1.4 times as likely than Whites to be current cigarette smokers.
 - ▶ Blacks account for 13% of the US population but account for 44% of HIV/AIDS
 - ▶ Blacks ER visits were 2.8 times higher than whites for asthma related visits.
- ▶ COVID-19 test are now arriving in minority communities - with long wait times for results.



Psychological Factors Associated with COVID-19 Crisis

Marjorie Lozama, MSNEd, APRN, PMHNP-BC, CDMS

Thursday, May 7, 2020

Miami Chapter Black Nurses Association

Objective

- Participants will develop healthy ways to better cope with the stress and anxiety

Effect of COVID-19 Pandemic

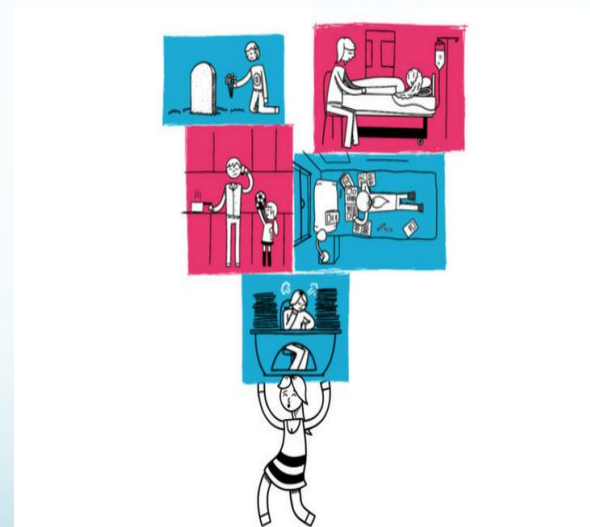
- Public Crisis:

The pandemic creates a kind of forced depression because it disrupts our routine, our plan for the future that normally give us hope. COVID-19 has a mental toll on people especially those already struggling with anxiety, depression and other conditions

(NIH, 2020)

Common Emotion

- People may experience a common emotion: GRIEF
- Grief over the loss of routine
- Grief over the uncertainties which may provoke fear and anxiety
- Grief of losing loved ones



STRESS

- Physical and emotional reaction that people experience as they encounter changes in life such as the Covid-19 pandemic
- Stress is a natural physical and mental reaction to life experiences (Fight or Flight response)
- Long term stress may contribute to or worsen any existing condition such as depression, anxiety, insomnia and other mental illnesses



Stress - Distress

- **Physical Reactions**

- Tiredness
- Aches/Headaches
- Clenched jaw
- Upset stomach
- Change in appetite
- Racing heart
- Cold and sweaty palms
- Muscle tightness

- **Emotional Reactions**

- Sadness
- Anxiety
- Anger
- Agitation
- Irritability
- Forgetfulness
- Confusion

Anxiety

- Feeling of worry, nervousness, or fear about an event or situation
- Anxiety can become severe, a persistent problem that is hard to control and affects day-to-day life.
- This can lead to a more serious condition called Generalized Anxiety Disorder (GAD)

Generalized Anxiety Disorder

- Displays excessive anxiety or worry most days for at least 6 months
- Fear and anxiety can cause significant problems
- Personal health, work, social interactions, and everyday routine life circumstances can be affected
- Without treatment GAD can develop other more serious condition such as panic disorder

Signs & Symptoms of Anxiety

- Anxious
- Stress
- Worried
- Fearful
- Low energy
- Lonely
- Overwhelmed
- Frustrated
- Helpless
- Angry



Depression

- Depression is a common but serious mood disorder. It causes severe symptoms and affect the way you feel, think, and behave and can lead to a variety of emotional and physical problems

Depression symptoms

- Feeling sad or anxious often or all the time
- Loss of interest or pleasure in hobbies or activities
- Feeling irritable, easily frustrated, or restless
- Eating more than usual or having no appetite
- Difficulty sleeping or oversleeping, fatigue
- Difficulty concentrating, remembering or making decisions
- Feeling guilty, worthless, helpless or hopeless
- Thoughts of death or suicide
-

Quarantine/Loneliness

- Loneliness can lead to substance abuse
- Make an abusive situation worst
- Addiction Relapse
- Increase clinical anxiety and depression



Avoid Unhealthy Coping Mechanism

- Tobacco
- Alcohol
- Drugs
- Over-eating
- Unhealthy comfort foods



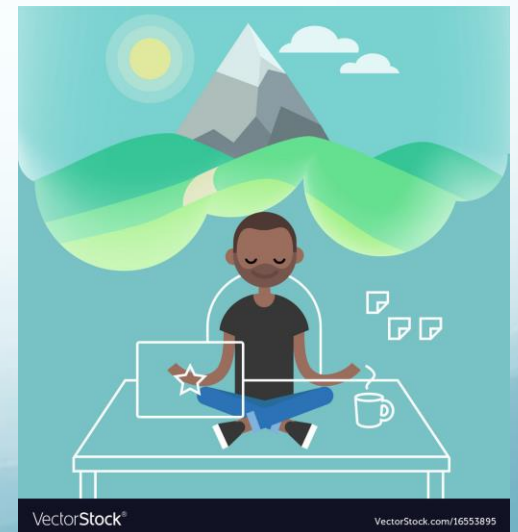
Managing Stress

- Recognizing how you are feeling can help you manage your stress and better cope
- Manage How you consume the information
- Equip yourself with credible information but do not go into information overload
- Set limit on how much news you watch
- Reframe your thoughts
- Set limit on your social media interaction



Follow Healthy Daily Routine

- Daily habits can provide a feeling of more control
 - Make your bed
 - Get dressed
 - Connect with loved ones often
 - Move your body
 - Take break time if you work from home
 - Practice good hygiene
 - Get regular good sleep
 - Eat nutritious foods



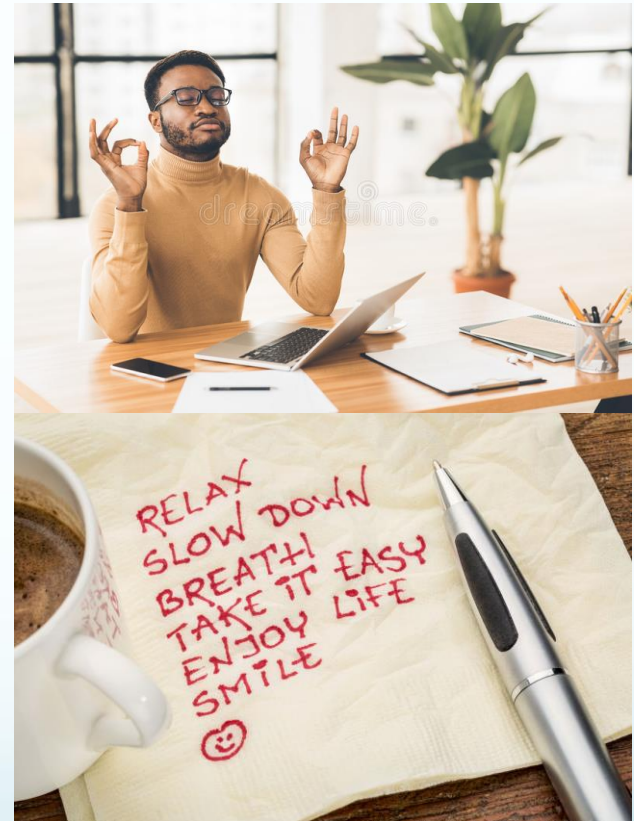
Take Care of Yourself

- Exercise (Walk, dance, yoga, Zumba)
- Meditate
- Practice Mindfulness
- Positive Affirmations and Visualization
- Free Meditation APPs



Stress Reducers

- **Do meaningful and pleasurable activities with your time**
 - Read
 - Learn new skills
 - Create art, build something
 - Journal or write that book
 - Play puzzles or games
 - Take an online course
 - Do tasks around the house; remodel
 - Experiment with Cooking or baking
 - Gardening
 - Prayer



Stay Connected to Others

- Stay connected via phone, text, and social media
- Offer to help others
- Ask help when needed
- Share your feelings with someone you trust
- Set boundaries on your conversation regarding COVID-19
- Do virtual activities
- Find online support
- Connect to a spiritual or religious community



Embrace Technology as a Gateway to the World

- Conduct virtual meetings
- Take Virtual Tours
 - Tour a museum: Le Louvre; British Museum or Museum of Modern Art
 - Watch a virtual concert: London Wigmore or The New York's Metropolitan Museum of Art
 - Home Fitness Center (YMCA, AARP, Go4Life)
 - Expedia

Resources

- NAMI Call (800) 950-NAMI (6264) for mental health resources or email info@nami.org
- Crisis support resources
 - Crisis Text Line: Text “NAMI” to 741741 to chat with a trained crisis counselor - Free 24/7 text line for those in crisis (English only)
- SAMHSA Disaster Distress Helpline: Call (800) 985-5990. If experiencing emotional distress related to natural or human-caused disasters
- National Suicide Prevention Lifeline: Call (800) 273-TALK (8255) please call the toll-free Lifeline to speak with a trained crisis counselor 24/7





*We're all in
this together!*

Even if we can't hold
hands right now.

Image by [Clicker-Free-Vector-Images](#) from [Pixabay](#)

References

- NAMI COVID-19 Information and Resources, April 2020
- The National Institutes of Mental Health (NIH) COVID-19. COVID-19 is an emerging, rapidly evolving situation
<https://www.nih.gov/coronavirus>



Nursing Self-Care in the Middle of a Crisis



© Dawn Grace-Jones 2020

Objective

Apply measures to provide self-care during difficult times

Understand the importance of looking at our emotional and psychological self during the COVID-19 crisis.

We learn and provide quality nursing care to the masses. Nurses spend years building, purchasing, organizing, and planning for more life, yet we do not use our gifts.



Understand the importance of looking at our emotional and psychological self during the COVID-19 crisis.

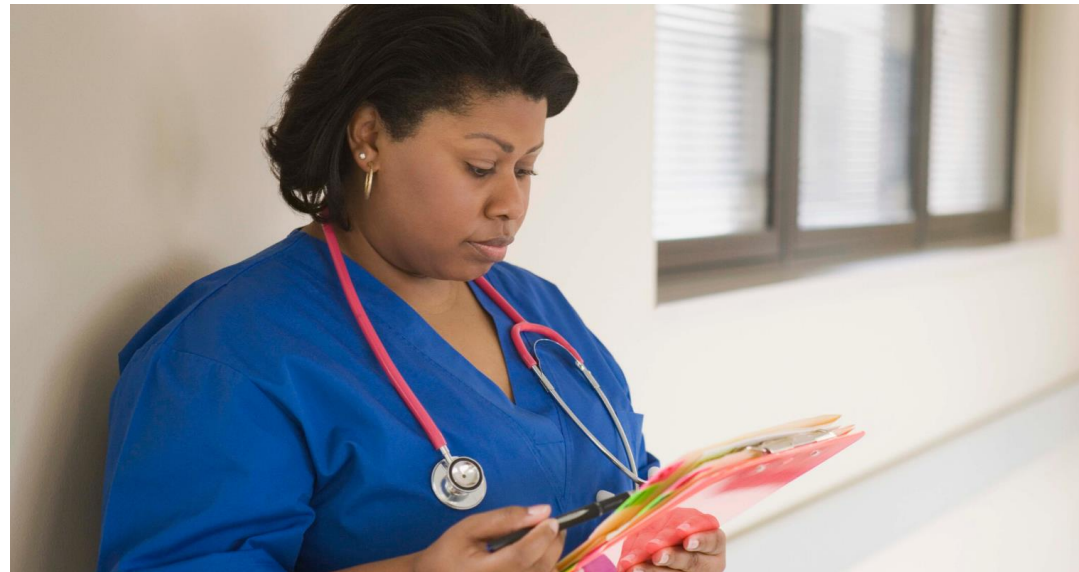
Most don't walk about with someone's life in their pocket.



©Dawn Grace-Jones 2020

Understand the importance of looking at our emotional and psychological self during the COVID-19 crisis.

After caring for patients in all sorts of environments and on every level of sickness, we adapt and do what we feel is necessary.



©Dawn Grace-Jones 2020

Understand the importance of looking at our emotional and psychological self during the COVID-19 crisis.

We work long hours on our feet doing direct care, writing budgets, dealing with staffing, traveling to see patients at home or teaching the next generation of nurses.



Recognize what could trigger emotional breakdown while working as nurse during the COVID-19 crisis.

Question: Can we care for ourselves during our work years?

The layers of situations and moments, in the life of a nurse can lead to emotional overload which is exhibited in different ways. Nurses don't have to like everything but must care no matter what.



Identify measures that could be taken while working during a crisis.

Imagine taking a “me day” pandemic or not. Just because day.



©Dawn Grace-Jones 2020

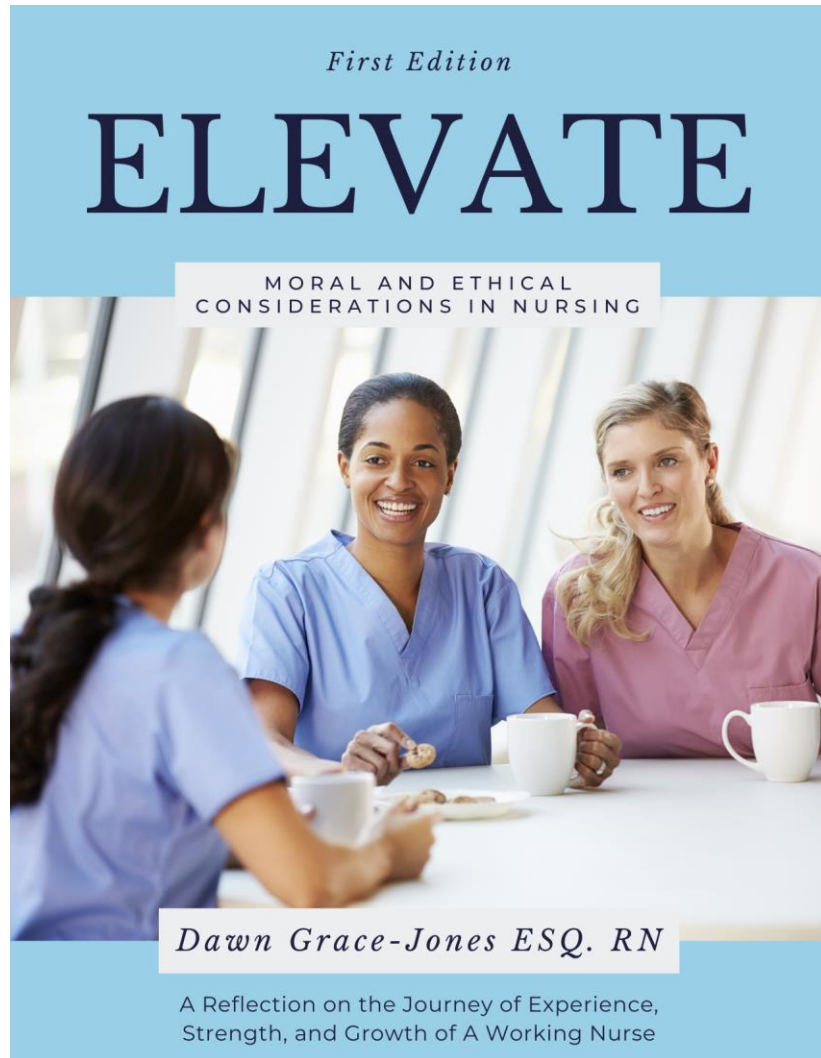
Apply measures to provide self – care during difficult times e.g. COVID 19.

- Stay focused on what you can control.
- Ventilate with one you trust. Start a chat group.
- Affirmations.
 - Affirmation: **I have the power to change my mind in this moment.**
Motivating explanation of affirmation: No matter what you are doing re: patient care, management decisions, life choices, you can change the direction provided you feel there needs to be a change. **Don't feel stuck because you are never stuck until you stop thinking.**

Apply measures to provide self – care during difficult times e.g. COVID 19.

- Affirmation: **I wish only the best for others.**

Motivating explanation of affirmation: Understand that the law of the universe works in healthcare just as every place else. You can not enjoy success with ill will for others. As a healthcare professional, you care about patients. **Apply that same caring spirit to family and co-workers as well.** Watch what happens.



For business inquiries and legal
consultation contact:

Dawn Grace-Jones, Esq RN

Phone: 754-245-3409

Dawngracejones.com

Hello@dawngracejones.com

Purchase your e-book today!

©Dawn Grace-Jones 2020



Suicide Prevention Strategies for Nurses

PATRICE TYSON, MSN, APRN, FNP-BC

MIAMI CHAPTER BLACK NURSES ASSOCIATION

THURSDAY, MAY 7, 2020

Objective

- UNDERSTAND THE EVIDENCE REGARDING NURSES AND SUICIDE

Suicide rates in the U.S.

- Suicide is a growing public health issue with potential to be exacerbated by the COVID-19 Pandemic

1 death every 11 minutes



Nurse Suicide Research

- ❑ Evidence is limited
- ❑ 2019 study by Davidson et al. published in the Archives of Psychiatric Nursing was the first study examining nurse suicide in the U.S. published in over 20 years.

Analysis of 2014 CDC National Violent Death Reporting System (NVDRS) Sample

- Davidson et al. (2019) - female and male nurse suicide rates were significantly higher than the general population

SUICIDE RATES PER 100,00 PERSONS

Male Nurse	Male Population	Female Nurse	Female Population
39.8 /100,00	28.2 /100,00	11.97 /100,00	7.58 /100,00

Summary of Top 3 Suicide Methods of Nurses found by Davidson et al.(2019)

Suicide Method	Nurses (205)	Physicians (50)	Other Occupations (14,504)
Firearm	69 (33.7%)	29 (58%)	7,464 (51.5%)
Pharmaceutical Poisoning	72 (35.1%)	5 (10%)	1,319 (9.1%)
Hanging, Strangulation, Suffocation	28 (13.7%)	8 (16%)	3,954 (27.3%)

First Longitudinal Study on Nurse Suicide in U.S.

- ❑ 1,824 nurse suicides and 152,495 non-nurse suicides reported between 2005 and 2016
- ❑ Female nurses at greater risk of suicide than general female population
- ❑ Male nurses were at significantly greater risk of suicide than general population

Summary of Top 3 Suicide Methods of Nurses found by Davidson et al.(2020)

Suicide Method	Male Nurses (355)	Non-nurse Males (119,625)
Firearm	148 (41.7%)	57,887 (48.4%)
Unknown	74 (20.8%)	17,947 (15.0%)
Hanging, Strangulation, Suffocation	43 (12.1%)	26,359 (22.0%)

Suicide Method	Female Nurses (1,469)	Non-nurse Females (32,870)
Pharmaceutical poisoning	399 (27.2%)	5,701 (17.3%)
Firearm	333 (22.7%)	8,843 (26.9%)
Other Poisoning	254 (17.3%)	4,352 (13.2%)



”

“Study Finds Nurses Are At Higher Risk Of Suicide Than Most People

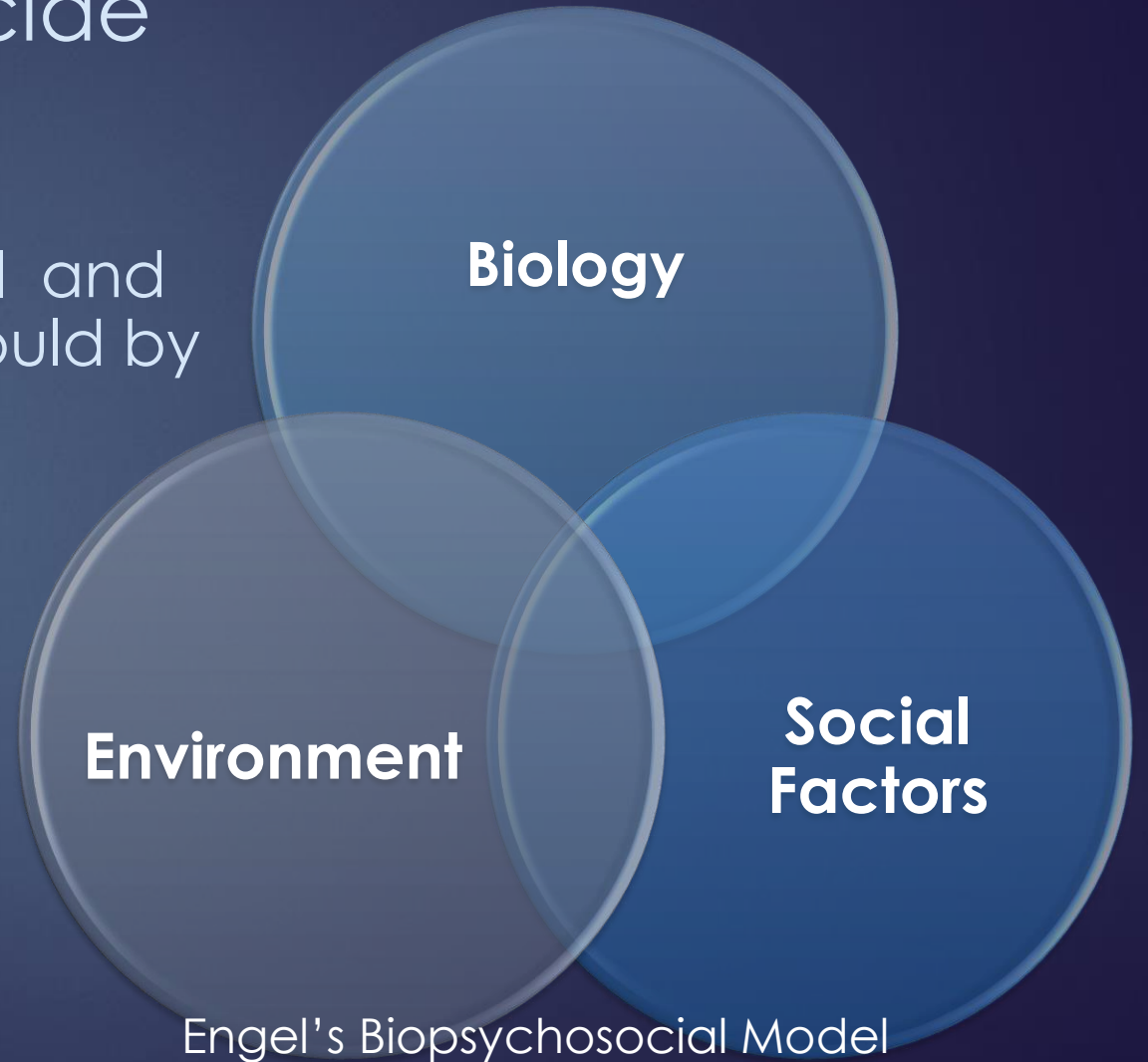
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=MWGLNH8AO7M](https://www.youtube.com/watch?v=MWGLNH8AO7M)

Key Risk Factors for Nurse Suicide

- Job problems
- Stress
- History of previous suicide attempt
- Past or present mental illness
- Substance abuse/smoking

Interconnectedness of Risk Factors for Nurse Suicide

- nurse suicide risk is multi-factorial and suicide prevention strategies should be multi-faceted



Engel's Biopsychosocial Model

Recognize Warning Signs of Suicide

- ❑ Discussing wanting to die/not having hope
- ❑ Discussing being a burden
- ❑ Searching online for suicide methods
- ❑ Discussing the acquisition of a deadly means (firearm purchase, collecting pills etc.)

Recognize Warning Signs of Suicide

- Isolation/withdraw
- Displaying Rage/mood swings/recklessness
- Increasing substance use
- Leaving a suicide note

Suicide is Preventable

Suicide Prevention Resources

- ❑ Call 911 for emergencies
- ❑ National Suicide Prevention Lifeline- 1-800-273-TALK (8255)
- ❑ Crisis Text Line -Text **HOME** to 741741

Suicide Prevention Resources

- National academy of medicine-action collaborative on clinician well-being and resilience
 - Resources for healthcare administrators to develop structured strategies to measure and prevent burnout
- Workplace employee assistance programs

Suicide Prevention Resources

- PeerRxmed™
 - Free, structured “buddy system” program for healthcare workers

Burnout —> Surviving —> Fine —> Well —> Thriving

Summary

- ❑ Nurses are at increased risk for suicide compared to the general population with job problems being a significant risk factor nurse suicide. This is a significant concern due to the combination of increased job and personal stressors during the COVID-19 Pandemic
- ❑ Comprehensive suicide prevention includes addressing biological, environmental and social risk factors
- ❑ Additional research is needed to develop evidence-based guidelines/best practices related to suicide screening and prevention strategies for nurses

References

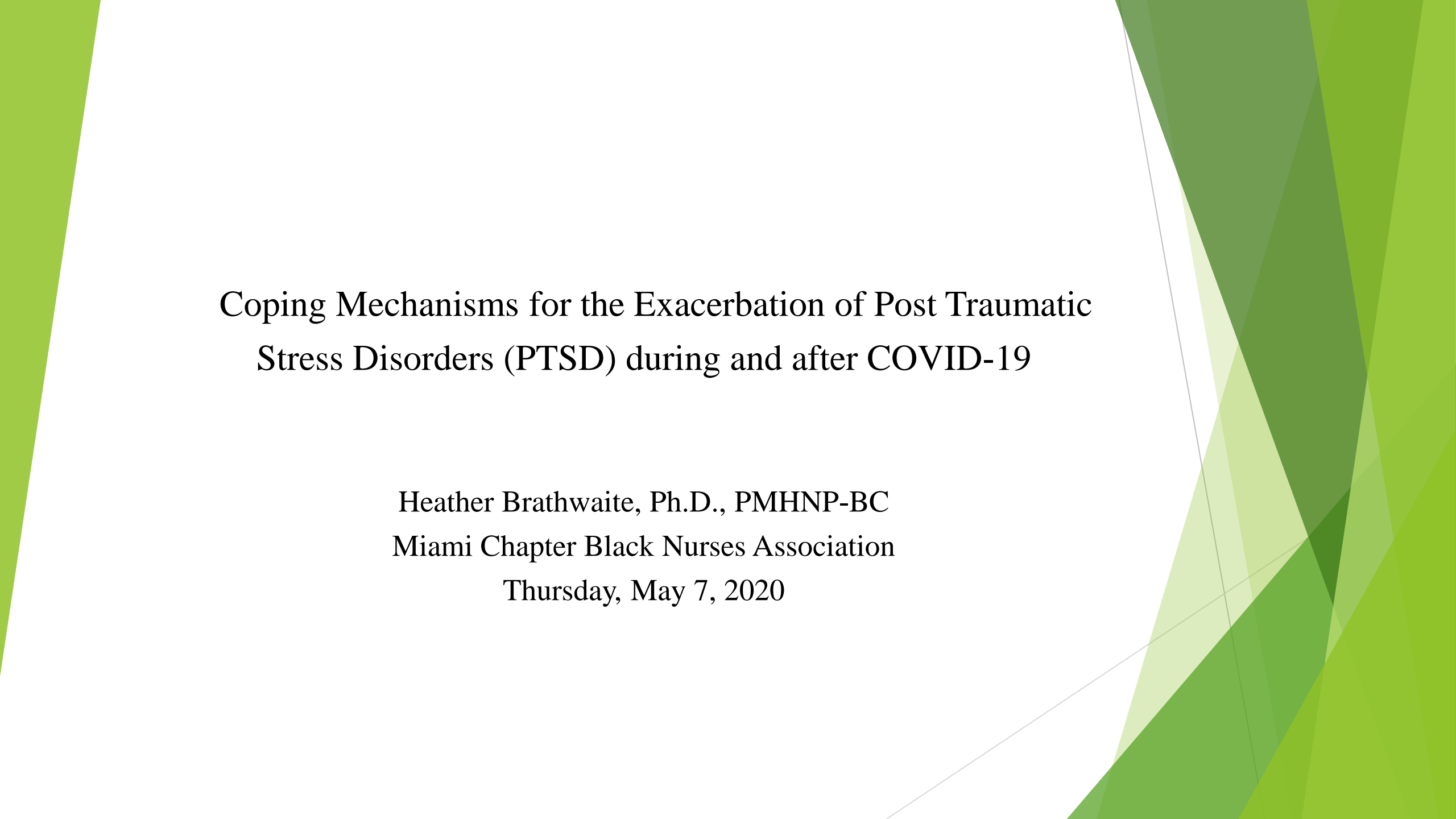
- ❑ Davidson, J., J. Mendis, A. R. Stuck, G. Demichele, and S. Zisook. 2018. Nurse suicide: breaking the silence. *NAM Perspectives*. Discussion paper, National Academy of Medicine, Washington, D.C. Doi:10.31478/201801a
- ❑ Davidson, J. E., Proudfoot, J., Lee, K., & Zisook, S. (2019). Nurse suicide in the united states: analysis of the center for disease control 2014 national violent death reporting system dataset. *Archives of Psychiatric Nursing*, 33(5), 16-21. <https://doi.org/10.1016/j.apnu.2019.04.006>
- ❑ Davidson, J. E., Proudfoot, J., Lee, K., Terterian, G., & Zisook, S. (2020). A longitudinal analysis of nurse suicide in the United States (2005–2016) with recommendations for action. *Worldviews on Evidence-Based Nursing*, 17(1), 6-15. <https://doi.org/10.1111/wvn.12419>
- ❑ Davidson, J. E., Stuck, A. R., Zisook, S., & Proudfoot, J. (2018). Testing a strategy to identify incidence of nurse suicide in the United States. *JONA: The Journal of Nursing Administration*, 48(5), 259-265. <https://doi.org/10.1097/nna.0000000000000610>
- ❑ *Fighting Physician Burnout With Connection* — Peerxmed™. (N.D.). Peerxmed™. <https://www.Peerxmed.Com/purpose>
- ❑ Healthleaders. (N.D.). *3 suicide prevention resources for nurses*. Healthleaders media. <https://www.Healthleadersmedia.Com/nursing/3-suicide-prevention-resources-nurses>

References continued

- ❑ KPBS. (2019, August 14). *Study Finds Nurses Are At Higher Risk of Suicide Than Most People* [video]. Youtube. <https://www.Youtube.Com/watch?V=mwglNh8ao7m>
- ❑ *Preventing Suicide*. (2019, September 11). Centers for disease control and prevention. <https://www.Cdc.Gov/violenceprevention/suicide/fastfact.Html>
- ❑ Rizzo, L. H. (2018, October). Suicide among nurses: What we don't know might hurt us. *American Nurse*, 13(10), 10-15. <https://www.myamericannurse.com>
- ❑ Sampson, M., Melnyk, B. M., & Hoying, J. (2019). Intervention effects of the MINDBODYSTRONG cognitive behavioral skills building program on newly licensed registered nurses' mental health, healthy lifestyle behaviors, and job satisfaction. *JONA: The Journal of Nursing Administration*, 49(10), 487-495. <https://doi.Org/10.1097/nna.000000000000079>
- ❑ *We Can All Prevent Suicide*. (N.D.). Lifeline. <https://suicidepreventionlifeline.Org/how-we-can-all-prevent-suicide/>



THANK YOU

The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green, creating a modern and professional aesthetic.

Coping Mechanisms for the Exacerbation of Post Traumatic Stress Disorders (PTSD) during and after COVID-19

Heather Brathwaite, Ph.D., PMHNP-BC
Miami Chapter Black Nurses Association
Thursday, May 7, 2020

Objective

- Identifying and understanding PTSD causes and symptoms

Introduction

- As the COVID -19 outbreak continues to escalate, it will continue to raise public health concerns and cause tremendous psychological distress, especially the development of posttraumatic stress disorder (PTSD).
- This disorder will lead to chronic symptoms, such as intrusive memories, avoidance behaviors, irritability, and emotional numbing, if isn't treated.

Identifying and understanding PTSD causes and symptoms

- ▶ Posttraumatic stress disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault.

Diagnosis of PTSD

- Requires exposure to an event.
- Your exposure can happen in one or more of these ways:
 - You directly experienced the traumatic event.
 - You witnessed, in person, the traumatic event occurring to others.
 - You learned someone close to you experienced or was threatened by the traumatic event.
 - You are repeatedly exposed to graphic details of traumatic events

Symptoms of PTSD fall into four categories. Specific symptoms can vary in severity

- Intrusive thoughts.
- Avoiding reminders of the traumatic event.
- Negative thoughts and feelings.
- Arousal and reactive symptoms.

What happens to the body during PTSD

- PTSD causes your brain to get stuck in danger mode.
- Your body continues to send out stress signals.
- Studies show that the part of the brain that handles fear and emotion (the amygdala) is more active in people with PTSD.
- The hippocampus (area that controls your memory) becomes smaller.
- Experts recommend that you seek treatment early.

Who is likely to experience PTDS during COVID-19

- Even if you aren't clinically diagnosed with PTSD.
- Healthcare workers providing frontline services.
- People who have lost loved ones or jobs due to the disease.
- Those who struggle with other mental health conditions.
- Prior history of trauma.

How to cope with exacerbated symptomatology of PTSD

- Relaxation strategies.
- Utilize cognitive strategies.
- Limit exposure to news and social media.
- Mindfulness exercises.
- Monitor habits, emotions and thoughts.
- Focus on what you can control.

Treating PTSD based on most current evidence

- Treatment can help individuals regain a sense of control over their life.
- The primary treatment is psychotherapy
 - Psychotherapy
 - Exposure therapy
 - Cognitive restructuring
 - Medications

References

- ▶ American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Washington, DC: Author.
- ▶ Centers for Disease Control. (2020). Coronavirus (COVID-19). Retrieved on March 24, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ▶ Chew, N. W., Lee, G. K., Tan, B. Y., Jing, M., Goh, Y., Ngiam, N. J., ... & Sharma, A. K. (2020). A multinational, multicentre study on the psychological outcomes and associated physical symptoms amongst healthcare workers during COVID-19 outbreak. *Brain, Behavior, and Immunity*.
- ▶ Lancaster, C. L., Teeters, J. B., Gros, D. F., & Back, S. E. (2016). Posttraumatic stress disorder: Overview of evidence-based assessment and treatment. *Journal of clinical medicine*, 5(11), 105.

References

- ▶ Mc Alonan, G. M., Lee, A. M., Cheung, V., Cheung, C., Tsang, K. W., Sham, P. C., ... & Wong, J. G. (2007). Immediate and sustained psychological impact of an emerging infectious disease outbreak on health care workers. *The Canadian Journal of Psychiatry*, 52(4), 241-247.
- ▶ Sun, L., Sun, Z., Wu, L., Zhu, Z., Zhang, F., Shang, Z., ... & Liu, N. (2020). Prevalence and Risk Factors of Acute Posttraumatic Stress Symptoms during the COVID-19 Outbreak in Wuhan, China. *medRxiv*.
- ▶ Walser, R. D., & Westrup, D. (2007). *Acceptance & Commitment Therapy for the Treatment of Post-Traumatic Stress Disorder & Trauma-Related Problems: A Practitioner's Guide to Using Mindfulness & Acceptance Strategies*. Oakland, CA: New Harbinger.
- ▶ Wu, K. K., Chan, S. K., & Ma, T. M. (2005). Posttraumatic stress after SARS. *Emerging infectious diseases*, 11(8), 1297.



COVID-19 Mental Health Consequences for Children and Adolescents

Benarah Sanford, MSN, APRN, PMHNP-BC

Chad Conrad Jones, Student Nurse

Miami Chapter Black Nurses Association

Thursday, May 7, 2020

Objective

- Discuss solutions to mitigate the negative impact of COVID-19 on the mental health status of children and adolescents

Introduction

- ▶ The COVID-19 pandemic and the substantial measures to contain its spread have negatively impacted the mental health and wellbeing of children and adolescents around the world (CDC, 2020).



The Problem

- Increase in child neglect and abuse (UNICEF, 2020).
- Increased risk of sexual exploitation (UNICEF, 2020).
- Increased risk for long-term psychological, physical, and emotional harm (Dunn, et al., 2020).

More Problems

- Disparities in learning outcomes (UNESCO, 2020).
- Increased health burden of COVID-19 for children in poverty (United States Environmental Protection Agency, 2020).
- Disruptions in primary care and immunizations (United Nations News, 2020).



Mental Health Consequences for Children & Adolescents

Behavior Changes in Children & Adolescents

Excessive crying or irritation in younger children

Regressions in toileting and bed wetting

Excessive worry or sadness

Unhealthy eating or sleeping patterns

“Acting out” behaviors in teens

Poor school performance or avoiding school

Poor attention and concentration

Avoidance of hobbies and activities

Unexplained headaches or body pain

Substance use in teens

Psychological Disorders Associated with Trauma

- ▶ Acute Stress Disorder
- ▶ PTSD
- ▶ Anxiety Disorder
- ▶ Disruptive Mood Dysregulation Disorder
- ▶ Depressive Disorders
- ▶ Phobic Disorders
- ▶ Separation Anxiety Disorder
- ▶ Somatization
- ▶ Sleep Disorders
- ▶ Diminished self-esteem



Clinical Guidance for Practitioners

Health Assessment



Screen for caregiver role strain when speaking with parents.



Screen for changes in behavior and signs of neglect and abuse when speaking with children and adolescents.



Inquire about school performance.

Health Promotion

- ▶ Promote a sense of safety.
- ▶ Promote a sense of self-and community efficacy.
- ▶ Promote a sense of connectedness.

Health Promotion Continued

- ▶ Promote a sense of calming.
- ▶ Promote a sense of hope.
- ▶ Promote adaptive functioning within families.



Opportunities for Health Leaders & Advocates

Outreach & Advocacy

Provide

Provide the public with community resources and accurate information about COVID-19 risk.

Teach

Teach the public to recognize signs of stress in themselves and their loved ones.

Equip

Equip health professionals with supportive resources while encouraging self-care, personal protection, and resilience.

Partner

Partner with local and national organizations for relief efforts.

Advocate

Advocate for health equity and protections for children and families who are vulnerable and at risk.

Tips for Parents



Maintain routines



Maintain contact with family and friends.



Maintain contact with teachers and school counselors.



Minimize exposure to media outlets and social media.



Allow children to talk about their concerns.



Validate their feelings.



Set realistic expectations for your family.



Prioritize activities that reinforce purpose and fulfillment.

Seek Help

Disaster Distress Helpline-
Call 1-800-985-5990

National Suicide Prevention
Lifeline- Call 8000-273-8255

Crisis Textline- Text TALK to
741741

References

- ▶ Centers for Disease Control and Prevention. (2020). Coronavirus Disease 2019 (COVID-19) Stress and Coping. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.
- ▶ Dunn, C. G., Kenney, E., Fleischhacker, J. D., & Bleich, S. N. (2020). Feeding low income children during the COVID-19 Pandemic. *The New England Journal of Medicine*, e40, 382. doi:10.1056/NEJMp2005638.
- ▶ National Center for PTSD. (2020). For providers and community leaders: Helping people manage stress associated with the COVID-19 virus outbreak. Retrieved from https://www.ptsd.va.gov/covid/COVID_providers_comm_leaders.asp.
- ▶ The National Child Traumatic Stress Network. (2020). Supporting children through coronavirus (COVID 19). Retrieved from <https://www.nctsn.org/sites/default/files/resources/fact-sheet/supportingchildren-covid-factsheet.pdf>.
- ▶ United Nations Children's Fund. (2020). Don't let children be the hidden victims of COVID-19 pandemic. Retrieved from <https://www.unicef.org/indonesia/press-releases/dont-let-children-be-hidden-victims-covid-19-pandemic>.
- ▶ United Nations Educational, Scientific, and Cultural Organization. (2020). COVID-19 Educational Disruption and Response. Retrieved from <https://en.unesco.org/covid19/educationresponse>.
- ▶ United Nations News. (2020). Vaccine bottlenecks from COVID lockdown put children's lives at stake: UNICEF. Retrieved from <https://news.un.org/en/story/2020/05/1063002>.
- ▶ United States Environmental Protection Agency. (2020) America's children and environment (ACE). Retrieved from <https://www.epa.gov/americaschildrenenvironment/ace-health-respiratory-diseases>.