

Social Media Etiquette for Nursing Professionals

Human Trafficking

INA's Advocacy and
Legislative Priorities



In this issue

- 1 President's Message
- 2 Meet the New INA Board Members
- 3 Transitioning from 2024 to 2025: Recharge, Reflect, Refocus
- 4 Nurses on the Frontline: Navigating and Advocating in the Legislative Arena
- 5 Iowa Nurses Foundation Awards Three Scholarships
- 6 Nurses on Boards
- 8 Preparing for 2025: INA's Advocacy and Legislative Priorities
- 9 Stage Set for 2025 Legislative Season
- 10 Human Trafficking: It's in Iowa
- 12 Welcome New Members
- 13 Social Media Etiquette for Nursing Professionals
- 14 Welcome 2025 Committee Members
- 15 Where Nursing Education and Practice Meet
- 16 Congratulations to the 2024 INA Awards Recipients

CONTACT INFORMATION



HealthCom Media

For advertising rates and information, contact sales@healthcommedia.com.
215-489-7000 | sales@healthcommedia.com | www.healthcommedia.com



Iowa Nurses Association

2501 Jolly Road, Suite 110, Okemos, MI 48864
(515) 225-0495 | members@iowanurses.org | www.iowanurses.org

IOWA NURSES ASSOCIATION

Board of Directors:

President: Greg Opseth, MHA, BSN, RN

President-Elect: Dawn Bowker, PhD, RN, ARNP-BC, CAN, SANE

Secretary: Mary Tarbox, EdD, RN

Treasurer: Kately Burns-Thompson, BSN, RN

Director At-Large: Alan Faith, BSN, RN

Director At-Large: Jenene VandenBurg, MSN, BSN, RN

Newly Licensed Director: Maria Stahl, MBA, RN, CHDS

Past President: Christina Peterson, BSN, RN

Central Region Board Liaison: Pamela Deichmann, MPH, BSN, RN

NE Region Board Liaison: En-Yu (Sam) Wu, RN

NW Region Board Liaison: Julie Dragstra, EdD, MA, BSN, RN

SE Region Board Liaison: Laura Hanna-Bergen, ARNP, CNM, PMHNP-BC, DNP Student

SW Region Board Liaison: VACANT

INF Chair: Ellen DeJong, BSN, RN

Staff:

Executive Director: Laura Fuller

Events Manager: Lisa Walker

Senior Membership & Events Specialist: Jenna Ruedisale

Strategic Marketing Manager: Jillian Waldron

Graphic Design and Marketing Specialist: Sarah King

Association Liaison: Candice Black

PUBLISHED BY HealthCom Media

259 Veterans Lane, Doylestown, PA 18901

For advertising rates and information,
contact sales@healthcommedia.com
Telephone: 215-489-7000 | www.healthcommedia.com

Chief Executive Officer/Group Publisher

Gregory P. Osborne

Vice President, Finance and Operations

Jennifer D. Reedman

General Counsel

Joe McGinley

Director of Publishing Services

Christian Evans Gartley

Executive Editorial Director

Cheryl L. Mee, MSN, MBA, RN, FAAN

HCM Sales Manager

Rachel Laird

National Account Director

Mary Chris Schueren

National Account Manager

Doreen Gates

Sales Associate

Shane Osborne

Art Director

Michael F. Higgins

Marketing

Craig Veltri

Web Developer

Michelle Rush

Graphic Designer & Digital Media Coordinator

Aileen Schulcz

Digital Media Specialist

Andrew F. Wheeler

The "Iowa Nurse Reporter" is the official publication of the Iowa Nurses Foundation and the Iowa Nurses Association, a constituent member of the American Nurses Association, published quarterly every March, June, September and December.

For advertising rates and information, please contact HealthCom Media, sales@healthcommedia.com. INF, INA and HealthCom Media reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of the price of advertisement. Acceptance of advertising does not imply endorsement or approval by the Iowa Nurses Foundation or Iowa Nurses Association of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the manufacturer lacks integrity, or that this association disapproves of the product or its use. INF, INA and HCM shall not be held liable for any consequences resulting from purchase or use of an advertiser's product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of INF, INA or those of the national or local associations.

President's Message



Greg Opseth, MHA, BSN, RN
President
Iowa Nurses Association

AS WE CLOSE THE YEAR, I want to take a moment to reflect on the incredible success of our

Annual Conference in October in Ames. The turnout was phenomenal, and I could not be prouder of the engagement and enthusiasm demonstrated by our members. A special thank you goes to the Education Committee, whose hard work and dedication made this event so impactful. Your efforts truly showcased the innovation and passion that drive our profession forward.

This time of year also brings transitions within our leadership. I am thrilled to welcome our new board members and look forward to the fresh perspectives and ideas they will bring to our association. To our outgoing board members, thank you for your unwavering dedication and service. Your contributions have left a lasting impact on our organization, and we are so grateful for your leadership.

I also want to extend my gratitude to everyone who has participated in and engaged with our committees this year. Your commitment and hard work are the foundation of our success. Without the diligent efforts of

our committees, we would not achieve the milestones we celebrate today.

As we move into 2025, I hope each of you can find time to care for yourselves and cherish moments with family and friends. Finding that much-needed respite and reconnecting with your "why" is vital to our well-being and success as nurses and advocates.

Looking ahead, the 2025 legislative session is just around the corner. I encourage you to stay informed about issues being considered at the local, state, and national levels. Your voice is critical in shaping the future of healthcare.

Thank you for being an essential part of our association. Together, we are stronger and can achieve so much. May you all have a blessed holiday season and a very happy and healthy New Year! ■

With warm regards,
Greg Opseth, MHA, BSN, RN
INA President

IOWA
NURSES ASSOCIATION

Join INA Today!

- ✓ Advance your career
- ✓ Network with colleagues
- ✓ Make your voice heard

[JOINANA.ORG](https://www.joinana.org)

ONLY \$15 PER MONTH

MEET THE NEW INA LEADERSHIP



SECRETARY
MARY TARBOX
EdD, RN



SECRETARY
KATELYN BURNS-THOMPSON
BSN, RN



DIRECTOR-AT-LARGE
ALAN FAITH
BSN, RN



DIRECTOR-AT-LARGE
JENENE VANDENBURG
MSN, BSN, RN



NOMINATIONS COMMITTEE
HALEY BIELENBERG
MSN, ARNP, FNP-C, BSN, RN



NOMINATIONS COMMITTEE
CARA LEBRUNE
BSN, RN



INF BOARD OF DIRECTORS
ELLEN DEJONG
BSN, RN, CLC



INF BOARD OF DIRECTORS
CHRISTINA PETERSON
BSN, RN

Central Region

Region Vice President
Dennis Burlingame

Northeast Region

Region Vice President
Brenda Helmuth

Region Secretary
Michele Fank

Northwest Region

Region Vice President
Maureen Horsley

Southeast Region

Region Vice President
Haley Bielenberg

Southwest Region

Region Vice President
Randi Boell

Region Secretary
Cara Helman

MOUNT MERCY
UNIVERSITY

GRADUATE NURSING PROGRAMS

Our flexible Master of Science in Nursing program offers fully online courses and January and August start dates to fit your schedule

It's never been easier to increase your earning potential and open new doors with tracks in:

- Health Advocacy
- Nursing Administration
- Nursing Education

ELEVATE
your career

[MTMERCY.EDU/MSN](https://mtmercy.edu/msn)



Learn from
ANYWHERE



Transitioning from 2024 to 2025: Recharge, Reflect, Refocus



Laura L. Fuller
Executive Director
Iowa Nurses Association

As 2024 comes to a close and we find ourselves amidst the busy holiday season, we all are taking time for celebrations, connections, and often, a whirlwind of activity. While joyful, the demands of balancing professional responsibilities with personal commitments can also feel overwhelming. Prioritizing self-care and well-being is essential—not just for your health, but for the energy and compassion you bring to others.

As nurses, you are accustomed to putting others' needs before your own. But this season, I encourage you to pause and recharge. Whether it's spending quality time with loved ones, pursuing activities that bring you joy, practicing mindfulness, or simply embracing moments of stillness, self-care is vital. It is not a luxury but a foundation for sustaining the dedication and resilience that define our profession.

Taking time for yourself is also an opportunity to reflect. This past year has been marked by incredible achievements—individually and collectively. Think about your own contributions in 2024. Whether it was implementing an innovative solution, supporting a colleague, or advocating for change, every step you took made an impact. As an organization, we celebrated milestones, strengthened advocacy efforts, and deepened collaboration. These successes would not have been possible without your commitment and engagement.

Now, as we turn toward 2025, it's time to refocus. The new year brings fresh opportunities to grow as individuals, as a profession, and as an organization. Together, we will:

- **Enhance Membership Engagement:** Foster stronger connections within our

nursing community and provide meaningful resources for members.

- **Foster Collaboration:** Work with like-minded organizations to amplify our collective impact and advance shared goals.
- **Advance Nurse Advocacy:** Advocate for policies and practices that empower nurses, protect the profession, and improve patient care.
- **Promote Professional Development:** Deliver opportunities for lifelong learning, skill-building, and leadership growth.

The transition from 2024 to 2025 is more than a change in the calendar—it's an opportunity to renew our purpose and drive meaningful progress. Let's channel the energy of reflection and self-care into a collective momentum for the year ahead, building on the successes of the past and striving for even greater achievements in the future.

Thank you for your dedication, passion, and contributions to the nursing community. May this holiday season bring you joy, peace, and rest, and may the new year be filled with promise, purpose, and possibility. ■

Let's channel the energy of reflection and self-care into a collective momentum for the year ahead, building on the successes of the past and striving for even greater achievements in the future.



Nurses on the Frontline: Navigating and Advocating in the Legislative Arena



Dawn Bowker, PhD, RN, ARNP-BC, CNE, INA President-Elect

NURSES ARE ON THE FRONT LINES of healthcare, witnessing firsthand the challenges and needs of patients, the healthcare system, and the effects of the nursing shortage crisis. Nurses' involvement in legislation is crucial for several reasons:

- 1. Advocacy for Patient Care:** Nurses deeply understand patient needs and can advocate for policies that improve patient outcomes. By engaging in legislative processes, they can push for reforms that ensure better access to care, patient safety, and quality of services.
- 2. Improving Working Conditions:** Nurses frequently encounter difficult working conditions, including long hours, caring for patients with higher acuity, and often inadequate resources. Additionally, incidents of violence against nurses are on the rise, prompting many to leave the profession. Legislative involvement enables nurses to advocate for improved working conditions, which in turn enhances job satisfaction and helps retain professionals in the field.
- 3. Public Health Initiatives:** Nurses play a crucial role in public health. Their involvement in legislation can help shape policies that tackle important health issues, such as health promotion programs, disease prevention, and health education. Nurse involvement helps to ensure that public health initiatives are both practical and effective.
- 4. Professional Development and Recognition:** Engaging in legislation helps elevate the nursing profession by highlighting the expertise and contributions of nurses. It provides opportunities for professional development and leadership, fostering a sense of empowerment and recognition within the healthcare community.

- 5. Influencing Healthcare Policy:** Nurses bring a unique perspective to healthcare policy discussions. Their clinical experience and patient-centered approach can influence the development of policies that are more aligned with the realities of healthcare delivery. This can lead to more effective and sustainable healthcare systems.
- 6. Addressing the Nursing Shortage:** The nursing shortage is a significant issue that impacts the quality of care and the efficiency of healthcare systems. By engaging in legislation, nurses can advocate for policies that tackle the root causes of this shortage. This includes securing funding for nursing education, recruiting nursing faculty, providing incentives to enter the profession, implementing measures to retain experienced nurses, and understanding why new nurses leave the bedside within two years of practice. Legislative efforts can help ensure a stable and adequate nursing workforce to meet the increasing demands of healthcare.
- 7. Influencing Healthcare Policy:** Nurses offer a unique and valuable perspective in healthcare policy discussions. Their clinical experience and focus on patient care can help shape policies that reflect the realities of healthcare delivery. By meeting with legislators, sharing personal stories, and expressing our concerns, nurses can contribute to the development of more effective and sustainable healthcare systems.

Nurses play a vital role in the healthcare system by providing essential care and support to patients. Their influence, however, goes beyond the bedside. By engaging in legislation, nurses can advocate for policies that improve patient care,

enhance working conditions, increase access to quality nursing programs, recruit nursing faculty, tackle the nursing shortage, and address public health issues. Through their involvement in the legislative process, nurses can utilize their unique insights and experiences to shape healthcare policies that reflect the realities of clinical practice.

The Iowa Nurses Association (INA) is here to assist with navigating the legislative landscape. On Wednesday, March 5, 2025, the INA will host **Legislative Day**, an event designed for all nurses and nursing students to engage in legislation. The morning sessions will feature speakers who will provide updates on current legislation, along with a poster session that highlights nursing research and practice. In the afternoon, nurses will take their voices to the Capitol to meet with legislators and share their experiences. This is a crucial opportunity for lawmakers to understand how policies affect patient care and the nursing profession. These interactions are vital to ensuring that healthcare policies accurately reflect the realities of nursing practice and address the needs of both nurses and patients.

Stay informed through the [INA advocacy webpage](#), where you can find information about our legislative priorities, utilize the legislative toolbox, track bills, and access complimentary quarterly Town Halls, among other resources! ■

Be OUR Voice: Tell OUR Story!

Iowa Nurses Foundation Awards Three Scholarships

THE IOWA NURSES FOUNDATION (INF) proudly awarded scholarships to three outstanding nurses at the Annual Conference Awards Ceremony on Monday, October 21. The annual INF and the Mike Anderson Memorial Fund Scholarships are a testament to the INF's mission to advance professional nursing in Iowa by supporting the education and development of future nurses.

Two recipients received the INA Scholarship this year, Alicia Abboud and Misty Brooks. Alicia, a transplant coordinator for patients awaiting or recovering from a heart transplant, is passionate about adult critical care and cardiology and plans to advance her education. She is committed to pursuing preparation to become a nurse practitioner, with the specific goal of expanding access to high-quality healthcare for rural Iowans.

Misty Brooks is currently pursuing a DNP at the University of Iowa, with a specialization in Nursing Systems Administration. For the past three years, she has served as the inaugural Leader in Residence at the Csomay Center for Gerontological Excellence. Misty states that her experience at the Csomay Center, particularly in developing programs aimed at nurturing future nurse leaders, has ignited a profound passion within her to become a state and national leader in professional development within the nursing field.

This year's Mike Anderson Memorial Scholarship was awarded to Olivia Gardner. Olivia is an undergraduate nursing student at the University of Iowa College of Nursing. She is currently employed as a CNA and greatly values the abundant opportunities to get hands-on experience serving those in her community. Olivia plans to return to her hometown to practice as a registered nurse after completing her education at the University of Iowa. She plans to work as a specialty nurse practitioner in the realm of cardiology and provide services in outreach clinics in rural Iowa.

Invest In the Future of Nursing

Your generous contribution to the Iowa Nurses Foundation has the potential to transform the lives of countless Iowans. By supporting the foundation, you help provide individuals with the opportunity to become nurses, continue their education, or pursue groundbreaking research in the nursing field.

Donations to the Iowa Nurses Foundation are directly used to fund scholarships and loans for students at all stages of their registered nurse education. In addition, the foundation supports nursing research initiatives and facilitates attendance at continuing education programs, ensuring that nurses have access to the resources they need to advance in their careers and enhance patient care. Your gift is an investment in the future of nursing and healthcare in Iowa.

[Click here](#) to learn more and to donate.



Scholarship Opportunities

The Iowa Nurses Foundation Scholarships promote professional nursing in Iowa by supporting the continued education of future nurse leaders. Scholarship recipients will articulate a commitment to educational accomplishment and professional goals to enhance the delivery of quality health care in Iowa through practice, research or teaching.

Applicants can be full or part-time students attending an approved program leading to an RN, BSN or MSN in Nursing, DNP, or a PhD in Nursing or a related field, such as education. [Visit our website](#) to learn more. ■

Nurses on Boards

Submitted by **Stephaney Brondum, MSN, RN, CNL, INA Nursing Practice Committee Member**



For twenty-two years in a row, the nursing profession has been ranked as the most trusted profession in the Gallup poll. This poll has been conducted for thirty-three consecutive years, and 2024 will be year number thirty-four (Walker, 2024). As the most trusted profession, nurses have much to offer committee boards in various settings. People respect the opinion of nurses and value their contributions as board members. Several nurses below have offered their insights on being an active part of a variety of boards.

"I have served on the Sunrise Retirement Community Board of Directors for over 10 years and on the Sunrise Quality, Compliance and Ethics Committee. Sunrise has an excellent reputation, high quality ratings, and provides exceptional care for long-term, assisted, and independent living.

I believe my nursing voice on the Sunrise Retirement Community Board of Directors is essential to the care and support of the organization and people they serve. For example, I have shared my nursing expertise during strategic planning, selection of leadership positions, and

considerations for managing healthcare challenges. I speak up on issues especially related to staffing, budgets, and resident care and believe my input has made a difference in vital decisions. Having a nurse on the board is also reassuring for the staff knowing there is a board member who can relate to their essential work.

Serving on the board has allowed me to learn about the operations of a large healthcare organization including financial and regulatory matters. I value the collaboration opportunities to work with other board members, a network of professional community leaders, and the staff. This experience has been extremely rewarding by allowing me to serve the community while growing as a nursing leader in healthcare."

— **Mary Kovarna, EdD, RN (Merrill, IA)**

"I've been in healthcare for almost 25 years. I started my healthcare journey as a dietary aide, cook, environmental aide, CNA, and then an RN these last 16 years. I received my ADN at Iowa Central Community College ('08), completed the RN-BSN program at The University of Iowa ('14), MSN program at Grand View University

('17), and next summer I should complete my MBA through Nebraska Wesleyan University. I am currently the Director of Oncology & Infusion Services at McFarland Clinic in Ames.

The first board I participate in is MOPS (Midwest Oncology Practice Society). I have been a member since 2019, was elected Secretary in 2022 and re-elected in 2024. However, due to recent retirements, now sit as the Vice President. The society was created in 1994 and is a Nebraska non-profit corporation. The society is made up of Nebraska and Iowa oncology community practices. These independent practices have come together to negotiate drug contracting on chemotherapy and immunotherapy drugs frequently administered throughout our practices, used to help treat patients with cancer diagnoses.

The second board that I sit on is Gilbert Education Foundation (GEF). This board is also a non-profit foundation that raises funds for educational needs in our Gilbert School District. We support our teachers and students by providing funding for their educational requests. I'm much newer to this board, as I joined in 2023 as a voting member."

— **Christina Foster, MSN, RN, OCN (Ames, IA)**

"I serve as the Vice President on the board of a nonprofit organization dedicated to addressing the unmet needs of individuals in our community who have mental, physical, or intellectual disabilities. In my role as a nurse leader within a community hospital, I bring valuable insight into the gaps in services and the challenges faced by individuals with disabilities. This allows the board to make informed decisions on projects and priorities that can effectively address these needs. While this role does not involve direct patient care,

it represents a holistic approach to nursing, with the potential to address unmet needs and help prevent hospitalizations.”
 — **Hope Dunn, BSN, MHSA, RN, CENP**
 (Burlington, IA)

“I have had numerous opportunities over the years to participate on boards and commission. I suspect that these opportunities are related to nurses’ ability to use our critical thinking and project management skills. I constantly apply these skills on volunteer projects, boards and commissions. Currently I am serving on the following boards:

1. Madison Co. Conservation Board (appointed by County Supervisors)
2. Winterset Friends of the Public Library (elected as a Director)
3. Session Member at the Presbyterian Church in Winterset Iowa (Appointed by Congregation)
4. Chairing of the Madison Co “Get out the Vote” Committee, Madison Co. Democratic Central Committee (Appointed by

Central Committee)
 5. Treasurer of the Iowa Nurse Foundation (elected by the INA membership)”
 — **Pam Deichmann, MSN, RN**
 (Winterset, IA)

“Del Konopka, Central Region, a retired RN with a master’s degree in community health nursing, with an interest in physical fitness and well-being, serves on two boards. The first is Ankeny’s Lake Country Cyclists as secretary. A longtime club member, she enjoys sharing her love of cycling. Having a board role provides an opportunity to support the club and bicycling in the Ankeny area. Secondly, she is the Facilities Committee co-chair on the Session (board) of Ankeny Presbyterian Church. By being on the Session, she gives input on the direction of the church and its community’s and neighbors’ spiritual wellbeing and service. More practically, her team maintains a safe and healthy environment for worship and fellowship. Most recently, this has included a decision to

install solar panels to demonstrate climate awareness and environmental stewardship for the health of our area. Lastly, Del serves on Wellness Committee for her church, providing health-related activities and newsletter articles, and Mission Committee, sharing compassion and service in our community and world.”
 — **Del Konopka, MS, RN (Ankeny)**

As the most trusted profession for years, nurses have serious clout among the general population. We also hold a unique position in public service that allows us to see the needs of the communities we serve. Hopefully, this article has encouraged you to get involved in boards that are meaningful to you! ■

Reference
 Walker, A. (2024, January 23). *Nursing Ranked as the Most Trusted Profession for 22nd Year in a Row*. Nurse.org. Retrieved October 11, 2024, from <https://nurse.org/articles/nursing-ranked-most-honest-profession/#whos-at-the-top>

Become a Partner & Get All the Perks!

Join the Iowa Nurses Association Champions for Nursing Partnership Program Today!

*Experience the Benefits of
 Partnership with Our Exclusive Levels:*

Friend, Supporter, Partner, Advocate & Champion

INA Champion of Nursing Partners have the opportunity to share their products and services with INA members in a variety of ways including booth placement at conferences, product sponsorship, content sharing through our bi-weekly newsletter or quarterly publication, membership e-blasts and more!

**Unlock Opportunities and Connect
 with Nurses Throughout Iowa!**

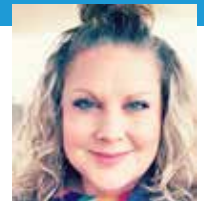


For more information, visit us at www.iowanurses.org

PARTNER BENEFITS

	FRIEND \$500	SUPPORTER \$750	PARTNER \$1,000	ADVOCATE \$1,500	CHAMPION \$2,000
Advertising					
Recognition on INA's partners webpage including company logo and a link to website	X	X	X	X	X
Submit an article or banner ad for e-newsletter	1 per year	2 per year	3 per year	4 per year	4 per year
Recognition as a partner in INA publication	1 per year	1 per year	2 per year	3 per year	4 per year
Opportunity to submit an educational article for INA publication		1 issue	2 issues	3 issues	4 issues
List events on INA's online calendar of events and in e-newsletter	X	X	X	X	X
Email blast to members			1 per year	2 per year	3 per year
Sliding banner ad on INA website home page			1 month	2 months	3 months
Provide information webinar to INA membership				1 per year	2 per year
Conference Related Benefits					
Exhibit booth (in-person or virtual)		1 per year	1 per year	1 per year	2 per year
Recognition - verbal, signage, website, and break slides	X	X	X	X	X
Advertisement in Mobile Event Platform			1 event per year	2 events per year	2 events per year
Conference Exclusive Event sponsorship recognition					X
Complimentary registration to social events at conference		X	X	X	X

Preparing for 2025: Iowa Nurses Association's Advocacy and Legislative Priorities



Kate Pace, BSN, RN, Chair, INA Public Policy Committee

As we approach the upcoming 2025 legislative session, the Iowa Nurses Association (INA) has been hard at work throughout the summer addressing critical nursing issues in Iowa. Our policy committee continued meeting regularly during the summer months, ensuring that we maintained momentum while refining our legislative priorities. In September, we returned to our regular meeting schedule, ready to further develop strategies for the coming year.

We are excited to build upon the strong engagement demonstrated at the INA Annual Conference, where we had an impressive turnout and meaningful conversations about the most pressing issues facing Iowa nurses. The conference served as a springboard for our ongoing advocacy efforts, and we are hopeful that the same energy will carry into the legislative session in 2025. Our focus remains clear: to identify and advance policies that enhance the nursing profession and improve patient outcomes across Iowa. We have established three main legislative priorities that will guide our efforts and shape our advocacy in the coming session.

The 2025 legislative priorities continue to be a work in progress but are close to being finalized. We will be focusing on 3 main priorities

1. Violence Against Nurses

Violence in healthcare settings is a growing issue that directly impacts nurse safety, retention, and overall job satisfaction. The INA remains committed to advocating for comprehensive measures that address violence against nurses. We will push for legislation that mandates stricter penalties for assaults against healthcare workers, implements more rigorous workplace safety protocols, and pro-

vides resources for nurses to receive adequate support following violent incidents. This initiative aims not only to protect nurses but also to ensure a safer environment for patients and healthcare teams.

2. Workforce Issues:

Mandatory overtime remains a critical issue for nurses across Iowa, impacting both patient safety and nurse well-being. The INA has consistently heard from nurses about the detrimental effects of extended hours, which contribute to burnout, increased error rates, and compromised patient care. To address this, INA is actively advocating for regulations that limit the number of consecutive hours a nurse can be required to work, aiming to establish safer workplace standards.

We are aligning our efforts with the American Nurses Association (ANA), which emphasizes that "mandatory overtime is unsafe for nurses and for their patients." The ANA has long advocated for policies that protect nurses' well-being and ensure patients receive high-quality care. The ANA maintains that "mandatory overtime is an unacceptable solution to staffing challenges," stressing the need for policies that set clear limits on shift length, ensure proper breaks, and regulate overtime to support both nurse health and patient safety. By mirroring the ANA's national priorities, INA aims to create a safer, more sustainable work environment for Iowa's nurses, ensuring they can provide the best care possible without compromising their own health.

3. Nursing Education:

ARNP Preceptor Tax Incentive Bill
Advancing nursing education is cru-

cial to sustaining Iowa's nursing workforce and meeting future healthcare demands. One of our top educational priorities for the 2025 session is to support the reintroduction of the ARNP Preceptor Tax Incentive Bill. This proposed legislation offers tax incentives to licensed Advanced Registered Nurse Practitioners (ARNPs) who serve as preceptors for nursing students, addressing critical barriers to preceptorship.

Preceptors play a pivotal role in bridging the gap between academic learning and hands-on clinical practice, yet finding willing preceptors remains a significant challenge in Iowa. Several barriers have been identified through current literature, regulatory agencies, and academic program data, including limited time to supervise students, inadequate patient load adjustments, insufficient interaction with students, decreased productivity while precepting, and the perception that precepting should be a professional obligation rather than a supported role.

The Iowa ARNP Preceptor Tax Credit initiative seeks to address these barriers by providing financial incentives to ARNPs who mentor students. This initiative aims to not only retain existing preceptors but also attract new ARNPs to precept, thereby increasing the availability of high-quality clinical placements for students. Expanding these opportunities will improve training experiences and ultimately enhance healthcare access for Iowa residents. The incentive will also help distribute the precepting workload more equitably, reducing burnout among current preceptors. For example, we have a case of one preceptor currently supervising three students simultaneously, underscoring the need

for broader participation among ARNPs.

This initiative aligns with the Quadruple Aim of Healthcare—enhancing patient experience, improving population health, reducing costs, and improving the work life of healthcare providers. By increasing the pool of qualified preceptors, the bill supports the growth of Iowa's nurse practitioner workforce, ultimately benefiting both healthcare providers and patients across the state.

Since being elected to the Iowa Nurses Association as a board member in 2016, I have had the honor of working alongside some of Iowa's top nursing leaders to enhance the nursing profession across the state. My most recent assignment as

Director of Public Policy has been both a privilege and a remarkable opportunity to contribute to meaningful change. Throughout my tenure, I have witnessed the dedication and passion of nurses committed to improving not only their profession but also the health outcomes of Iowans.

Advocating for nursing issues has been a deeply fulfilling experience, and I am proud of the strides we have made together. Our efforts have not only strengthened the nursing profession but also shaped policies that have a direct impact on patient care and public health across Iowa. As we move into 2025, I am inspired by the continued collaboration and com-

mitment of our members. I encourage every nurse to engage with INA's legislative efforts, as our collective voice is what drives change and ultimately enhances the care we deliver to Iowans.

Call to Action

As we enter the 2025 legislative session, we need the active support of every nurse in Iowa. Your voice matters, whether through advocacy, engaging with legislators, or sharing your experiences with these issues. Together, we can influence policies that protect and advance the nursing profession while ensuring quality care for all Iowans. Let's make 2025 a pivotal year for nursing in Iowa. ■

Stage Set for 2025 Legislative Session

THE TABLE IS NOW SET for the 2025 Iowa Legislative Session, which will begin on January 13, 2025. Republicans now have a supermajority in both chambers of the Iowa Legislature, picking up one seat in the Senate (35 Rs, 15 Ds) and gaining three in the House (67 Rs, 33 Ds).

You can view the full legislative report on our website by [clicking here](#). Topics covered include:

- Iowa Senate and House election outcomes
- New Faces, Capitol Experience
- Looking Ahead to 2025
- The Upcoming Funding Dilemma
- Leadership & Committees

What Can YOU Do? As your lobbyists, there is only so much we can do as two people at the State Capitol. There are 150 legislators, and the best way to get their support for INA issues is to have members talk to them. That means:

- Finding out [who represents you](#) in the Iowa House and Iowa Senate.
- Connecting with them before or early in session – especially if they are new.
 - This could be a nice note of congratulations, asking them to meet.
 - You could [email them](#) to let them

know your priorities.

- Take a few friends to have coffee with your legislators (you'll be less awkward and have more power with greater numbers).
- Ask them to put you on their newsletter email list.
- Give them your contact information so they can connect with you later.
- Go to their [public forums](#) (list updates begin in January).

- [Let us know](#) what they said! We can then follow up with them at the Capitol.

The one thing we know that motivates legislators is the personal stories they hear from constituents in their district. For example, many legislators do not understand the dynamics of workplace violence that nurses face. They are always surprised when they hear about these encounters, and it motivates them to do something about it. If more nurses told their stories to more legislators, we would have a much better chance of getting the attention your issues deserve at the State Capitol. Look for more ideas as we move into session — and please know that your emails and legislative connections **do make a difference!** ■

Human Trafficking: It's in Iowa

Morgan Dutler, DNP, RN

IN THE FIRST OF THIS TWO-PART SERIES, human trafficking will be addressed. The second part will address how to implement a screening tool in an emergency department or urgent care setting. Human Trafficking, also known as modern slavery, and comes in many forms (State.gov., n.d.). Methods of force, coercion, and fraud are just some of the tactics used by traffickers to deceive others into their business. Examples of human trafficking include sex, labor, domestic servitude, forced marriages, debt bondage and even organ trafficking. Human trafficking does not discriminate, anyone and everyone is vulnerable to being a victim of human trafficking.



Human Trafficking in Iowa

Iowa is not immune from the horrors of human trafficking. According to the National Human Trafficking Hotline (2024), in 2023 Iowa received 200 signals (i.e., phone calls to the hotline, texts, online chats, filling out a form, and/or via email). Of those 200 signals, 68 were from victims/survivors themselves. There were 72 cases that involved 128 victims, but each case could have more than one victim. It can also be noted that in Iowa the main form of trafficking in Iowa is sex trafficking, followed by labor trafficking, with a mix of a victim being involved with sex and labor trafficking. More adults were reported compared to minors and more females than males (Human Trafficking Hotline, 2024).

Human trafficking happens for multiple reasons, but the main one is because of vulnerability. Statistics show that those who have substance abuse issues, mental health concerns, sexual orientation, children involved in foster care, homeless/runaways, poverty, and housing concerns are all factors in being preyed upon by traffickers (Polarisproject.org, 2024). Even natural disasters can become a factor in being susceptible to human trafficking.

Traffickers will often lure their victims because they will find a connection with them and then exploit it. Others will use their power, status, and money to control them. Those who have government positions, doctors, lawyers, and business owners are some examples of traffickers, while other traffickers could be family members, romantic partners, or a boss. Traffickers use physical and emotional abuse, threats towards their families, isolation, and money to control victims.

Who is Being Trafficked

Although all can be trafficked, certain populations are unfortunately targeted more than others. When looking at labor trafficking, 45% are Hispanic, and 7% are Asian (Polaris Project, 2021). Approximately 6% of Caucasians/Whites are exploited for sex trafficking and 5% are of Asian descent, with Blacks at 4%. When the statistics of Iowa are examined, the population includes 6.7% Hispanic, 4.1% Black/African American, and Asians make up 2.3% (US Census, 2020). Iowa has an 11.3% poverty rate, and 0.09% homeless rate, and there is a 3.6% of those who identify as LBGQTI+ (Williams Institute,

2019). Thus, it is important to look at these statistics to understand who is most vulnerable to being trafficked.

There are many locations, physically and not, where traffickers seek out their victims. The Internet is the most popular at 65% and Facebook is the most popular website (Polaris Project, 2021). Following the internet are locations where people gather, such as bus stations, mental health facilities, rehab centers, and strip clubs at 24%, schools rank third with 5%, detention facilities in fourth at 4%, and finally group/foster homes at 2%. Females are most likely to be trafficked at 64% (sex and labor trafficking) with males following at 7%. Finally, 7% of the youth homeless population is trafficked (Polaris Project, 2021).

What do Trafficked Victims Look Like

There is nothing that distinguishes one trafficked person from another. This is what makes it difficult to pinpoint a person who has been subjected to being trafficked. However, there are certain red flags of trafficking that can help identify them. When looking at a person who might be involved in trafficking, the trafficker might

It is also important to note that those living in affluent areas can be trafficking victims or can be traffickers. Anyone and everyone can be a trafficker or a victim.

brand their victim. Tattoos that say “Daddy,” princess crowns, barcodes, a money bag with a dollar symbol, and even their trafficker’s name, such as “Property of” (Clark, 2023). The tattoos do not just have to be on the skin, but can be found on the inner lower lip. As easy as those branding tattoos may be to identify, other red flags are not as easy and can be indicative of other properties. Other ways of identifying trafficking victims are to look for minors who look older than their age, not being in possession of their own identification, someone always speaking on their behalf, chronic injuries such broken bones, frequent UTIs or STIs, malnourishment, lack of personal hygiene, or even all of sudden have a positive change of appearance. A few other red flags include signs of physical abuse, rehearsed conversation, excess cash and the mentioning of “daddy” or an older boyfriend. Although these are some of the human trafficking red flags, these can also be indicative of other forms of abuse (Clark, 2023).

It is also important to note that those living in affluent areas can be trafficking victims or can be traffickers. Anyone and everyone can be a trafficker or a victim. Exploitation can happen regardless of who people are. Reasons for trafficking someone can be from wanting to feel powerful to needing to carry on a substance abuse habit.

The Role of the RN in Stopping Trafficking

The first is to learn more about human trafficking to help others. Polaris Project (www.polarisproject.org, A21 (<https://www.a21.org>), Office of Victims of Crime (<https://ovc.ojp.gov/>), and many other organizations have training, whether in person or online, where one can learn more about the topic. It is important to not confront the victim or the trafficker. Instead, call the police or security in the facility where the victim is identified. Tell them how the victim is presenting. Memorize the Human Trafficking Hotline number: 1-888-373-7888. Let the victim know you are there for them, and talk to the survivor, not at them. Become involved in the local community to bring about awareness. Contact state representatives to see what can be done.

Conclusion

Human trafficking is modern-day slavery hiding in plain sight (Marburger & Pickover, 2020). Victims range from minors to

adults, blacks to whites, heterosexuals to LGBTQIA+. They can be rich or poor, educated, or not have had the chance to make it through grade school. Their signs of abuse can be absent to have been branded and bruised. As healthcare providers, we must learn more to serve this section of society who did not ask for this and help them out. We took the Nightingale Pledge to uphold the welfare of those placed in our care, and this is an instance where we need to do so. ■

References

- Clark, K. (2023). Human trafficking: Red flags, common myths, and health effects. *Radiologic Technology*, 94(6), 471-475.
- Marburger, K., & Pickover S., (2020). A comprehensive perspective on treating victims of human trafficking. *The Professional Counselor*, 10(1), 12-24. <https://doi.org/10.15241/km.10.1.13>
- National Human Trafficking Hotline. (n.d.) <https://humantraffickinghotline.org/en/statistics/iowa>. <https://humantraffickinghotline.org/>
- Polaris Project. (2024) . <https://polarisproject.org/wp-content/uploads/2020/07/Polaris-Analysis-of-2021-Data-from-the-National-Human-Trafficking-Hotline.pdf>. www.polarisproject.org
- United States Census Bureau. (2020). <https://www.data.census.gov>. www.data.census.gov/profile/iowa
- United States Office of State. (n.d.). <https://www.state.gov/policy-issues/human-trafficking/>. www.state.gov

You have the passion, we have the opportunities – let’s make a difference for Nebraskans

Join our team as a Licensed Practical Nurse or Registered Nurse providing direct care to patients at our 24-hour facilities located in Lincoln, NE and Norfolk, NE.

NE DHHS offers excellent benefits, generous leave accruals, flexible scheduling, and a retirement match of 156%. NE DHHS is a Public Service Loan Forgiveness qualifying employer.

For more information and to apply, please visit: dhs.ne.gov/careers or contact Nichole Newland at 531-207-5418.



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

 Welcome
NEW MEMBERS

Alicia Abboud
Marissa Amidon
Kahla Anderson
Carlile Angela
Desrei Arbolente
Bonny Athy
Randi Boell
Rachel Breyfogle
Dawn Brown
Jennifer Childs
Noelle Clouse
Susan Dadisman
Kahnilla Dalmacio
Heidi Day
Lindsey De Jong
Erin Dingman
Debbie Dow
Rachel Eddingfield
Monica Elliott
Angela Ferber
Megan Fick
Eileen Flanagan
Katlyn Ford
Deanne Gibbs
Emily Goldsberry
Brittany Grabe
Melissa Gries-Partridge
Megan Griffin
Briana Haroldson
Michelle Haugen
Hannah Hayes
Christine Hazen
Tracey Henderson
Abbi Herrick

Paula Hilbelink
Amy Hopkins
Allison Hurt
Stephanie Imhoff
Melinda Jackson
Amy Jackson
Marisa Jergenson
Haylee Johnson
Faith Kamanda
Wendy Kimbley
Mackenzie Kirk
Jamie Koopman
Abby Kore
Bailey Krull
Zachary Laue
Angela Lindberg
Karleen Looney
Sarah Mafilika
Courtney Martin
Stephanie Martindale
Thomas Martz
Maureen McDonagh
Elaine McKiness
Emily McMillen
Brenda McNamara
Eve Menzel
Linsey Miller
Jayvee Molas
Stacey Moore
Amy Morin
Amanda Mundel
Lori Nahnsen
Bridget Nore
Lara Nothwehr

Melissa Okun
Kelli Penfield
Sherri Porter
Emily Regenwether
Rachel Sankey
Michelle Schneider
Angie Scott
Karrey Shannon
Brenda Sheetz
Jamie Sheumaker
Angie Shilling
Sarah Simpson
Andrea Smart
Chandra Snow
Amanda Snyder
Kea Stanger
Julie Stanik-Hutt
Tabitha Stouffer
Jessica Swihart
Emily Tapia
FATOU Thiam
Lisa Thuerauf
Ashley Umberger-
Marciniak
Monika Venteicher
Jamie Warg
Katlin Winemiller
Danielle Woodford
Margo Woods
Katelyn Worthington
Amy Wright
Mary Claire Wunderlich
Mildred Yates
Chelsea Youmans
Rachel Youngdahl

Social Media Etiquette for Nursing Professionals

Jennifer Flynn, Vice President of Risk Management at *Nurses Service Organization (NSO)*



IN TODAY'S DIGITAL WORLD, social media is a vital tool for connection and communication. However, for nursing professionals, social media can present potential risks. While it offers opportunities to share knowledge and connect with colleagues, improper use can negatively impact patient care and lead to serious professional consequences.

The Risks of Social Media Missteps

Consider this scenario: a nurse posts on Facebook about a tough day at work, venting about difficult patients without mentioning names. Despite not revealing specific identities, this could still be interpreted as a violation of patient confidentiality or unprofessional conduct. The result? A complaint filed with the state board of nursing, which could lead to an investigation, possible disciplinary actions and even damage to the nurse's career.

This hypothetical situation illustrates how even seemingly harmless posts can spiral into serious issues for healthcare professionals. Nurses should be aware that social media is a public forum, and that employers may see what they post. In today's interconnected world, posts can

spread quickly, and even deleted content can be recovered and used against someone in professional reviews, hiring practices or legal actions.

Common Social Media Pitfalls for Nurses

For nurses, maintaining professionalism online is crucial. Here are some of the common mistakes to avoid:

- **Breach of Confidentiality:** Sharing any patient information, even in vague terms, can be seen as a violation of privacy laws like HIPAA.
- **Unprofessional Behavior:** Posts involving offensive language, inappropriate photos, or discussions about drug or alcohol use can be flagged as unprofessional, leading to complaints.
- **Negative Comments About the Workplace:** Speaking negatively about colleagues or employers on social media can result in disciplinary actions and affect relationships at work.

Best Practices for Nurses on Social Media

- To avoid the pitfalls of social media, nurses should follow these best practices:
- Never post anything that could be interpreted as a breach of patient confidentiality.
- Avoid sharing photos or videos of patients, no matter how well-intentioned.
- Keep personal and professional lives separate by not connecting with current or former patients on social platforms.
- Focus on using social media for positive purposes, such as sharing healthcare education or promoting the nursing profession.
- Always set personal accounts to private but remember that privacy settings don't make posts immune to scrutiny.

The Importance of Vigilance

Nursing professionals are held to higher standards due to their responsibility for patient care and access to private information. Social media use must reflect this responsibility, as even minor lapses in judgment can have lasting consequences on a nurse's career and reputation. ■

Reprinted with permission from Nurses Service Organization

WELCOME

2025 Committee Members

Thank you to our members who will be serving on a committee in 2025.



BYLAWS COMMITTEE

Dawn Bowker (Chair)

Lisa Caffery
Ellen DeJong
Andrea Knipper
Greg Opseth



EDUCATION COMMITTEE

Dawn Bowker (Chair)

Misty Brooks
Katelyn Burns-Thompson
Bonnie Davidson
Ellen DeJong
Jan Lee
Kennedy Thoren
Virginia Wangerin



FINANCE COMMITTEE

Katelyn Burns-Thompson (Chair)

Amanda Bruscher
Mary Tarbox
Kennedy Thoren



NOMINATIONS COMMITTEE

Christina Peterson (Chair)

Haley Bielenberg
Darci Colsch
Cara LeBrune
Julie Dragstra



NURSING PRACTICE COMMITTEE

Shari Kvidahl (Chair)

Gina Battani
Randi Boell
Hope Dunn
Krystalle Fada
April Colwitzer
Stephanie Nemmers-Bello
Kerry Schafer
Michelle Stapp



PUBLIC POLICY COMMITTEE

Kate Pace (Chair)

Jennifer Casson
Alan Faith
Ann Carton
Kelcie Gunderson
Esther Huston
Carrie Lawson
Christin Pritchard
Sam Wu

Thank you for your time and dedication to the 2025 INA Committees.
Your hard work and commitment to the Iowa Nurses Association are invaluable!



80+
Attendees



9
Speakers

8 Award Recipients
-&-
3 Scholarship Recipients

14
Exhibitors

2024 INA ANNUAL CONFERENCE
**REVOLUTIONIZING
HEALTHCARE**
EMBRACING INNOVATION

highlights



THANK YOU
For making this year's
conference a success!



Where Nursing Education and Practice Meet



Mary P. Tarbox, EdD, RN, INF Board of Directors

ARE YOU WORKING ON an inpatient care unit now and wish that you could do some teaching of nursing students? Why do you have that desire? Do you think nursing students need more skills, more critical thinking, and more common sense, or do you just want to do something that lets you have evenings, weekends, and holidays off?

Consider the importance of what you do at the bedside in the hospital or in the home, or what you do for mental health patients in the community or for the whole community in the incidence of a pandemic. Your “nursing expertise” is essential to the care of patients; however, nursing students crave the opportunities to do just what you are doing. How can you help nursing students learn what you know and how you use that knowledge in your practice?

The combination of practice and education remains an essential component of nursing education and contributes to anxiety for both. Faculty constantly ask where and when students can be in the hospital clinical areas. Can a student learn pediatrics with a school nurse? Can a student in an urgent care setting learn the basics of emergency nursing? Will time spent in the community free obstetrical clinic add to the knowledge the nursing student needs for inpatient obstetrical nursing? These questions haunt faculty constantly and may bias the experienced nurse in the hospital who needs that new graduate to hit the ground running.

Answers to these questions lie in the consistent collaboration of faculty and nurses in the practice setting. An understanding of the demands on each component of the profession is essential, but how can that happen? Should faculty in a practice profession maintain practice

while they are employed as full-time faculty? Do more nurses from the practice setting need to meet students in the classroom and share their expertise? Can nurses in practice teach students skills in the practice setting, or come to the schools’ skills labs?

The essential collaboration of nurses in practice and in education is an ongoing process. Nurses in professional organizations such as INA can contribute to this collaboration. One may support nurses in education by offering to interact with students to share their expertise in the classroom as well as in clinical settings. The nurses on a unit must support nurses who return to school to enhance their education, and not degrade them as “showing off.” Know that support for a single nursing student through [INF scholarships](#) can lead to an expert collaborator who can bring the education and practice worlds together to ensure that nursing education and practice are the best that can be offered to all patients in all settings. Your support can be through a [donation](#). The foundation is grateful for the contributions of working nurses in Iowa, especially those who support collaboration and participate in professional organizations. ■



Make a lasting impact on the future of nursing in Iowa.



2024 INA Award Winners



Collaborative Practice Award
Carrie Melcher
BSN, RN



Excellence in Nursing Education
Dr. Dawn Bowker
PhD, RN, ARNP-BC, CNE



Collaborative Practice Award
Mary Greeley
Medical Center



Excellence in Nursing Leadership
Lisa Caffery
MS, BSN, RN, Med-Surg BC, CIC, FAPIC



Leadership in Advanced Practice Nursing (APRN)
Stephanie Nemmers-Bello
MSN, ARNP, CPNP



Excellence in Nursing Leadership
Jimmy Reyes
Ph.D., DNP, AGNP, RN, FRE



Faces of Our Future Nurses
Samantha Hopkins, RN



Excellence in Nursing Leadership
Jenna Harvey
RN, ADN

Congratulations to the 2024 INA Award Recipients

The Collaborative Practice Award Recipients:

Carrie Melcher, BSN, RN and
Mary Greeley Medical Center

The Leadership in Advanced Practice Nursing Award Recipient:

Stephanie Nemmers-Bello, MSN, ARNP, CPNP

The **Collaborative Practice Award** recognizes the power of teamwork and the impact of working together to achieve exceptional results in healthcare. This award honors a healthcare organization or individual who has led a collaborative project that exemplifies an interdisciplinary approach, bringing together diverse skills and expertise to improve patient outcomes or achieve significant cost savings

The **Leadership in Advanced Practice Nursing Award** honors an exceptional Advanced Practice Nurse who has made a significant positive impact on patients and colleagues within their work environment. This award recognizes a nurse who exemplifies the principles of autonomy and excellence in practice, serving as a role model for fellow Advanced Practice Registered Nurses (APRNs). Through their leadership and dedication, this individual not only enhances patient care but also inspires others in the nursing community to strive for excellence in their own practices.

The Faces of Our Future Nurses Award Recipient:

Samantha Hopkins, RN

The **Faces of Our Future Nurses Award** celebrates the emerging leaders in our profession who are shaping the future of nursing. This award is presented to a Registered Nurse who has been licensed for five years or less yet has already made a significant impact in their field. The recipient is recognized for their innovative practice, dedication to community service, or the development of a program that benefits the public in their area of practice. This award highlights the promise and potential of the next generation of nurses, honoring those who are already making a meaningful difference early in their careers.

The Excellence in Nursing Education Award Recipient:

Dawn Bowker, Ph.D., RN, ARNP-BC, CNE

The **Excellence in Nursing Education Award** is presented to an INA member who has demonstrated exceptional dedication as a nursing instructor, serving as a guiding light for the next generation of nurses in Iowa. It recognizes those who go beyond teaching by inspiring, mentoring, and empowering their students to excel in their studies and become compassionate, skilled professionals. This award celebrates educators who have made a significant impact on the lives of their students, fostering a love for nursing and a commitment to patient care that will shape the future of healthcare in our state.

The Excellence in Nursing Leadership Award Recipients:

Lisa Caffery, MS, RN, Med-Surg BC, CIC, FAPIC

Jenna Harvey, RN, and

Jimmy Reyes, Ph.D., DNP, AGNP, RN, FRE

The **Excellence in Nursing Leadership Award** celebrates Registered Nurses who have demonstrated outstanding innovation and creativity in advancing nursing theory and knowledge across any practice setting. This esteemed award recognizes individuals who serve as a role model for high-quality nursing practices, fostering an environment that promotes professional autonomy and empowers fellow nurses to take control of their practice. Through their leadership and commitment to excellence, these nurses have made a lasting impact on the nursing profession and the care provided to patients.



Write for *American Nurse Journal*

The official peer-reviewed journal of the American Nurses Association invites you to submit an article for publication.

We're looking for articles that offer practical, evidence-based solutions to common and not-so-common clinical, practice, leadership, and nurse wellness challenges.

6 simple submission steps:

- 1 Review past articles at myamericannurse.com to learn more about the types of topics we publish.
- 2 Carefully read our **author guidelines** and **listen to the podcast about writing for publication** at myamericannurse.com/author-guidelines.
- 3 **Write a query** describing your subject and submit it to Executive Editorial Director Cheryl Mee, MSN, MBA, RN, FAAN at cmee@healthcommedia.com
- 4 **Begin writing** your article. **Follow the executive editorial director's recommendations** for formatting and crafting, and **refer frequently to the author guidelines**.
- 5 Submit your article (**refer back to those guidelines**).
- 6 **Give yourself a well-deserved pat on the back** and await peer reviewer feedback.

Access the ANJ author guidelines here:



AMERICAN
NURSE
ANA

OnDemand **WEBINARS**



Our webinars cover important topics in healthcare such as how to build a better future for nursing, medication safety, prevention of patient falls and

MUCH MORE!



WATCH TODAY!



Check our website often and register for upcoming webinars

AMERICAN
NURSE
ANA

www.myamericannurse.com/webinars

We can stop HIV, Iowa— by testing for both HIV & other sexually transmitted infections

Health care providers are essential to ending the HIV epidemic in Iowa.

The **best** first steps you can take are offering routine HIV screening and speaking openly with patients about their sexual history.

Acquiring any sexually transmitted infection (STI) increases the likelihood of HIV acquisition. Therefore, prompt diagnosis and complete treatment of people with STIs is very important. This prevents the long-term health consequences of STIs and reduces the likelihood of acquiring HIV or other STIs.

Please consider the following when discussing patients' sexual health needs:

HIV testing

Diagnosing HIV quickly and linking people to treatment immediately are crucial to reducing HIV transmissions and improving health outcomes for all.

Syphilis testing

In 2023, there were 946 cases of syphilis in Iowa, an increase of more than 234% since 2018. A wider variety of populations are also affected than ever before.

Rates among Black, Indigenous and other Iowans of color are increasingly disproportionate. The percentage of cases among women has also increased starkly, from only 18% in 2018 to 38% in 2023. We need your help to raise awareness and increase testing, early diagnosis and treatment for syphilis in Iowa.

Multi-site testing for chlamydia and gonorrhea

Multi-site or extragenital testing is testing for chlamydia and gonorrhea at any body site other than the urethra, vagina or cervix. It includes testing in the rectum or oropharynx, based on patient-reported exposure, regardless of condom use.



Read key takeaways from the CDC's most recent STI Surveillance Report



Visit the STI Program page at Iowa HHS for Iowa-specific resources