



April 29, 2022 - Vol. 3, Issue 3

News & Updates

A Note of Thanks and Appreciation

I would like to extend a sincere thank you to outgoing board members, Mark Odden, BSN, MBA, CRNA, ARNP Chairperson and Nancy Kramer, EdD, ARNP, CPNP, CNE Vice-Chairperson for their service to the Iowa Board of Nursing. Mark has served on the board for 6 years representing nursing practice. Dr. Kramer has served on the board for 9 years representing nursing education. Both terms ended on April 30, 2022.

As board members Mark and Nancy have been involved in many Iowa Board of Nursing (IBON) initiatives; such as the passing of the updated Nurse Licensure Compact, numerous revisions to the Iowa Administrative Code, paperless licensure and transitioning to a digital newsletter. Mark and Nancy's experience and education have been an asset during a very difficult year with COVID and throughout their time with the board.

Mark and Nancy have been true leaders in carrying out the mission of the Board to protect the public health, safety and welfare. Please join me in thanking both Mark and Nancy for their endless hours of service as members of the Iowa Board of Nursing.

With kind regards,

Kathy Weinberg, MSN, RN Executive Director

National Nurses Week, May 6-12, 2022

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. Nurses Day is celebrated May 6th! As of 1998, May 8 was designated as National Student Nurses Day. As of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year. A big thank you to nurses everywhere for your



tireless efforts to serve the lives of your clients and patients. You deserve recognition every day!

National Prevention Week for Mental Health and Substance Use: May 8-14th, 2022

The month of May is an important time to raise awareness regarding mental health and substance use and recognize the impact it can have on healthcare workers. The wellbeing and emotional resilience of healthcare workers are key components in maintaining essential healthcare services. Healthcare workers were faced with challenges like never before due to the COVID-19 pandemic. The Board encourages all health care professionals to take care of their health and themselves.

Statistics & Facts on Substance Use in Nurses

- The rate of nurses' substance use is comparative with the general population estimates of substance use; between 6% and 8%.
- 18 % of nurses showed signs of substance use, while one-third of this population (6.6% of the entire population) qualified for a substance use disorder.
- Substance use may still be stigmatized in the field of nursing. Many nurses who recover from substance use issues tend to feel stressed about re-entering the healthcare field because of the restrictions placed on them upon reentry (more restrictive schedules, drug testing, monitoring, and required attendance at support meetings, like AA).
- Many nurses report using substances to cope with stressors, or watching peers cope with stress by using substances.
- Illicit and prescription drug use are most common in home health and hospice nurses and nurses who work in nursing homes.

For more detailed information on how to get involved and more resources, please visit the [U.S. Department of Health & Human Services](#).

Source: Webster, A. (2022, April, 12). American Addiction Centers.

<https://americanaddictioncenters.org/healthcare-professionals/rehab-for-nurses>

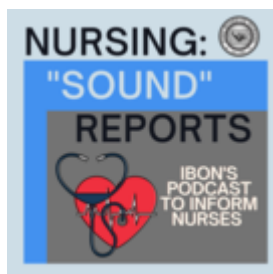
Additional Information

Licensure Renewal Reminders



Wallet cards are no longer issued with renewals as of July, 2019. Visit our website under IBON Online Services to view/print a license verification or request an email to be sent to you. Renewal email reminders are sent with Account ID information 90 days prior to renewal. You can reset your password online with this account ID, if needed. Please keep record of your account information for future use. The system will allow you to renew 60 days prior to your expiration. For more information please visit the [Iowa Board of Nursing](#).

Nursing: "Sound" Reports - Podcast



The most recent episode of the Board's podcast is posted. Eric Holsapple, Health Professions Investigator, with the Iowa Board of Nursing and Anne Ryan, Host discuss considerations for nurses when choosing to use social media. Topics include patient privacy, professionalism, and problematic or high risk uses. Stay tuned for new episodes coming soon. For access to all IBON podcasts, please visit the [Board of Nursing](#) website.

[Listen to the episode here](#)

NLC Tip of the Month



QUESTION: Who should I contact if I have a question about the status of my submitted application, application fees, continuing education hours or where to get a criminal background check?

ANSWER: These questions must be directed to your state board of nursing (BON). Contact information for all BONs is available [here](#).

[Click here to visit the NLC Home Page](#)

Important Events, Information & Dates

IBON Holiday Hours

The IBON office will be closed on Monday, May 30, 2022, in observance of the Memorial Day state holiday. Regular hours will resume on Tuesday.

Upcoming Board Meetings Scheduled

July 13, 14, 15, 2022. All day. Regularly scheduled quarterly Board Meeting. This will be an in-person meeting. Please see the IBON website for details on the public accessing the meeting.

Board Meeting Records

Agendas (posted no later than 24 hours before a meeting) and approved minutes are posted as they are approved by the Board.

Resources Available

For those who find themselves struggling with substance use or mental health we encourage you to reach out. The Iowa Board of Nursing has a [list of mental health and substance use resources available](#) on their website that can be utilized. If you would like further assistance with substance use and or mental health concerns, please contact the Iowa Nurse Assistance Program.

National Nurses Week Ceremony Honors Civil War Nurse

On Saturday, May 7, 2022, in honor of National Nurses Week, a ceremony will be held at 12:30 p.m. in Woodland Cemetery in Des Moines, Iowa. All healthcare professionals and the public are invited to join as Rosanna Rush Merrill (1843-1923) is honored. Ms Merrill was a Civil War nurse and descendant of Dr. Benjamin Rush (a signer of the Declaration of Independence) who will have her grave marked for the first time in 100 years as a tribute to all nurses. Her grave has been unmarked for 99 years. Find more information [here](#).

Emergency Proclamation Expiration Reminder

As a reminder, Governor Reynolds announced that the Proclamation of Disaster Emergency in response to the COVID-19 pandemic expired at 11:59 p.m. on February 15, 2022. Accordingly, the State of Iowa is no longer be under a proclaimed state of emergency due to COVID-19 effective February 16, 2022.

Upcoming Iowa Nurse Assistance Program Advisory Committee Meetings

May 10, 2022, 1 p.m. INAP Advisory Committee conference call.

June 7, 2022. All day. Regularly scheduled quarterly INAP Advisory Committee meeting. Please see the IBON website for details on the public accessing the meeting. If you or someone you know is impaired as a result of substance use or by any mental or physical condition, there is help. Please see the [INAP webpage](#) for more information.