



National Association of Catholic Nurses, U.S.A.

where NURSING, MINISTRY and CATHOLIC MISSION meet
“Unity in Charity”



www.nacn-usa.org

CatholicNurses@nacn-usa.org

Spring 2018 Newsletter

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President's Letter

As I composed the President's Letter on the World Day of the Sick I am awed by the great responsibility of our profession. In 1992, His Holiness Pope St. John Paul II, in his inaugural address described the health care worker as the “*highest, most meritorious and exemplary testimony of justice and love*” and called us to “*continue in your delicate service with generous openness to the profound values of the person, to respect for human dignity and to defense of life, from its beginning to its natural close.*” This year for the 26th World Day of the Sick, His Holiness Pope Francis asks us to be careful not to adopt a business mentality that ends up discarding the poor but to respect in the sick person his or her dignity and constantly keep that at the center of the therapeutic process. And in this year when the Day coincides with the Feast Day of Our Lady of Lourdes, His Holiness requests that the Virgin Mary support all those who care for the sick. Thank you for all you do to care for the sick and suffering, some directly, others through teaching the next generation of nurse, others through public policy, research and administration.

Over the last quarter we addressed several issues on your behalf and had several successes.

1) Following our letter to the California Board of Registered Nursing (CA BRN) last November, we are very pleased to announce that after abruptly rescinding continuing education units (CEUs) for the Abortion Pill Reversal (APR) education program offered on the website of Heartbeat International, the CA BRN reversed their decision. See the article in this newsletter by Dr. Carolyn Laabs, PhD, MA, FNP-BC, RN. Thank you Ellen Gianoli, BSN, PHN, RN for bringing this to the Board's attention, the initial draft and for coordinating meetings with those in California.

2) In November we collaborated with USCCB and several organizations to provide comments to the Department of Health and Human Services (HHS) on *Removing Barriers for Religious and Faith-Based Organizations to Participate in HHS Programs and Receive Public Funding*.

3/4) In December we responded to two HHS requests for comments which addressed *Moral and Religious Exemptions and Accommodations for Coverage of Certain Preventive Services under the Affordable Care Act*.

NACN-USA National Conference
Responding to Healthcare Challenges

*Influencing
Catholic Nursing Practice*

August 2-3, 2018

Historic Menger Hotel, Alamo Plaza
San Antonio, Texas

Register: www.nacn-usa.org
See Call for Abstracts this edition

NACN-USA SCHOLARSHIP

For NACN-USA members who are students in nursing programs, or who desire to attend a nursing program or a non-degree offering program applicable to nursing, may apply for this scholarship. One scholarship of \$1,000 is available annually. Scholarship Award applications must be submitted by **June 30. Apply online at:** www.nacn-usa.org.

President's Letter (cont'd)

We were pleased to read that on January 18, 2018, the HHS announced the formation of a new Conscience and Religious Freedom Division in the HHS Office for Civil Rights (OCR). The Division was established to restore federal enforcement of our nation's laws that protect the fundamental and unalienable rights of conscience and religious freedom. There is now **a portal to submit "Conscience or Religious Freedom complaints" online**. We have linked to this site on the NACN-USA homepage.

5) And if the quarter had not been active enough, through the collaborative work of Dr. Marie Hilliard, PhD, MS, MA, JCL, RN who is both the Director of Bioethics and Public Policy for the National Catholic Bioethics Center and the NACN-USA President Elect, we were invited to co-sign a letter from AAPLOG, ACP and CMA addressed to the American Medical Association (AMA) opposing a move by their international affiliate, the World Medical Association, requiring physicians to refer for abortion. See the NACN-USA News section on our website for all of these letter and summaries.

In January Dr. Patricia Sayers, DNP, RN and Maria Arvonio, BSN, MA (HCE), RN and I participated in the Leadership Mass officiated by Daniel Cardinal DiNardo at the Franciscan Monastery of the Holy Land and then the 45th Annual Pro-Life March for Life. For the first time a sitting president addressed the group. President Trump officially proclaimed January 22, National Sanctity of Human Life Day. The crowd was enormous. The spirit of love and prayer permeated the walk.

The NACN-USA National Conference is just around the corner on **August 2-3, 2018** in San Antonio, **Responding to Healthcare Challenges Influencing Catholic Nursing Practice**. Registration is now open online. Please bring a friend and a new member. Our conference planning committee (Dahlia Rojas, PhD, RN; Katherine Mulholland, RN and Mary Diaz, EdD, RN), under the leadership of Dr. Jane Cardea, PhD, RN, has prepared an excellent program. In addition, they have secured the Historic Menger Hotel on the Alamo Plaza at conference rates before and after the meeting. Consider adding on a family vacation. Thank you also to Richard Zazycki, LPN, Treasurer, for his continued support of each of these meetings. **Join us in San Antonio.**

May you all have a Blessed Easter Season.

He is Risen! Allelulia!

Diana Ruzicka, RN, MSN, MA, MA, CNS-BC

President, National Association of Catholic Nurses, U.S.A.



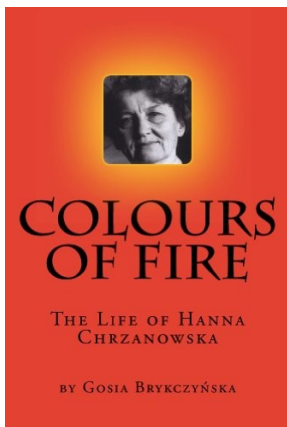
*Begin praying the
Divine Mercy Novena on
Good Friday*

Hanna Chrzanowka Lay Nurse Beatified, April 28, 2018, Poland

On April 28, 2018, the Venerable Servant of God, Hanna Chrzanowska (1902-1973), will be beatified in Kraków, Poland. She was also a great Polish patriot. During the Second World War, her tireless work with the homeless and refugees in Kraków significantly reduced mass hunger and outright starvation in the over-crowded city. After the war, Hanna, established and coordinated Parish Nursing. She worked for most of her professional life as a qualified nursing instructor in the field of community nursing. She was also a very spiritual and compassionate person.

Hanna will be the first lay, registered nurse to be beatified and it is the first time in the history of canonizations that a professional group (in this instance qualified nurses), approached their local bishop to start the canonization process of one of its own members! Hanna was Polish and worked most of her life as a community nurse and teacher of community nurses. She set up Parish Nursing in Poland in the 1960s. She was also a Benedictine oblate of Tyniec Abbey. She

was an extra-ordinary woman even if she were not considered for canonization. <https://hannachrzanowska.pl/en/>



NACN-USA Elections for the 2018-2020 Terms

Elections for the 2018-2020 term are in progress. Vote online in the "members only" section.

<https://nacn-usa.org/login/member-dashboard/>

Elections end on the Solemnity of St. Mark the Evangelist, April 25, 2018



Responding to Healthcare Challenges Influencing Catholic Nursing Practice

August 2-3, 2018 - San Antonio, Texas

Call for Abstracts for Podium or Poster Presentation

NACN-USA seeks applications for podium and poster presentations relating to health care challenges across the life span. Identified challenges will address healthcare practices of Catholic nurses in a sole or group-involved initiative and/or other healthcare providers who support Catholic nursing's unique ministry. Topics may be completed work or work in progress representing areas of administration, practice, education, or research. Individuals may submit more than one abstract, but only one abstract will be selected for podium presentation. Areas of focus include:

Administration

Nursing or Healthcare Administration influencing nursing; Title of Project; Rationale; Problem Addressed; Setting; Target Population; Intervention; Outcome; Budget.

Practice

Nursing or Healthcare Provider Practice influencing nursing; Title of Project; Rationale; Problem Addressed; Setting; Target Population; Intervention; Outcome; Budget.

Education

Nursing or Healthcare Provider Education influencing nursing; Title of Project; Rationale; Problem Addressed; Setting; Target Population; Educational Strategy; Outcome; Budget.

Research

Nursing or Healthcare Provider Research influencing nursing; Title of Project; Rationale; Conceptual Framework; Methods; Subjects; Setting; Instruments; Data Analysis; Results; Budget.

It is hoped that two grants of \$500.00 each can be awarded. If funding is provided, grant recipients will be notified in time to make necessary arrangements to present their podium or poster presentation at the conference. Grant recipients will be recognized at the conference and in the conference program packet. Thereafter, acknowledgement of NACN-USA funding must be included in all publications and presentations. Student submissions are welcomed if accompanied by a faculty support letter. Register for conference and complete abstract application online at <https://nacn-usa.org/conference/2018-conference-san-antonio/>

Submit Abstracts for review using the online application at www.nacn-usa.org by **May 15, 2018** to:
Dr. Dahlia Rojas at: Rojas.nacn@gmail.com or Dr. Mary Diaz at: mdiaz4172003@yahoo.com



The Historic Menger Hotel



San Fernando Cathedral

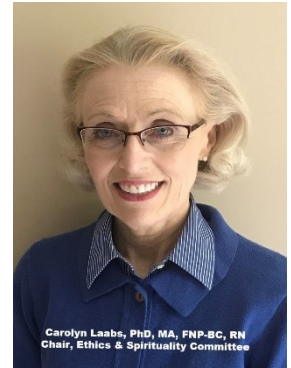


The River Walk, San Antonio

Abortion Pill Reversal: Information Every Nurse Should Know

Carolyn A. Laabs, PhD, MA, MSN, FNP-BC

Last September, the NACN-USA learned that the California Board of Registered Nursing (CA BRN) abruptly rescinded continuing education units (CEUs) for the Abortion Pill Reversal (APR) education program offered on the website of Heartbeat International. The CA BRN claimed that the information was not relevant to nursing. Given that the CA BRN previously had decided to grant CEUs to Heartbeat International for this program, the sudden reversal of their decision was puzzling. The NACN-USA expressed its concern in a letter to the CA BRN in which it argued that not only is this information relevant to nursing, but it also is a nurse's obligation to know about it.¹ In this newsletter I present brief background information on medication abortion and APR, explain why nurses should know about it, and offer recommendations for nursing education, practice and research. The information provided here is meant to spur interest and motivation to learn more about the role nurses can play in the lives of women who are pregnant, begin the medication abortion process and then have a change of heart, and to make a difference in the lives of children who, through the grace of God, may be saved through APR.



In 2000 the US Food and Drug Administration (FDA) approved the use of mifepristone (RU- 486) to induce abortion up to 49 days after the first day of a woman's last menstrual period.² Since then, medication induced abortion has become fairly common. As of 2014, over 30% of all nonhospital abortions were induced with medication.³ Unfortunately, this number likely will increase. In 2016 the FDA extended the time period for medication induced abortion to 70 days after the first day of a woman's last menstrual period.⁴

Medication abortion is a two-step process calling for 200 mg of mifepristone taken by mouth followed 24-48 hours later by 800 mcg of misoprostol taken buccally. Mifepristone acts by blocking progesterone, a naturally produced hormone that prepares the endometrium for an embryo and helps maintain the pregnancy. Without progesterone, the pregnancy cannot continue and the uterine lining sheds. Misoprostol causes the uterus to contract and helps to complete the abortion process.⁵ The "success rate" of the 2016 protocol is reported to be 95-99%.⁶

As dismal as this sounds, there is hope. Hope lies in interrupting and reversing the process of abortion begun upon taking mifepristone, by not taking misoprostol, and timely use of progesterone to counteract the action of mifepristone. In fact, studies have found that after taking a 200 mg dose of mifepristone *not* followed by misoprostol, embryo survival can be as high as 23%.⁷ With APR, that rate can more than double with 55% of women continuing their pregnancies and delivering their babies.⁸ Regarding progesterone, the American Association of Pro-Life Obstetricians & Gynecologists (AAPLOG) explain that, "the use of progesterone to counteract mifepristone, a synthetic anti-progesterone steroid, is a logical extension of decades of therapies for pregnancy loss caused by progesterone deficiency. Research studies have shown that the use of progesterone reverses the effects of mifepristone blockage, and progesterone has been used safely for decades in pregnant women."⁹ AAPLOG "strongly supports a woman's right to choose to keep her pregnancy, and to attempt to reverse the effects of a medical abortion which she no longer desires. The abortion pill reversal process is safe for both the mother and for her unborn child and offers a real chance for the woman to rescue her unborn child when she has changed her mind about abortion."¹⁰

This is important information, not only for physicians but also for nurses in our education, practice and research. It should be included in courses on women's health, maternal child health and pharmacology. Nurses at all levels of practice should be aware, whether counseling patients, educating them, or prescribing for them. Sadly, in some states advance practice nurses may prescribe medication abortion and some organizations, such as the American College of Nurse Midwives¹¹ and the American Public Health Association, support the provision of abortion by advance practice nurses.¹² All the more reason to inform ourselves about APR. In addition, by conducting research and collaborating in studies with others, nurses can build on the evidence supporting APR.

When it is all said and done, as explained to the CA BRN, it is a matter of ethics. "Having such knowledge is a responsibility of nursing so that we might uphold the ethical standards of informed consent, respect for the patient's right to self-determination, and respect for the dignity of patients [both mother and child]; standards that patients have come to expect, from the nursing profession and the nursing profession owes to patients."¹³ More information on abortion pill reversal and CEUs can be found at AAPLOG¹⁴ and Abortion Pill Reversal.¹⁵

NACN-USA Logo (1995-2017)

by Peg Olson and Diana Ruzicka



In 1995 the National Association of Catholic Nurses, U.S.A. (NACN-USA) held a Logo Contest. Marylee Meehan, RN, MA, one of the founders of the newly formed national Catholic nursing organization, was at the time she won the contest serving as the Vice President (1993-1996). Marylee would go on to serve as NACN-USA President (1996-1998), Vice President, International Committee of Catholic Nurses and Medico-Social Assistants (CICIAMS), North American Region (1998-2000), the NGO Representative of CICIAMS: United Nations, New York and Australia, NGO UNICEF, New York, International Catholic Organizations, New York and Pan American Health Organization, Washington, D.C. (2002-2007), the CICIAMS President (2007-2012), and Member of the Pontifical Council for the Pastoral Assistance of Health Care Workers appointed by His Holiness Pope Benedict (2011-2017). She was honored by the Holy See with the title “CICIAMS President Emeritus” in 2016. Marylee received the NACN-USA Living Legacy Award in 2017 at The Summit in Cape Cod for her many contributions locally, nationally and internationally.



In an oral history Marylee shared with Peg Olson how she came to design the logo. In her home she made a prayer room. Marylee lit a candle, prayed for inspiration and asked the Holy Spirit to share with her the design. As Marylee made it manifest, it was important that she start with a circle, a group bound by a common tie. A circle because God is eternal. He has no beginning and no end. Once she determined the shape of a circle, the next inspiration came to her was that at the middle of the design is a cross. And the reason for the cross being in the middle of the logo is because the cross stands for suffering, death and resurrection. On the four sections of the cross are the initials of the organization, N.A.C.N., and at the bottom of the cross is U.S.A. In the middle of the cross is the heart, the Sacred Heart of Jesus. The heart stands for “love of God and patients.” In the center of the heart is the Nightingale Lamp. And the Nightingale lamp has escaping from it is... the Holy Spirit in the form of a vapor, the Holy Spirit. The Holy Spirit in the form of a dove is atop the

Sacred Heart of Jesus. The nurses’ lamp and light symbolizes nursing and being one little light. Marylee speaks of how it is the responsibility of each one of us to be a light and shine for everyone with whom we come in contact. As she was designing the logo the words from the Holy Spirit, “*Come Holy Spirit, Fill the hearts of Thy faithful and enkindle in them the fire of your love...*” And last but not least, perhaps the most important part of the logo is the crown, the gold crown at the top of the cross. The gold crown symbolizes, “Christ the King” and in Bible Revelation 16:14-15, “*... A crown of solid gold upon His head and a sharp sickle in his hand ...the time has come for you to reap, the harvest is ripe on the earth.*” For us it is time to reap, the harvest of new members and our student nurses.

In 2017, with Marylee Meehan’s consent, the NACN-USA Board of Directors added the organization name around the outside of the logo. Below is the original meaning of each aspect of the logo and pictures of the old and new logos:

1. SHAPE: Circle, a Group Bound by a Common Tie.
2. CROSS: Suffering Death & Resurrection
3. HEART: Love for God & Patients
4. HOLY SPIRIT: “Come Holy Spirit, Fill the hearts of Thy faithful and enkindle in them the fire of your love.
5. NURSES LAMP AND LIGHT: Nursing and being one little light
6. GOLD CROWN: Christ the King and in Bible the Revelation 16:14-15, “*...A crown of solid gold upon His head and a sharp sickle in his hand ...the time has come for you to reap, the harvest is ripe on the earth.*” For us it is time to reap, the harvest of new members and our student nurses.



Original design 1995

Thank you Marylee for the original design.



2017 Modification

Thank you Richard Zazycki, LPN, Treasurer and Sister Barbara Roman, RSM for our 2017 modification.



Upcoming Events
(For more information event, see
www.nacn-usa/events)

April

4-6Apr – Humane Vitae (1968-2018), Embracing God's Vision for Marriage, Love and Life: A 50th Anniversary Symposium, Catholic University of American, Washington, D.C. nfp@uscceb.org; 202-541-3240.

10Apr, 10am or 11Apr, 7pm – Presentation on the Beatification of Servant of God Hanna Chrzanowska, Nurse by Dr. Gosia Brykczynska, St. John the Evangelist Catholic Church, 1515 Hiltop Drive, Loveland, Colorado. Hosted by **SW Regional Director**, NACN-USA, Ingrid Tegtman, ingtegtman@gmail.com

17Apr, 6-8pm – Clinical Bioethics and Church Directives Dealing with Ethics in Today's World as a Catholic, Bishop's Conference Room, Catholic Center, 5825 Shelby Oaks Drive, Memphis, Tennessee. RSVP to Lou Ellen McElmury, **MidSouth Area Association of Catholic Nurses (MSAACN)** President: louellen3@bellsouth.net

20 & 21Apr – National Catholic Bioethics Center Two-day Seminar: Catholic Healthcare Ethics: A Tradition of Compassion and Care for the Human Person (12 CNE), St. Patrick Seminary and University, San Francisco, CA. www.ncbcenter.org/

28April – Beatification of Servant of God Hanna Chrzanowska (1902-1973), Krakow, Poland

May

10 & 11May – 14th Annual Medicine, Bioethics & Spirituality Conference, Healthcare Professionals for Divine Mercy, College of the Holy Cross, Worcester, Massachusetts sponsored by Healthcare Professionals for Divine Mercy, www.TheDivineMercy.org/Worcester or 1-800-462-7426.

12May, 0900-1100 – 1st Meeting **North Alabama Council of Catholic Nurses**, St. Joseph Catholic Church, 2300 Beasley Avenue, NW, Huntsville, AL 35816. Contact: diana.ruzicka@gmail.com (Saturday morning Holy Sacrifice of the Mass at 0800).

Filing a Conscience or Religious Freedom Complaint with the U.S. Department of Health and Human Services

If you believe that a covered entity discriminated against you (or someone else) on the basis of conscience or religious freedom, coerced you to violate your conscience or religious beliefs, or burdened your free exercise of religion, you may file a complaint with the Office for Civil Rights (OCR). You may file a complaint for yourself, your organization or for someone else at:

<https://www.hhs.gov/conscience/complaints/index.html>

June

Have a blessed summer

July

25Jul – 50th Anniversary of Humane Vitae (On Human Life), given at St. Peter's, Rome on the feast of St. James the Apostle, in the year 1968, the sixth of the pontificate of Pope St. Paul VI. For the year's events:

<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/resources/humanae-vitae.cfm>

August

2-3Aug – **NACN-USA National Conference**, Responding to Healthcare Challenges Influencing Catholic Nursing Practice, Historic Menger Hotel, Alamo Plaza, San Antonio, Texas. Register online at www.nacn-usa.org.



September

4-8Sep – CICIAMS XX World Congress, Education for Sustainable Health, Engaging Development, Respecting Life, Riverside Majestic Hotel Kuching, Sarawak, Malaysia. <http://www.ciciams.org/>

7-9Sep - Curatio Weekend Retreat, Fr. Andrew Jasper, Retreat Master, 3317 Edward Street NE, St. Anthony, MN 55418. Curatioevent@gmail.com; www.curatioapostolate.com

October

11-13Oct, Advancing Humane Vitae: Best Practices and Next Steps in Catholic Health Care Delivery and Education, St. Louis University, St. Louis, Missouri. <https://hvandhealthcare.com>

November

2-4Nov, 1st Annual Catholic Women Nurses Retreat, Bethany Retreat Center, Dickson, Tennessee. Take time in the beautiful secluded setting for collegiality, prayer, reconciliation, silence and adoration. Return home refreshed.

<https://www.nashvilledominican.org/apostolate/where-we-serve/bethany-retreat-house/>



THE NATIONAL CATHOLIC BIOETHICS CENTER
6399 Drexel Road, Philadelphia, PA 19151 • Tel 215-877-2660 • Fax 215-877-2688 • www.ncbcenter.org

The NCBC offers free consultative services by a credentialed bioethicist, who can share with you the Catholic principles for addressing an ethical dilemma involving health care or the life sciences. Fill out the online consultation form (www.ncbcenter.org). If more urgent, call 215-877-2660, 24 hours/day, 7 days/week

**Report on the 32nd Dicastery for Promoting Integral Human Development (IHD)
Conference at the Vatican
“Addressing Global Inequalities” November 16-18, 2017
Maria V. Arvonio RN BSN MA (HCE)**

Annually, during the month of November, the Dicastery for Promoting Integral Human Development hosts an International Conference regarding healthcare issues. This year the 32nd International (IHD)



**Dr. Patricia Sayers, DNP, RN, Synod Hall,
The Vatican, 32nd Meeting of the Dicastery for
Promoting Integral Human Development,
November 2017**

Conference “Addressing Global Health Inequalities” was held in the Vatican’s Synod Hall from November 16-18, 2017. The uniqueness surrounding this year’s conference included free admission and a global invitation to Leaders of Catholic Healthcare Centers; doctors; nurses; pharmaceutical and technological institutions; chaplains; priest and social workers. All

gathered in one conference to identify the barriers and solutions towards achieving global health equality. Members of the National Association of Catholic Nurses, U.S.A. (NACN-USA) who attended this event included: Marylee Meehan; Dr. Patricia Sayers; Ellen Gianoli; Nicarlita Biscocho and Maria Arvonio. Participants of the conference were all invited to



**Ellen Gianoli, BSN, PHN, RN, Synod Hall
The Vatican, 32nd Meeting of the Dicastery for
Promoting Integral Human Development,
November 2017**

attend Holy Mass celebrated at the Main altar in the Basilica of St Peter’s. His Eminence Peter Cardinal Kodwo Appiah Turkson, Prefect of the Dicastery for Promoting Integral Human Development, was the main celebrant of this Mass joined by various other cardinals, bishops and priests. The conference began with an introduction by the general chairman of the international conference, Rev. Msgr. Bruno Marie Duffe, Secretary of the Dicastery for Promoting Integral Human Development (the Holy See), and concluded with a special message from Pope Francis presented by His Eminence Peter Cardinal Turkson.

A variety of experts and dignitaries from around the world offered presentations regarding barriers and possible solutions towards global health equality. The list of special guest presenters included bishops, cardinals, as well as representatives from the: World Health Organization; International Federation of Catholic Medical Associations; President of the National Catholic Bioethics Center, Philadelphia (USA); leaders of global healthcare organizations as well as those from technological and pharmaceutical industries. Dr. Anthony Tersigni, EdD, FACHE, President

of the International Confederation of Catholic Health Care Institutions (CIISAC) as well as president and CEO of Ascension Healthcare, presented a project which CIISAC initiated. He shared that the goal of the project is to develop a global Catholic Healthcare website which will enable doctors; nurses; chaplains etc from around the world to exchange and share research data; healthcare issues; possible solutions, etc., on one “catholic” website. The CIISAC is a Catholic healthcare institution which collaborates with the Dicastery for Promoting IHD focusing on the sick; migrants and the marginalized. A detailed list of invited guest speakers; dignitaries and the topics they presented can be retrieved from: [http://ciciams.org/INTERNATIONAL%20CONFERENCE%20PROGRAMME%20%202017%20%20VATICAN%20CI TY%2016%2017%2018%20NOVEMBER%202017%20Programma%20ConfInter_2017_EN%20\(2\).pdf](http://ciciams.org/INTERNATIONAL%20CONFERENCE%20PROGRAMME%20%202017%20%20VATICAN%20CI TY%2016%2017%2018%20NOVEMBER%202017%20Programma%20ConfInter_2017_EN%20(2).pdf). (cont’d)

Dicastery Meeting (cont'd)

Participants at the conference were encouraged and given opportunities to share their ideas, concerns and possible solutions regarding global healthcare. Various countries spoke of barriers which prevent them from truly offering Catholic healthcare. One doctor from a nation shared how Catholic doctors in his country are not permitted by their government to offer or be taught “Catholic” healthcare ethics (HCE). Another physician shared how they are forced in their country to do abortions, otherwise they cannot practice medicine. Other participants offered possible solutions/ideas towards promoting global health equality. Dr. Patricia Sayers RN, DNP, CICIAMS identified herself as The International Catholic Committee of Nurses and Medico-Social Assistants (CICIAMS) **Delegate to UN /DPI UNICEF**. She shared aspects of her research project identifying a “global weather/healthcare timeclock” to assist towards health promotion when dealing with chronic illnesses, such as COPD and other healthcare concerns. Maria Arvonio RN, MA, identified herself as the Northeast Regional Director for the National Association of Catholic Nurses United States of America (NACN-USA) and shared the importance of utilizing nurses since they are responsible for the delivery of 95% of global healthcare. She encouraged global support towards building and funding more schools of nursing to train nurses within their own villages/countries, verses being taught in the USA, where culture and technology differs as a means of improving and facilitating delivery of healthcare even in the most remote villages. In addition, she identified the president of The International Catholic Committee of Nurses and Medico-Social Assistants (CICIAMS), Ms. Geraldine McSweeney, who was also present at the conference, and who suggested the importance of connecting with her and their members regarding offering healthcare in the various nations identified. Mrs. Arvonio also shared concerns regarding mental healthcare and the barriers of offering spiritual care to these patients, as well as the concern of their frequent relapses and returns to mental healthcare facilities, stating that, “patients with mental health issues appeared to be overmedicated but not healed”. In addition, she shared her attempts to pray with mental health patients, and how she has been met with opposition by management, who state that praying with mental health patients is forbidden because the healthcare provider would be going against the patient’s free will. They permit prayer only if the mental health patient requests”. Her concerns were confirmed by others in the audience. One of the doctors on the panel of expert speakers suggested that mental health would be considered the primary disease for next year.



Peter Cardinal Turkson, Prefect for the Dicastery for Promoting Integral Human Development, officiating the meeting, Nov 2017, Synod Hall

The conference ended with His Eminence Cardinal Turkson, offering Pope Francis address to all present. The entire address is translated in English and can be retrieved from http://w2.vatican.va/content/francesco/en/messages/pont-messages/2017/documents/papa-francesco_20171118_conferenza-disparita-salute.html. In his address, Pope Francis emphasized the importance of delivering care with a compassionate heart, “While a well-structured organization is essential for providing necessary services and the best possible attention to human needs, healthcare workers should also be attuned to the importance of listening, accompanying and supporting the persons for whom they care.” He also shared his approval and encouragement regarding the global Catholic Healthcare website which was introduced by Dr. Anthony Tersigni, EdD, FACHE, President of the International Confederation of Catholic Health Care Institutions (CIISAC).

In summation, the conference was beautifully planned and executed allowing time to network during lunch breaks with global Catholic healthcare professionals; bishops; cardinals; leaders of healthcare facilities; healthcare policy



NACN-USA Members attending the 32nd Dicastery for Promoting Integral Human Development: Maria Arvonio, Marylee Meehan, Ellen Gianoli, Patricia Sayers and Nicarlita (Nan) Biscocho.

lawyers; Catholic bio-ethicists; etc. all under one roof and at the Vatican. We shared ideas and concerns without fear or judgement. I was humbled by the extraordinary people I met who conversed with one another in a very comfortable and humble manner never appearing as experts, but simply willing to share with others who have a common desire to serve. A desire to be the Hands and Feet of Jesus caring for His children and advocating for the dignity and right of human life. I encourage other members to make plans to attend the next conference which is usually held the week before Thanksgiving. So, prepare yourselves now and pray to attend the next conference offered by the Dicastery for Promoting Integral Human Development.



CICIAMS XX World Congress

(The International Catholic Committee of Nurses and Medico-Social Assistants)

THEME: Education for Sustainable Health; Engaging Development Respecting Life.

HOSTS: Catholic Nurses Guild of Malaysia

VENUE: Riverside Majestic, Kuching Sarawak, Malaysia

DATES: 4-7 September 2018

For program and registration form: <http://www.ciciams.org/ciciamshomepage.html>

Email: franciscamalatin@yahoo.com; Francisca Malantin, President Malaysia Guild, +6016-830-0767

****Dr. Nowak and Dr. Sayers will represent NACN-USA at the CICIAMS XX World Congress**

NACN-USA Members Serving in International/CICIAMS Positions



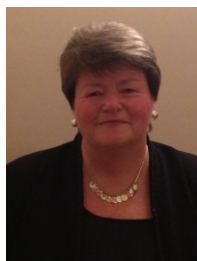
****Marian (Mimi) Nowak, DNP, MPH, RN, CSN, FCN, FAAN**
Pan American President & UN Representative



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Chair, Ethics Committee



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Committee on the Family Member



****Patricia Sayers, DNP, RN**
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UN Representative



Courtney Donahue, MS, RN, FNP-BC, PCCN
UN Youth Representative



Sarah Donahue, BSN, RN
UN Youth Representative

Benedictine College Expands Nursing Program

by Steve Johnson



Bill Buron, PhD, APRN, FNP/GNP-BC, Director of Nursing Program

Benedictine College's Department of Nursing has announced the expansion of its program. The Kansas State Board of Nursing has approved an increase of 44%, bumping each class from 25 to 36 students. The new cap will take effect for the Fall 2018 academic year. The Board of Nursing also allowed for a "temporary swell" in enrollment to accommodate displaced nursing students from the St. Gregory's University program that closed in December. Those numbers will not count against the new cap.

"We have a growing demand for nursing education at Benedictine College. Admission to the program has been very competitive and we have not been able to accept all highly qualified applicants due to our size restriction," said Bill Buron, Ph.D., APRN, FNP/GNP-BC, director of the nursing program and Robert J. Dehaemers Endowed Chair of Nursing. "The Benedictine College Nursing Department would like to admit and educate all strong applicants to the program. This expansion is a great step in that direction."

Recognized as one of the top nursing schools in the nation by Nursing Schools Almanac, the Benedictine Nursing Program has been operating at capacity for a number of years. With a 100% first time pass rate on the National Council Licensure Examination for Registered Nurses (NCLEX_RN) and a 100% placement rate of graduating nurses, Benedictine's program has seen ever-increasing interest. "We believe that spirituality and ethics are important aspects of a nursing education," said Buron, who came to Benedictine in July from the University of Arkansas for (cont'd next page)

Benedictine College Expands Nursing Program (cont'd)

Medical Sciences. "We feel it is important to have nurses with a strong Catholic-based education in the workforce. That differentiates us from a lot of other nursing schools."

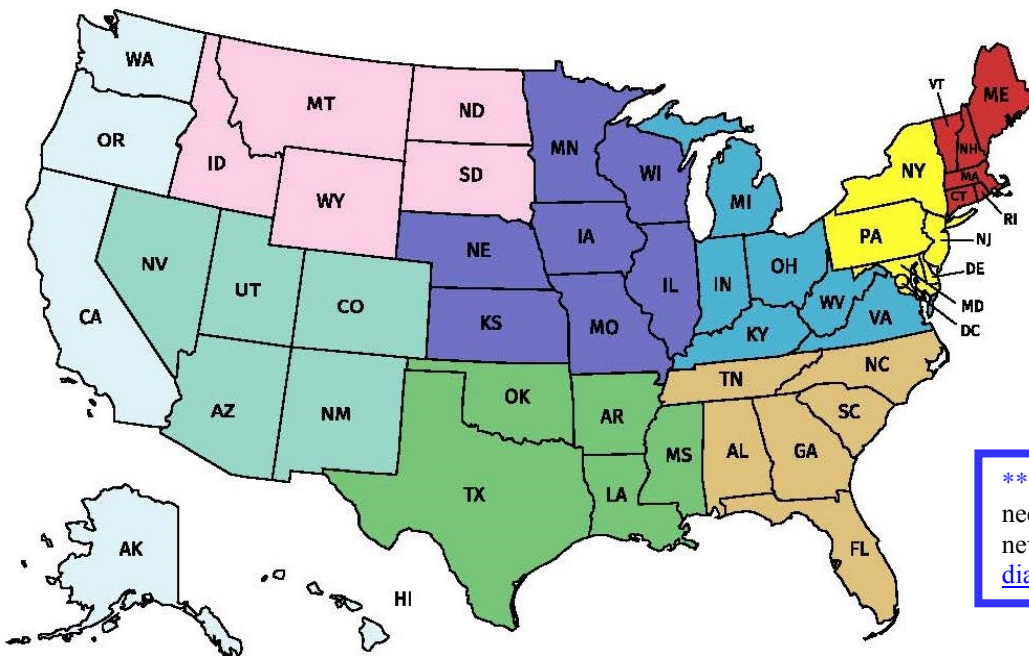
The philosophy of the Benedictine College Department of Nursing is in concert with the mission statement and philosophy of the college, which emphasizes the Benedictine values and ethics of community, hospitality, respect, stewardship and love of learning. The College began clinical nursing courses in August 2010 with the dedication of the Mother Teresa Center for Nursing & Health Education. That facility includes classrooms, a clinical skills lab, a high-fidelity simulation room, a birthing simulator, faculty offices, additional administrative offices, an area for practicing clinical assessment skills, a computer lab and study areas for students. The college granted its first Bachelor of Science in Nursing (BSN) degrees in May 2012.

The program will now accept 36 junior nursing students into the program each fall. Applicants take a pre-admission test, must have a minimum overall GPA of 3.0, must have a minimum of 60 hours of college credit, and must meet the prerequisite requirements for nursing. More information is available on the college website at www.benedictine.edu/nursing.

Founded in 1858, Benedictine College is a Catholic, Benedictine, residential, liberal arts college located on the bluffs above the Missouri River in Atchison, Kansas. The school is proud to have been named one of America's Best Colleges by *U.S. News & World Report* as well as one of the top Catholic colleges in the nation by *First Things* magazine and the Newman Guide. It prides itself on outstanding academics, extraordinary faith life, strong athletic programs, and an exceptional sense of community and belonging. It has a mission to educate men and women within a community of faith and scholarship.

NOTE: Benedictine College one of twenty-eight Catholic Colleges listed in *The Newman Guide to Choosing a Catholic College*. The Newman Guide recommends Catholic colleges and universities that reflect the vision of what Pope St. John Paul II proposed in the Apostolic Constitution for Catholic Universities, *Ex corde Ecclesiae*. http://w2.vatican.va/content/john-paul-ii/en/apost_constitutions/documents/hf_jp-ii_apc_15081990_ex-corde-ecclesiae.html.

NACN-USA Regions



***Regional Directors needed for the two newest regions. Contact dianadoc@comcast.net

1. Upper Northeast (UNE): Connecticut, Vermont, New Hampshire, Maine, Massachusetts and Rhode Island.***
 2. Lower Northeast (LNE): New York, New Jersey, Pennsylvania, Delaware, Maryland, Washington, D.C. (including liaison with the Archdiocese of the Military Services (AMS) office in D.C.; Each Regional Director will liaison with the AMS chapels in their own region.
 3. MidAtlantic (MA): Michigan, Ohio, Indiana, Virginia, West Virginia, Kentucky
 4. Southeast (SE): Alabama, North Carolina, South Carolina, Tennessee, Georgia, Florida, Virgin Islands, Puerto Rico
 5. NorthCentral (NC): Minnesota, Iowa, Missouri, Illinois, Wisconsin, Nebraska, Kansas
 6. SouthCentral (SC): Texas, Oklahoma, Arkansas, Louisiana, Mississippi
 7. MidWest (MW): North Dakota, South Dakota, Montana, Idaho, Wyoming***
 8. SouthWest (SW): Nevada, Utah, Colorado, Arizona, New Mexico
 9. Pacific (PA): Washington, Oregon, California, Alaska, Hawaii, Guam, Northern Mariana Islands & American Samoa
- Note:** Odd numbered regions term change in odd years; Even numbered regions' terms change in even years.

Rowan University Professor and NACN-USA Member Serves in Disaster Relief Efforts

by Karen Cassidy



What would it be like to have your home and many of your possessions destroyed? Hurricane victims are often in this position and are evacuated to safety in shelters. According to Dr. Marian Nowak, Assistant Professor at Rowan University and NACN-USA member **“nurses who serve clients in shelters often meet not only their physical needs, but also their need for emotional and spiritual support.”** Nowak explained, “While working in the shelters I mopped the floor, fed clients and monitored O2 levels of persons with COPD...we do it...whatever is needed.” Pope Francis urges the Catholic community to reach out to vulnerable populations as part of our spiritual journey. One way Dr. Nowak exemplifies this is through her volunteer work, often providing nursing services free of charge to needy. Nowak continues, “To serve those in disaster incidents is one way we as Christian nurses can give back to those in need. To whom **much** is **given**, **much** is expected” (Luke 12:48).

Some clients who are in shelters have lost everything. Imagine what being evacuated from your home would feel like. For adults, this experience can be devastating. And for children, who may have little ability to verbalize and cope with trauma, living in an evacuation shelter may be even more distressing. Hurricane Irma was one of the most powerful hurricanes ever recorded in the Atlantic. After tearing its way through the Caribbean and up through Florida leaving a trail of destruction, thousands of families were displaced and children torn from their daily routines. Disasters, whether natural (like hurricanes and floods) or man-made (like wars), can cause tremendous upheaval in people's lives.

In the spirit of compassion and outreach to our vulnerable neighbors, Dr. Nowak also guided her nursing students in assisting children who were housed in a long-term Florida shelter. Students in the community nursing class approached Dr. Nowak, a disaster responder, was deployed by the Red Cross to assist in the Florida hurricane relief efforts. Together the team of students developed a nursing intervention dubbed “Nurse Line for Kids” whereby they offered emotional support via pre-arranged phone contacts with children in shelters. For most children, life in shelters is a new and sometimes scary experience filled with uncertainty. Their parents are experiencing the trauma of evacuation and children are shuffled to cots and with only a few bags of personal belongings. The students were moved to assist in some way. They worked together to develop and implement virtual support sessions with children in the hurricane shelters. Students spoke to the children via cell phone and offered suggestions on how to cope with life in shelters. They discussed nursing and practiced deep breathing stress reduction exercises. Their efforts were met with gratitude from the nursing staff, children and parents.



Marian Nowak (NACN-USA) center pictured with Red Cross Nurses at Estero, Florida Shelter, Hurricane Irma-2017

According to the United Nations, young people, including children, are the largest group of people affected by disasters across the world. Over 100 million youth around the world are exposed to disasters each year. In the United States, it's estimated that approximately 14 percent of children will experience a disaster in childhood. This intervention exemplifies the compassion, caring and application of nursing science to help those in need. Congratulations to Dr. Nowak and to her student team.



People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

---Saint Teresa of Calcutta
26Aug1910 - 5Sep1997

Our Mission:



The National Association of Catholic Nurses, U.S.A. gives nurses of different backgrounds, but with the same Roman Catholic values, the opportunity to promote moral principles within the Catholic context in nursing and stimulate desire for professional development. This approach to Roman Catholic doctrine focuses on educational programs, spiritual nourishment, patient advocacy, and integration of faith and health. As we continue to share our faith and values with each other, and with other healthcare providers, we simultaneously reach outward to the larger Church and also our communities, as we offer support to those in need.

Objectives of NACN

- To promote education in Catholic nursing ethics
- To nurture spiritual growth
- To provide guidance, support and networking for Catholic nurses and nursing students, as well as other healthcare professionals and non-healthcare professionals who support the mission and objectives of the NACN-USA
- To advocate for those in need through efforts which integrate faith and health

NACN-USA Newsletter Editor:



Articles must be received by the following deadlines to be considered for the newsletter:
Winter (published in Dec.): Nov. 15
Spring (published in March): Feb. 15
Summer (published in June): May 15
Fall (published in September): Aug. 15

Please send your submissions by e-mail to: Courtney Donahue MS, RN, FNP-BC, PCCN, Newsletter Editor at courtneygdonahue@yahoo.com.



NACN-USA Treasurer:

NACN MEMBERSHIP

Membership dues are \$50/yr and can be paid via the website <http://www.nacn-usa.org/> Thank you for renewing. Welcome for those joining.

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References for Abortion Pill Reversal: Information Every Nurse Should Know Article

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