

Opinion:
Speak Up

Working to be
better allies

Page 3



Committee
Reports

Education
Committee Plans

Page 5



Virtual
Conference

Start networking
now

Page 10



NMNPC News

Caring for New Mexico

June 2020

Volume 4

Issue 2

News in Brief

CDC's ARLAB Network reporting data about carbapenemase genes

The CDC's Antibiotic Resistance Lab Network national data show that carbapenemase genes, which can make life-saving antibiotics ineffective, were found in only a minority of U.S. isolates. The CDC's **Containment Strategy** seeks to keep the situation from spreading. The new data is available at the **Antibiotic Resistance & Patient Safety Portal (AR&PSP)**.

NMDOH Health Alert Network warns of methanol overdose related to ingestion of hand sanitizer

UNM Poison Control reported 7 cases of methanol overdose in San Juan & McKinley counties with 2 deaths, 1 case of blindness & 4 in critical condition. Patients reported they drank alleged bootlegged hand sanitizer. Arizona Poison Control also reports similar cases in the Northeast corner of their state. For the full alert click [here](#).



Editor's Message

June newsletter reflects overload in the age of COVID-19

Kate Goldblum, MSN, FNP-BC

COVID-19 has affected everyone and everything. Our newsletter is no different. Our usual features depend on input from many NPs who have too much on their plates right now so we've truncated this issue to help our colleagues by taking some pressure off.

Current issues in our professional organization

We're continuing to work on planning our conferences, developing policies and procedures, making needed changes to our bylaws, updating our website to provide resources and information to help our members get timely and neces-

sary information and providing ways for our members to connect in ways that don't compromise the need to maintain social distance. All this is a challenge - no surprise to any of you who are dealing with your own personal and professional changes.

How can we do more to help our members?

If you have ideas about how NMNPC could serve your needs better during this difficult time, please let us know. Better information or resources on our website or in our emails? More professional networking for support or sharing information? NMNPC is here for you, so don't hesitate to contact us.

STAY SAFE

together we'll get through this

Board of Directors Update

Monthly Meeting Highlights

March 2020

Agenda items discussed:

- Development of NMNPC brochure
- 2020 Year of the Nurse and Midwife
- Bylaws provisions for vacancy in the President position
- NMNPC FY 2020-2021 budget
- Committee chair appointments for 2020-2021

April 2020

Agenda items discussed:

- COVID-19 updates
- Expired terms at NMBON
- Move of 2020 conference to August
- Possible virtual conference
- Blood drive changes if 2020 conference is virtual
- Changes in federal home health legislation due to COVID

May 2020

Agenda items discussed:

- COVID-19 updates
- Renewal of marketing contract
- Content of financial reports for Board of Directors and membership
- Virtual conference update



A Responsibility to Speak Up

Working to be Better Allies

Kate Goldblum, MSN, FNP-BC

Nurses are the most trusted professionals in America – Gallup polls over the past 20 years verify this. But we can't assume nurses will always be in this enviable position. We have to continue to act in ways that allow patients to trust us – all patients. Do minorities trust us? Do people of color or those who identify as LGBTQ or non-binary trust us? We hope so, and if they do, we had to earn that trust and now we need to continue to earn it.

The Black Lives Matter movement

The social upheaval sparked by George Floyd's death makes it even more imperative to model behaviors that invite trust. Do we do that by embracing Black Lives Matter (BLM) or in some other way? Some people reject the BLM movement believing that it trivializes non-black lives, but I don't believe it's dismissive of other lives to say black lives matter. Nor is it dismissive of any other group to say white lives matter, American Indian lives matter, gay lives matter or transgender lives matter.

As nurses, we're called – and taught – to care for anyone who needs us, so it's implicit that when nurses see a patient and believe "this life matters," we're not saying that this life matters more than others. What we're saying is that this person's life has our attention right now because she needs us. And so it can be now in this moment of agony over unnecessary deaths. We can say black lives matter. We can support the millions of people around the world who are reacting to the recent deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and other black individuals who died because of systemic racism. And we can do that while still recognizing and acting on our belief that all lives matter.

Furthering our understanding

Many NPs have tried to learn more about the issue of health disparities, how they affect minority populations and how those disparities may be tied to racism, whether recognized and embraced or unrecognized and ignored. Many of us who check "white" on various forms – me included – believe we're not racist or that "white privilege" doesn't benefit us. Maybe we've made every effort not to judge or treat anyone based on their color or ethnicity. Maybe we've struggled to afford our long education and believe we haven't had any special "privilege" that helped us achieve our

degrees. However, we need to recognize that while we may have had to work very hard for what we have, we haven't also faced the daily experience of living through encounters with individuals who are deliberately or ignorantly judging us based on the color of our skin or the slant of our eyes. It's illuminating – and horrifying – to listen to some of the descriptions of these experiences and they can help inform our understanding of what others' lives are like.

With the BLM movement in the forefront of our country's awareness, it's easy to find materials that can help us better understand how race, cultural differences and racism affect all of us:

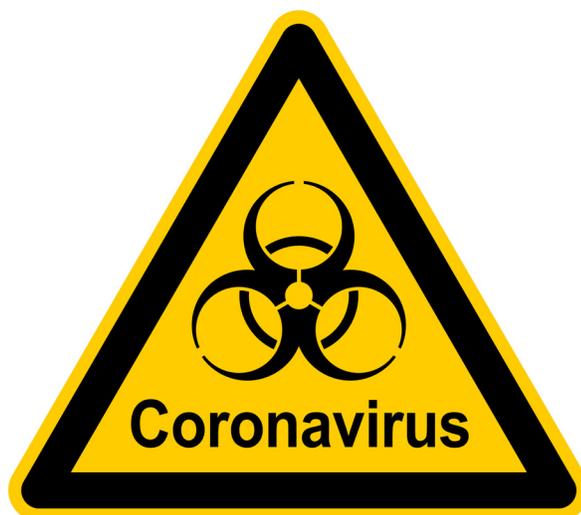
- **Time** magazine describes **12 movies** to educate yourself about racism and protest history.
- **Buzzfeed** lists **22 movies and documentaries** that "everyone should watch at least once."
- **Business Insider** compiled a list of **18 books** on race and white privilege that can help us understand and embrace anti-racism.
- A **National Public Radio** Hidden Brain podcast, **People Like Us: How Our Identities Shape Health and Educational Success**, explores how shared identity creates understanding and trust and how we all might learn to be more congruent with our patients.

Conclusion

As individuals we'll each make our own decision about what we say and do about Mr. Floyd's and others' tragic deaths. But I believe that as a profession we can and must protest his brutal and unnecessary death, so we do our part to make sure that this time, a black man's death finally wakes up the world to the racism that still exists.

The author prepared this article in her personal capacity. The opinions expressed are the author's own & do not necessarily reflect the opinions or views of NMNPC or its Board of Directors.

NMNPC has a dedicated **COVID-19** page on our website. We're including information from the New Mexico Department of Health and other authoritative organizations and sources. If you have suggestions for information or links that would be useful to NPs in New Mexico, please contact the **Webmaster**.



Committee Reports

Scholarship Committee

The committee extended the application deadline for the conference subsidies to June 15 when the Education Committee rescheduled the spring conference to August due to the COVID-19 pandemic. NMNPC offers financial assistance to members for our spring conference registration each year in the form of two subsidies with a third subsidy in memory of Lacy Houdek.

Education Committee

Although the Committee made an early decision to postpone the 2020 spring conference to August due to the COVID-19 pandemic, it soon became clear that it would be unlikely that by August the situation would permit a “normal”

conference experience. The Committee made another decision and converted to a virtual format. Our Executive Director researched various options and we’re well-positioned to continue our history of providing a unique and excellent continuing education activity. See [page 10](#) for more information about our 2020 Virtual Conference. The Committee is also continuing to think outside the box in planning for our future conferences. We have to be cognizant of the constantly changing situation. In fact, as we write this, several states are experiencing severe increases in COVID-19 cases. This uncertainty requires planning for future conferences that takes into account the current situation while recognizing that the pandemic

may be vastly different when we actually have future conferences. Consequently, in planning for our 2020 fall conference, we’re making some decisions that will allow us to continue our celebration of NP Week by having a “virtual” experience while at the same time allowing us to have more personal connection if possible. At this point, we’re planning to shorten the fall conference to a half-day virtual conference, free to members. This will be a gift from NMNPC to recognize and celebrate NP Week. If the situation allows, we’re staying open to the possibility of having local events where members may be able to meet in smaller groups to “attend” the conference.



NP Spotlight

Candace Morales

June Member Spotlight

The
spotlight
is on ...

The Region 3 NMNPC member highlight in June is Candace Morales. Candace is a New Mexico native, born and raised in Alamogordo. She currently lives and practices as a family nurse practitioner in Las Cruces. She received her ADN from NMSU in 2003, her BSN from UNM in 2008 and her MSN from UC in 2016.

Early career

Candace worked as a RN in a clinic environment in an anticoagulation clinic for 4 years and during this time she was able to nurse with more autonomy than she had experienced as a floor nurse. She was also able to develop long-term relationships with the patients she saw and this in turn fueled a desire to further her nursing knowledge, career and autonomy. Candace felt that by becoming a family nurse practitioner, she would be able to do achieve those goals.

Other activities

Candace volunteers for the Sexual Assault Youth Support Network (SAYSN) which is an organization dedicated to supporting, empow-

ering and connecting youth sexual assault survivors with those who support them. She has also been involved with the Miss America Organization. The hobbies she enjoys include puzzles, watching movies, reading, traveling, camping, listening to music and spending time with friends and family.

Professional goals

Her career goals include furthering her education by obtaining her PMHNP certificate which would allow her to volunteer and provide mental health services to sexual assault survivors and their families. When asked what she would say to her younger self or a new nurse practitioner, she replied, "You might not know it all, but what is most important is knowing how to best seek out the information you need. Her best moments as an NP are the thanks she receives from her patients. Candace says, "There is no greater feeling than that of knowing I've helped someone feel better."



Candace Morales

Candace's full profile is [here](#).



Sarah Llanque
April



Yadira Rohrer
May

NMNPC features a member on our website each month. Find out more about your colleagues honored in April & May following publication of the March newsletter issue. Click on the month for more information about these members.

Regional Corner

News & Activities

Region 1

San Juan • Rio Arriba • McKinley • Sandoval • Los Alamos • Cibola • Valencia

Heidi Ruybalid, FNP-C

Our next virtual meeting will be August 26 at 6:30 pm. Please watch your email or check the calendar page of our website for more information. If you have any questions or suggestions, please contact Heidi at Region1@NMNPC.org.



Region 2

Taos • Colfax • Union • Santa Fe • Mora • Harding • Torrance • Guadalupe • Quay • Curry

Kimberly Lopez, FNP-BC

We canceled our spring meeting due to the COVID crisis. We rescheduled & had a virtual presentation on June 18 on *Autosomal Dominant Polycystic Kidney Disease*. Unfortunately there was poor attendance, but of course that can be expected. Don't miss the next virtual meeting August 20 at 6:00 pm on *Obesity & How It Relates to COVID-19*. Please watch your email for details & the link to attend. Thank you to all of our members for continuing to serve patients & the community during these trying times. Please let us know if you have any questions or are in need of support. As always, you can contact me at klopez@lfmctr.org, or (505) 690-3771.



All Regions have transitioned to virtual meetings in response to the COVID-19 pandemic. The meeting schedules can change, so please check our [calendar webpage](#) to be sure you have the most current information.

Region 3

Catron • Dona Ana • Grant • Hildago • Luna • Sierra • Socorro

Elicia Currier, ACNP-BC

3 Our next virtual meeting date is to be determined. If you have questions or suggestions, contact me at Region3@NMNPC.org.



Region 4

Lincoln • De Baca • Roosevelt • Otero • Chavez • Eddy • Lea

Lisa Meyer, ANP-BC

4 The next virtual meeting will be July 23 at 6:00 pm but check our website calendar for potential changes. Questions or suggestions? Please email me at Region4@NMNPC.org.

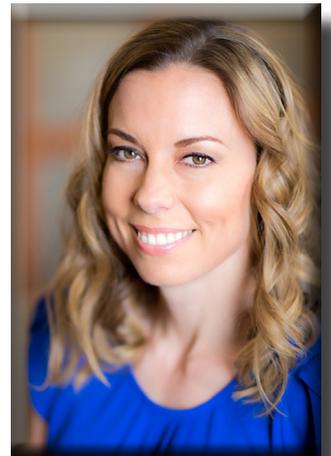


Region 5

Bernalillo

Michelle Peacock, FNP-BC

5 Our next meeting will be July 16 at 5:30 pm & will be a virtual meeting. If you have suggestions or topics you would like to know about &/or have suggestions for speakers, please email me at Region5@NMNPC.org.





August 2 - 4 Workshops August 1 & 5

- Content focused on issues relevant to NPs in NM
- Lower costs — no travel or hotel expenses
- Extended time to watch presentations & complete CE (2weeks!)
- Virtual workshops with instructor interaction
- Virtual exhibit booths — request information & samples
- Speaker interaction & chat rooms
- Fun scavenger hunt with prizes

NMNPC 2020 Virtual Conference

[Click Here](#) — Early Bird Registration Extended!