

INSIGHTS

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It's Time to Prepare for Single State RN Renewal

*Peggy Sellers Benson, RN, MSHA, MSN, NE-BC
ABN Executive Officer*

This is a reminder that Renewal begins Thursday, September 1 at 8:00am, for RNs with Alabama single state (non-Compact) licenses (SSLs) and Alabama advanced practice nurses.

With that in mind, I wanted to point out a few things:

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It's Time to Prepare for Single State RN Renewal

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You Must Have Adequate CE: The [ABN Administrative Code](#) requires Alabama nurses to complete 24 hours of continuing education (CE) credit per license period (in the case of APNs, six of these hours must carry Pharmacology credit). If you have not satisfied this requirement, you will not be able to complete the renewal application and/or APN approval. You may review your personal CE Record in the [My Profile](#) section of the ABN website. The ABN offers free, Board-provided CE courses. For your convenience, you may access the Board's CE Catalog by clicking the image below:



Regulatory Questions: As always, during Renewal, all nurses are required to answer a series of regulatory questions relating to legal or disciplinary issues. Answering "yes" to any question will not necessarily keep you from renewing, but every "yes" requires internal staff review and may cause delays. Renewing as early as possible is the best way to get these issues behind you and avoid delays that could result in a lapse of your license.

* **Fees are Non-Refundable**



Mental Health and Wellness in Nurses and Healthcare Workers

Abby Migliore, MSN, MBA, RN

ABN Administrative Director for Discipline and Compliance Monitoring

The COVID-19 pandemic changed lives worldwide, but none more than those of healthcare workers. As the crisis set in, nurses and other caregivers suddenly found themselves in unprecedented situations that required them to identify treatments for a new illness, manage higher levels of acuity, care for an increase in number of patients, and employ new infection prevention strategies for the workers themselves. The pandemic forced many of us to rapidly change how we thought or went about our daily lives. Naturally, this led to increased stress and feelings of isolation and helplessness. All of these factors were shown to affect the mental health and wellness of the healthcare community in a variety of ways.

Mental health can be looked at as the absence of mental illness or the ability of a person to cope with normal life stressors, as well as the ability to positively function, but it goes beyond this and touches every aspect of our lives. Mental wellness is a process that helps a person deal with situations, affects ability to have positive feelings toward and positive relationships with others, build resilience, grow, and even flourish. This can change as circumstances change, as was poignantly illustrated for many of us as we dealt with the pandemic not only at work but also in our private lives. Nurses who normally were able to adapt and thrive found themselves overwhelmed, overstressed, frightened for their own health, frustrated, exhausted, and feeling “burned out.”

It is essential that we break down barriers, eliminate stigma related to mental health and demonstrate that it is ok to ask for help or to express concerns when necessary. This can be done through talking about mental health and wellness. Employers can use active listening techniques to hear what healthcare workers are saying and identify when they are showing signs of being in distress or showing signs of burnout and distress. They can also teach employees to use debriefing and stress management techniques following a stressful case or situation.

As healthcare workers, we also need to take a minute and look at our own mental wellness and understand when we are feeling overwhelmed. It is important to find time to rest, relax, do things that bring you joy, talk to someone you trust or a counselor, and practice positive coping strategies. It is vitally important for employers and employees to maintain awareness of available mental health resources, to understand it is ok to ask for help, and to ensure that we are supporting each other through this stressful time and beyond.



Thank You:

To all who attended and contributed to our first Leadership Institute event. Your participation and feedback will help us to craft other learning opportunities for nurses in the future.

Be on the lookout for information on our FALL 2022 event for the TEAM tier!

Peggy Benson



(Above, from left) Honor Ingels, Administrative Director, ABN Center for Nursing Excellence, April Weaver, RN Senator, R-Brierfield, D'Ann Somerall, DNP, Peggy Benson, RN, MSHA, MSN, NE-BC, ABN Executive Officer



(Above) Vicki M. Hill, MSN, RN, President

(Below) LaDonna Patton, MSN, RN, CEN, FRE



(Above) Abby Migliore, MSN, MBA, RN, ABN Administrative Director for Discipline and Compliance Monitoring

(Below) Bernadette Powe, EdD





Leadership Institute

START YOUR LEADERSHIP JOURNEY TODAY!

[ENROLL HERE](#)

01
Complete the online CE courses (available in [My Profile](#) for nurses who have an Alabama nursing license). HINT: *Complete the Worksheet as you complete the courses to help you with the Applied Leadership Activity.*

03
Complete the Applied Leadership Activity.

02
Submit the enrollment form after completing the online CE courses for each tier: Individual, Team, & Organization.

04
Attend an ABN-sponsored Workshop or Conference.



abn.alabama.gov/leadership-institute/
(334) 293-5200

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ABN Speaker Bureau Available for Live and Virtual Presentations

The Alabama Board of Nursing maintains an active and engaged Speaker Bureau to ensure that licensees and the public are informed on a variety of issues, including practice, discipline, regulation, substance use disorders and interventions, and mental health and wellness among healthcare workers. Our professional staff will be happy to arrange a presentation for your facility, education program, or organization. We maintain pre-prepared presentations, but may be able to address a specific issue or concern, provided adequate lead time for research and approval. For further information or to request a presentation, please visit the [Speaker Bureau](#) on the ABN website.



REGAIN CONTROL

RECOVER

ALTERNATIVE TO DISCIPLINE

VDAP | Voluntary Disciplinary Alternative Program

We offer an alternative to discipline for qualified nurses with issues relating to substance use, mental health, or physical ailments that may inhibit their ability to provide safe nursing care.

Contact Us:
www.abn.alabama.gov/vdap/
(800) 656-5318



Congratulations

To these Alabama nurses who have completed the Individual Tier of the ABN Leadership Institute!

Wendy Higginbotham-Shurette
Linda McAdams
Cynthia Garrett
Rosilem Colvin
Sherryl Palmore
Veronica Patterson
Laura Debiasi
Pamela Rodgers
Kelley Jones
Michalle Cox
Angela Hyde
Sophia Posey
Monica Hancock
Catherine Hundley
Kendell Hawkins
Veronica McDole
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