



SPRING 2021 | NRCLV

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Nursing Research Collaborative of the Lehigh Valley

April 21, 2021 from 6:00 to 8:00 pm

A Year into the Pandemic: Experiences from the Frontlines and Faculty

In a year that marked the 200th anniversary of Florence Nightingale's birth and one that was designated as the International Year of the Nurse and the Midwife, 2020 was also filled with unprecedented challenges across the nursing profession. College campuses closed, and the disruption of face-to-face instruction required faculty to quickly redesign courses to ensure learning outcomes were met and students would successfully graduate, adequately prepared to enter the nursing workforce.

A year into the pandemic, the effects of COVID-19 continue to impact healthcare systems and staff. No one could have anticipated that one year later there would be nearly 26,000 deaths just in Pennsylvania, 567,000 deaths in the U.S. and nearly 3 million worldwide.¹ Healthcare workers, especially nurses have been working long hours under strenuous conditions and recent research suggests that half of nurses on the frontlines feel emotionally overwhelmed² and depression, anxiety and even suicidal ideations among nurses are on the rise.^{3,4}

To prepare for this symposium, we invite all participants to view [Death, Through a Nurse's Eyes*](#), a 15-minute documentary recently featured in the New York Times. This short film, although difficult to process at times, provides a raw and realistic account of what it's like to be a nurse today caring for critically ill COVID patients. Although, the future of the nursing profession is forever changed with this pandemic, the highly skilled care, resilience, and compassion portrayed by these frontline nurses are evident. *<https://www.youtube.com/watch?v=KR4ifeGxdQw>

Moving forward, it is imperative to educate and empower future nurses to be knowledgeable and empathetic caregivers. Promoting opportunities for reflection and implementing adequate support and strategies is crucial for building a nursing workforce that is capable of responding to future health crises.

During this two-hour virtual event, a panel of nursing alumni and faculty from

Cedar Crest College, DeSales University, and Moravian College will reflect on their personal perceptions as experienced during the COVID-19 pandemic. The event will wrap-up by sharing resources on ways to build resilience and incorporate self-care habits into our everyday lives.

Objectives

1. To gain an understanding of the perceptions and understandings of new nurses and faculty as experienced during the COVID-19 pandemic.
2. Identify self-care strategies to promote mental health and well-being during and beyond this pandemic.

References

1. Pennsylvania Department of Health. (2021). Covid-19 data for Pennsylvania. Retrieved at <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Cases.aspx>
2. American Nurses Association (2020). New pulse on the nation's nurses survey series: Half of frontline nurses emotionally overwhelmed by COVID-19. Retrieved at <https://www.nursingworld.org/news/news-releases/2020/new-pulse-on-the-nations-nurses-survey-series-half-of-frontline-nurses-emotionally-overwhelmed-by-covid-19/>
3. Caillet, A., Coste, C., Sanchez, R., & Allaouchiche, B. (2020). Psychological impact of COVID-19 on ICU caregivers. *Anaesthesia Critical Care & Pain Medicine*, 39(6), 717-722.
4. Lai, J., Ma, S., Wang, Y., Cai, Z., Hu, J., Wei, N., ... & Hu, S. (2020). Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. *JAMA Network Open*, 3(3), e203976-e203976.

AGENDA

6:00 - 6:10 PM Welcome and Introductory Remarks

- Mary Elizabeth Doyle-Tadduni, PhD, MBA, RN, Division Head, Division of Nursing and Associate Professor of Nursing, Wharton Executive Fellow, DeSales University

6:10 - 7:00 PM Introduction of Nursing Alumni Panel and Moderator

- Wendy J. Robb, PhD, RN, CNE, Dean & Professor, School of Nursing, Hazel & Walter May Endowed Chair for Excellence in Nursing, Cedar Crest College

Nursing Alumni Panel Discussion

Panel

- Yasmin Glennon, BSN, RN, '20 DeSales University
- Sarah Harshaw, BSN, RN, '19 Moravian College
- Erin Rooney, BSN, RN, '20 Cedar Crest College

Moderators

- Tricia Bernecker, PhD, RN, Associate Professor of Nursing, Division of Nursing, DeSales University
- Karen Groller, PhD, RN, CV-BC, CMSRN, Assistant Professor, First-Year Writing Co-Coordinator, Moravian College, Helen S. Breidegam School of Nursing and Public Health

7:00 - 7:30 PM Introduction of Faculty Panel and Moderators

- Wendy J. Robb, PhD, RN, CNE, Dean & Professor, School of Nursing, Hazel & Walter May Endowed Chair for Excellence in Nursing, Cedar Crest College

Faculty Panel Discussion

Panel

- Sandra Axt, MSN, RN, CCRN, Senior Instructor of Nursing, School of Nursing, RN-BSN Advisor, Cedar Crest College
- Elise Colancecco, PhD, RN, Assistant Professor, Moravian College, Helen S. Breidegam School of Nursing and Public Health
- Deborah L. Whittaker, Ed.D., MSN, RN, RNC-MNN, Associate Professor of Clinical Nursing, Chair of Undergraduate Nursing Programs, Division of Nursing, DeSales University

Moderators

- Natalie Cyphers, PhD, RN, Associate Professor of Nursing, Director of Accelerated BSN Programs, Division of Nursing, DeSales University
- Mae Ann Pasquale, PhD, RN, Associate Professor, School of Nursing, Cedar Crest College

7:30 - 7:50 PM Wellness Nuggets

- Pam Adamschick, PhD, PMHCNS-BC, Associate Professor, Moravian College, Helen S. Breidegam School of Nursing and Public Health
- Todd Hastings, PhD, RN, CNE, Assistant Professor, School of Nursing, Cedar Crest College
- Karen Peterson, MSN, RN, PMHCNS-BC, PMHNP-BC, Assistant Professor of Nursing, Director of ACCESS, Division of Nursing, DeSales University

7:50 - 8:00 PM Closing Remarks

- Dawn M. Goodolf, PhD, RN, Chairperson of Nursing and Public Health, Associate Professor, Moravian College, Helen S. Breidegam School of Nursing and Public Health

*This event was sponsored by the Nursing Research Collaborative of the Lehigh Valley and the Student Nurses' Association from Cedar Crest College, DeSales University, and Moravian College.

The Nursing Research Collaborative of the Lehigh Valley (NRCLV) is an alliance of the Nursing Departments of Cedar Crest College, DeSales University, and Moravian College. The NRCLV is a program of the Lehigh Valley Association of Independent Colleges (LVAIC), a 501(c)(3) organization, which includes Cedar Crest, DeSales, and Moravian, as well as Lafayette College, Lehigh University, and Muhlenberg College. The NRCLV is committed to creating and sustaining a local nursing culture that encourages and supports the spirit of scientific inquiry, nursing research, and application of evidence-based nursing practice through mutually shared efforts and goals.

Please look for your personalized Zoom Link in your email to join the webinar.

The email subject was:

A Year into the Pandemic:

Experiences from the Frontlines and Faculty

Sent from: **Charlene Bergstresser** <no-reply@zoom.us>

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