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NURSE PRACTITIONERS LEADING AROUND THE WORLD



2020

INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

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Jennifer N. Brown:

ON THE FRONT LINES OF THE COVID-19 PANDEMIC

Jennifer N. Brown, APRN
Mercy Health Physicians Cincinnati

The global pandemic has changed the roles of the nurse and the NP in 2020! This year also challenged the medical field to explore and deal with a new virus in a multitude of ways.

I had the opportunity to lead the COVID-19 Command Center of Results at my health care institution in Cincinnati.

The first month (March 2020) was collecting samples car-side and contacting patients with results for one site. However, in April 2020, my role changed dramatically. I was approached to

lead our COVID-19 Command Center for six sites. This entailed calling all detected cases back personally, educating the patients and reporting results to the Health Departments. Each detected case was sent to the Health Department with the patient's name, phone number, address and reported symptoms the day it was resulted.

A team of nurses with me called the not-detected cases and educated the patients on the next steps. All cases were reported to the Health Departments on a spreadsheet via fax approximately three times a week. I passed this role on to another NP on October 30, 2020, which was a bittersweet moment in time for me

Elizabeth Adams:

NP BRINGS SUMMER TO ISOLATED PATIENTS



Elizabeth Adams, ACNP
Legacy Care

Elizabeth Adams is an NP who considers her patients to be like family members. When she saw how isolated they became because the COVID-19 pandemic's no visitor restrictions, she took action.

"I watched residents become depressed because they were isolated in their rooms and disconnected from their families. They felt trapped," said Elizabeth, who has been part of Legacy Care medical group for three years. "This generation doesn't always understand virtual connections online with loved ones – sometimes it can even be a bit confusing. I knew we had to get folks outside for fresh air and sunshine."

That's how Friday Fun with Elizabeth was born at a Virginia-based skilled nursing center where Elizabeth has served as a provider for several years.

"For the first gathering, I brought music and cut-up watermelon to about 15 residents who participated with me outside on our patio," said Elizabeth. Other summertime-themed refreshments made the menu, including fancy fruit punch "mocktails," cantaloupe and honeydew.

When asked what these outdoor gatherings mean to residents, a person named Grace said, "These events give me sanity, comfort and freedom." Another resident named Diane added, "The events give me peace and serenity."

"The residents are the reason I'm here, and I cherish the relationship I have with them," Elizabeth said. "It brings me joy to see them happy."

Tilahun Goshu:

A HEART AND VOICE FOR WOMEN AND THE ELDERLY

Tilahun Goshu, DNP, experienced his calling to health care when he was a young man living in Ethiopia.

After earning a nursing degree, he quickly identified many pressing issues impacting patients.

"In rural Ethiopia in the 1990s, maternal and child mortality rates were high. Malaria death rates also were high," Goshu said. "I had a vision and dream to address these issues and tackle health disparities."

His observations led him to write a series of books to educate and bring awareness to women's health, among other issues. For some, his writings were deemed controversial, and he was sent to prison.

"My voice needed to be heard from a positive perspective, from what was in my heart," said Goshu. "I have no animosity for what happened. That experience was a springboard for my next chapter."

Eventually, he and his wife Meseret and their children moved to Kenya for three years before making their way to the United States.

Once settled in Virginia, Goshu continued his education. He earned a Bachelor of Science in Nursing from Liberty University. Then, he obtained a Master of Science in Public Health Nursing Leadership from the University of Virginia. Goshu next earned



a post master's NP degree in adult-gerontology acute care. In 2018, he also earned a DNP degree.

"I always try to be strong in my life and never give up," said Goshu, who worked and raised a family of four with his wife while going to school.

Goshu — who speaks four languages — has experience as an intensive care and trauma surgery acute care NP. In 2019, he partnered with Legacy Care, serving many elderly patients at three skilled nursing facilities in Virginia and becoming known for his kind bedside manner.

"I respectfully listen to my patients and make them part of their care plan," Goshu said. "Listening is the essence of nursing and medicine. If you give your patients a sense of comfort and control in their care, you will build a relationship of harmony and trust."

Reflecting on his accomplishments, Goshu said, "America is a great nation with many health care opportunities. It is humbling to give back. I also have the vision to continue someday to provide health care in Ethiopia."

Steven Baumann:

EDITOR AT NURSING SCIENCE QUARTERLY

I have been the global perspectives column editor for Nursing Science Quarterly for 15 years.

Additionally, I have helped set up and taught gerontological NP practice through the first NP program in Haiti. Last year, in Pereira, Columbia, I provided a one-week overview of NP education and practice.

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Kathy Anderson:

SPREADING LIGHT: NP CREATES 30 GOODIE BAGS FOR PATIENTS



Kathy Anderson has a heart of gold. An NP for more than 20 years, she recently made 30 goodie bags for isolated residents at a skilled nursing and rehabilitation center where she delivers care in Richmond, Virginia.

A wooden airplane kit, colored pencils, a jumbo word search book and other comforts were among the treats provided.

“Because of COVID-19, there were no group activities and residents were mostly confined to their rooms,” said Kathy. “I was attempting to bring some light to their gloomy day!”

Kathy, who has been with Legacy Care for more than eight years, is a seasoned caregiver who is devoted to her patients. “Geriatrics is a great specialty that brings many rewards,” Kathy said. “Being able to spend time with my patients is very important to me.”

Board-certified in acute care, Kathy received her Bachelor of Science in Nursing from the University of Delaware and her Master of Science in Critical Care Nursing from Seton Hall University. She trained as an acute care NP at the Virginia Commonwealth University School of Nursing.

