

The WIN Special Interest Group Quarterly Newsletter

Conducting Research with Latinos/x, Families and Communities



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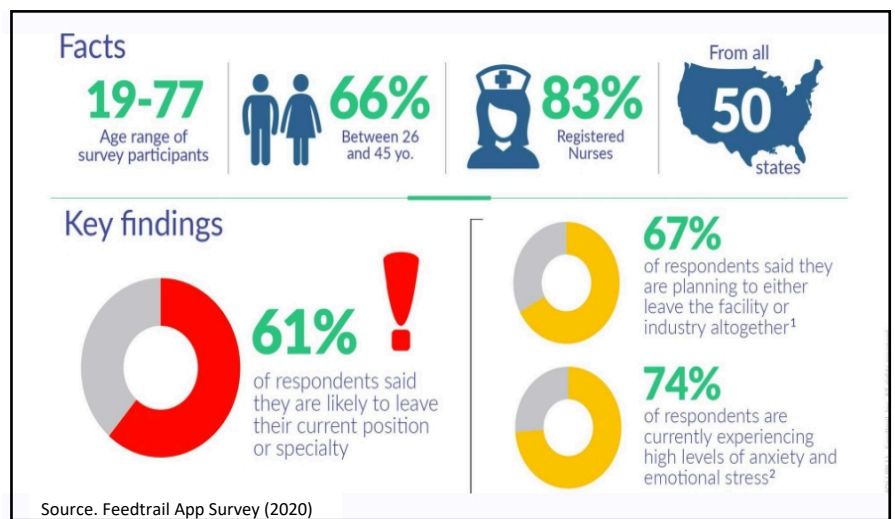
Happy New Year!...

How are you doing?

No surprise...burnout is hot right now!

While numerous articles, and initiatives, including a National Academy of Medicine task force have been created to manage provider burnout, there have been few solutions offered to combat the challenges facing providers in 2020.

Two recent national surveys of nurses have explored the devastating impact Covid-19 is projected to have on staffing in our already overburdened workforce. Data from one of the two app-based surveys (done by RN national staffing agencies) is available in this graphic and the number of nurses that report they are *“likely to leave their current position or specialty”* after the pandemic is truly shocking! It also calls attention to the **need for us to support our nurses who are currently in practice *and* start recruiting students.**



We know that Covid-19 infection rates, hospitalizations and mortality rates are higher among BIPOC and low-income folks, which includes our Latino/x individuals, families and communities. Because this population is disproportionately

impacted by negative social determinates of health that are known to increase risk and complications associated with covid-19, our SIG would like to support any projects that are addressing these pressing issues.

ARE YOU DOING A PROJECT ADDRESSING PROVIDER BURNOUT DURING THE PANDEMIC OR COVID-19 LATINO/X HEALTH DISPARITIES? WE'D LIKE TO HEAR FROM YOU!

Our diverse group is here to offer support for your important work! Thanks for all you do!

★ **SAVE THE DATE** ★

Remember to register for our WIN Latino/x SIG meeting
Thursday, April 15, from 12:30-1:30 PM Pacific.



Interview with a Nurse: Lizett Magallanes Leandro

"Geriatric Nursing is the Future"

It is our privilege to highlight one of our members, a Latina, primary and geriatric care nurse practitioner, community-based researcher and advocate for geriatric nursing, Ms. Lizett Magallanes Leandro. Ms. Leandro also started an Adopt-A-Grandparent program and brought it to the LA chapter of the National Association of Hispanic Nurses. She has previously presented at WIN conferences and stays up-to-date on current aging, Latinx research.

We caught-up with Ms. Leandro just before Christmas and talked about her role in Skilled Nursing

Facilities, and the need for novel approaches to building the field of geriatric nursing. Ms. Leandro feels strongly that we need to increase the number of nurses able to care for Latinx seniors, simply to keep up with demographic demand. "We have to remember that the baby boomers are entering a time in their lives that might need supportive services," she said. Ms. Leandro emphasized not only the growth of the geriatric nursing workforce, but the need for better training in how to best care for aging Latinx older folks, who tend to maintain

traditional beliefs about health and self-care: "there isn't enough training on how to address the cultural needs of this population," she said, "especially training in how to honor traditions that define us and how we address illness." Examples of knowledge building that could support the care of Latino elders, according to Ms. Leandro includes "the use of complementary medicine, teas or herbs," and "issues with managing polypharmacy." Ms. Leandro feels that nurses are ideal collaborators on technology-based and product

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Echale ganas! Where we share our WIN SIG member successes and opportunities.

New Publications:

Ortiz-Dowling, E., Crist, J.D., Shea, K.D., & Phillips, L.R (2020). Gender differences in end-of-life care in older Mexican American adults. *Journal of Palliative Care*. 35(4) 256-266. DOI: 10.1177/0825859720907419

Soderlund PD, Martinez Hollingsworth AS, Heilemann MV Participant Engagement in a Transmedia Storytelling Web-Based App Intervention for Mental Health of Latina Women: Qualitative Analysis *JMIR Ment Health* 2021;8(1):e22575. doi: 10.2196/22575 PMID: 33439137

Research Opportunities:

The National Association of Hispanic Nurses, Los Angeles Chapter (NAHN/LA) Sickle Cell Education and Awareness in Hispanic Communities campaign is to raise awareness of Sickle Cell Trait (SCT) and SCD in the multicultural and vulnerable Hispanic Communities in Los Angeles County. The overall goal is to raise SCT & SCD awareness through education of nurses, nurse practitioners (NP) and nursing students through the implementation of a "train-the-trainer" model where nurses, NP's and nursing students will be equipped with the knowledge, tools, and resources to engage their colleagues and community members in discussions surrounding SCT and SCD. Through the development of a more informed community, NAHN/LA aims to strengthen self-advocacy skills resulting in community members' ability to seek an early assessment by a healthcare provider.

For more information, please contact:

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- Grantees <https://sicklecellcare-ca.com/grantees/>

Interview with a Nurse continued...

design-oriented management of these issues. “Nurses are used to working in multidisciplinary teams,” she said, “creating services and products to manage these problems are exactly what nurses are good at.”

Ms. Leandro also spoke about getting students interested in geriatrics early on in their training to support their prolonged interest in both clinical and research aspects of the specialty. “Many of my students have never been to a nursing home” she said, attributing this to the historical underuse of social services to care for elderly Latinx (in the home or in supervised settings). “There is so much opportunity in geriatric care,” she said, “*geriatric nursing is the future.*” She also described the many options for work in this specialty and believes that exposure will lead to “passion” for clinical and research that could improve the delivery of care for Latinx elders.

“Culturally, (among Latinx) we don’t generally consider nursing homes as an option,” she reflected, “but with changing realities, (high cost of housing), and higher rates of disability among aging Latinos, many families may not have the resources to pay for in-home help.” Ms. Leandro sees geriatric nursing among Latinx as a fertile space for research into these issues. She is particularly interested in how we provide emotional support for seniors with reduced social networks (due to no stay-at-home adults in the home), or those in skilled nursing facilities with elderly children or family living out-of-state. These concerns led to her introduction of the Adopt-A-Grandparent program to LA NAHN. “Many charities focus charitable donations on children during the holidays” she said, “seniors are also greatly in need at this time,” but often

overlooked she noted. This program uses volunteers to gather donations, make individualized gift baskets and partners with local skilled nursing facilities and retirement homes to reach out to seniors during the holidays. Beyond the direct benefit to seniors, she believes such efforts serve as a “gentle introduction to a field that needs people and needs new knowledge.”

“It’s a field that we will all experience at a personal level,” she reflected, “fear of aging can be a real barrier,” she said, but believes the benefits outweigh the emotional cost: “Patients in the nursing home have a light in them, and being in that world (by donating, participating in a program or volunteering) will let people see it is very rewarding/(they have) wisdom and can help you reflect on your own life.”

Free Covid-19 Training available from the CDC

If you are interested on getting training on the COVID-19 vaccine roll-out, check out these free training opportunities:

Pfizer: <https://www.train.org/cdctrain/course/1095082/>

Moderna: <https://www.train.org/cdctrain/course/1095354/>

Stay safe, everyone. Wishing you health and happiness in the new year!

-Adrienne and Heather

