Wellness Topic of the Month: Eating Disorders

February is National Eating Disorder awareness month. The National Eating Disorder Association (NEDA) has chosen this year’s theme to be It’s Time to Talk About It. On their website, they sum up the goal of the month “It’s time we take eating disorders seriously as public health concerns. It’s time we bust the myths and get the facts. It’s time to celebrate recovery and the heroes who make it possible. It’s time to take action and fight for change. It’s time to shatter the stigma and increase access to care.”

30 million Americans will struggle with an eating disorder at some point in their lives, regardless of socioeconomic status, gender, ethnicity, sexuality, or age. It’s important to watch out for warning signs including: binge eating, skipping meals, constant negative self-talk or obsession with appearance, excessive exercising, and eating in secret. So let’s make the love of Valentine’s Day last throughout the month with body positivity and healthy, balanced activity and eating routines!

https://www.nationaleatingdisorders.org

Get ready Spring Semester! We’re going shopping! Spring Nursing apparel is just around the corner! We are breaking out of the normal t-shirt and sweatshirt. Hello, awesome sweat pants. If you have any design ideas, please send them to Kileigh Dudek dudeki01@luther.edu or SPO #572. In your new gear, enjoy some fantastic nachos during Nursing Nacho Night!!!! Please volunteer to run the table or stop by! Sign up for the event will be shared soon.

LSNA Update

https://www.nationaleatingdisorders.org

BEY YOU! Do you want to be on the LSNA website? Do you want to show prospective nursing students what it looks like to be a Luther College Student Nurse? Send Kate pictures of your clinical groups, class time, selfies with professors, or studying hard in the library to help show what being part of Norse Nursing is all about!
kneppka02@luther.edu

Welcome First Years!

After a semester full of hard work, endless anatomy flashcards, hours of Mark’s cheesy lab jokes, and too many cups of coffee to count, YOU DID IT! Congratulations on making it into the program. You will soon find out that while the hours are long and the courses are challenging, there is nothing more rewarding than knowing you made a positive impact on your patient’s health and wellbeing and are becoming one step closer to adding those two incredible letters to your name--RN. Not to mention discovering with each semester another reason you went into nursing. Know that through it all, LSNA, the upperclassmen, and the nursing faculty are here to support and encourage you! Keep up the great work!
Staff Spotlight: Angela Kueny

This week staff spotlight is on Dr. Angela Kueny. Her favorite piece of advice is, “You are where you are supposed to be.” Throughout her career, she has experienced unexpected opportunities that all guided her to where she is today. Before Luther, she worked in public health. She appreciated the non-hospital environment of public health and enjoyed working side by side with clients in their homes. Currently, she teaches classes for sophomores and seniors including sophomore Wellington clinicals and senior Population-Based Care lecture and clinicals.

In response to President’s Trump’s Executive Order on refugees, Angela actively advocates for this vulnerable population. Angela states, “Immigrants and refugees are an integral part of our infrastructure.” She participated in the Decorah Immigration rally and explains, “When individuals are developing fear… it’s important to bring ourselves back and keep reminding ourselves of the interwoven fabric that makes our community-us!” If you’re looking for ways to be an advocate, please contact Angela for ways to get involved.

Nurses in the News

Shelly Servadio is a nurse and a veteran. She drafted the Veterans in Crisis Care Act, a bill that ensures veterans will not be turned away from hospitals in times of extreme pain, suicidal thoughts, or anxiety. The bill includes mandating that hospitals place veterans on a 24 hour hold and only transfer them to VA facilities if stable and safe enough. Servadio states, “We have to realize that they [soldiers] have triggers that might not be recognizable when they first present, and therefore they need a 24-hour hold, they need that buffer. We cannot let them walk out the door without care.” She hopes that this bill will decrease veteran suicide rates in Iowa. She is working with Brian Meyer, D-Iowa House Rep. in Des Moines.


Knock Knock

Who’s there?

HIPAA

HIPAA who?

I can’t tell you that...

:)