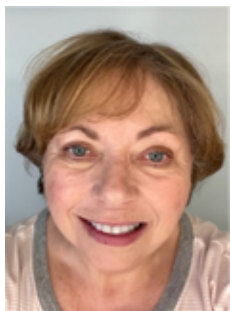




## Psi at-Large Chapter

### A Note from Anne



Anne Mulligan, EdD, RN  
President 2021-2023

With our cold December weather, I thought about the people experiencing homelessness in our area and realized I don't know much about frostbite. This led me to the the Sigma Repository (<https://www.sigmarepository.org>) to do some research. All Sigma members are encouraged to upload their original work to this repository, so it is a wealth of knowledge!

In my search I found a DNP Capstone Project that didn't quite have the information I was looking for but it led me to the Wilderness Medical Society Guidelines for the Prevention and Treatment of Frostbite (McIntosh et al, 2019). The current recommendation to treat frostbite is rapid rewarming of frozen tissue with warm water bath immersion (98.6 and 102.2°F) until the area becomes soft and pliable to the touch (approximately 30 min). If rewarming is not possible, spontaneous or passive thawing should occur. The individual should also be given Ibuprofen to inhibit prostaglandin activation until thrombolytic therapy (to lyse microvascular thromboses). If possible, the individual should not walk on the frozen extremity.

You alone or with Psi at-Large cannot solve homelessness and cold exposure, but we can help. Here are some ideas:

- Volunteer at a homeless shelter
- Provide meals to those in a shelter, group home, or an organization such as Salvation Army
- Ask people in temporary shelters what they need
- Sock Drive! Everyone wants and appreciates new clean socks. Many with housing insecurity or who are experiencing homelessness walk a lot and socks wear out quickly. I am hosting a sock drive on behalf of Psi-at-Large for the local Salvation Army. Please send socks or money (e-marked socks) to my home address (21716 Big Valley Road NE, Poulsbo, Wa 98370) in the mail on your next run to the post office.

I wish you all the best in 2023. May you all continue to love the nursing profession and the difference you make. We protect citizens, we care for patients, we educate students, we make a difference in so many lives. May your practice fill you with joy and satisfaction as you continue to speak up. Be bold, **Anne**

#### Reference

McIntosh, S. E., Freer, L., Grissom, C. K., Auerbach, P. S., Rodway, G. W., Cochran, A., Giesbrecht, G. G., McDevitt, M., Imray, C. H., Johnson, E. L., Pandey, P., Dow, J., & Hackett, P. H. (2019). Wilderness Medical Society Clinical Practice Guidelines for the Prevention and Treatment of Frostbite: 2019 Update. Wilderness & environmental medicine, 30(4S), S19–S32. <https://doi.org/10.1016/j.wem.2019.05.002>

### Upcoming Events

#### Application deadline for international leadership positions (ALL Sigma Event)

9 Jan 2023

Complete the application at [https://sigmanursing.formstack.com/forms/sigma\\_nomination\\_application](https://sigmanursing.formstack.com/forms/sigma_nomination_application)

The 2021-2023 Leadership Succession Committee (LSC) is accepting applications for elected leadership positions until 9 January 2023. The LSC is committed to creating a ballot that reflects the diverse and international membership of the organization. It is our charge to present a ballot comprised of people who can best lead the organization over the next biennium. We hope you will apply!

#### What's Next? A Virtual Tour of Sigma (ALL Sigma Event)

18 Jan 2023 11AM EST

Register at <https://sigmanursing.zoom.us/join/joinMeeting/register/tZcqcqvrjktGdx7ybPA7E614-LjFcmXON-J>

As a member of Sigma, there are a lot of opportunities for you to take advantage of! Attend this session to take a tour of the "My Membership" portal, where you'll create your membership experience.

#### Creating Healthy Work Environments 2023 in Austin, Tx (ALL Sigma Event)

10-12 Feb 2023

Register at <https://www.sigmanursing.org/connect-engage/meetings-events/chwe/registration>

In today's environment, organizations and universities need to be equipped, nimble, and resilient. Learn about research and best practices to transform workplaces and universities like yours.

#### Crossing Borders: Showcasing Research from Academia to Bedside (Psi-at-Large Event)

15 Feb 2023 1-3PM PST

This event will be a combined **FREE** conference from Psi at-Large, Stanford University's Alpha Alpha Lambda at-Large, and University of Alberta's Mu Sigma Chapter. Registrations and Continuing Professional Development information is coming soon. Log on via Zoom and join the discussion. Make your voice and questions heard! Be bold!

### 60th Celebration

On October 29th, over 40 Psi at-Large members met in SeaTac to celebrate what Sigma membership and nursing means to them. The event honored the 60th anniversary of our chapter and truly, was a meaningful event, chaired by Janet Dubois. Feedback was very positive as everyone enjoyed socializing with nurses and sharing good food, laughs, and an excellent speaker. Carol Huston PhD exhilarated the group with her perspective on nursing leaders and what all we could do as Sigma nurse leaders. Sigma President, Ken Dion, sent a very personal message. The Daisy Foundation sent books for giveaways. Letters of congratulations were shared from Sigma Leaders. Get ready now for our celebration of 70 years in 2032! Ideas on how best to celebrate are welcome! Enjoy all the pictures.



### School Spotlight: UW Tacoma

#### From University of Washington Tacoma School of Nursing and Healthcare Leadership:

We are proud to share the following news regarding the University of Washington Tacoma School of Nursing and Healthcare Leadership Faculty. Both faculty are Psi at-Large members.

Dr. Sunny Cheng, Assistant Professor at the University of Washington Tacoma School of Nursing and Healthcare Leadership, was one of 12 awardees to receive the Innovation Grant from the Garvey Institute for Brain Health Solutions. She is the Principal Investigator for her project, "Using Teen Mental Health First Aid to address mental health inequity among school youth." Learn more here.

Dr. Weichao Yuwen, Associate Professor at the UW Tacoma School of Nursing and Healthcare Leadership, and Dr. Maggie Ramirez, Assistant Professor at the UW Seattle School of Public Health, received an Emergent Innovation Grant from the Rita and Alex Hillman Foundation for their project: "AI-Enhanced Nursing Intervention Platform for Latino Family Caregivers." Learn more here. Drs. Cheng and Yuwen are both Psi at-Large members.

### Congratulations Psi Nurse Leaders!

Congratulations to new Psi at-Large Nurse Leaders Amanda Jacobs, BSN, Virginia Abeyta, MSN, DNP, Shelly Boss, MSN, RN, Michelle Hudders, DNP, RN, Lisa Humphrey, MSN, RN, Christina Jones, MS, RN, and Rae Simpson, MSN, RN. All nurse leaders joined Psi at-Large in the past year which helped us exceed our goal for inducting nurse leaders by 22% over the last year during the same time period and meeting the 2022 Nurse Leader Chapter Challenge for 2022. Our chapter will be entered into a drawing for one complimentary convention 2023 registration.

Joining Sigma with a wealth of knowledge and real-world experience, nurse leaders help create a dynamic chapter membership, have great potential to fill leadership roles and volunteer, and renew at a 16% higher rate than undergraduate inductees. In other words, nurse leaders are GREAT!