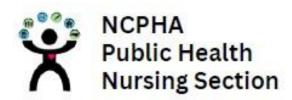
## The Power of YOU

3<sup>rd</sup> Annual Public Health Nurses' Conference May 2, 2025 Great Wolf Lodge, Concord NC





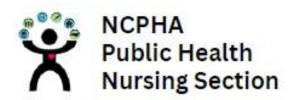




# The Power of Public Health Nurses

Dr. Antonia Monk Richburg
CEO United Way of Forsyth County NC









# The POWER of Self in Improving Healthcare Outcomes for Vulnerable Populations

Dr. Antonia Monk Richburg
United Way of Forsyth County

#### The Power of One

- Systems matter, but individuals drive change
- One advocate can change a life
- You are a powerful tool in the fight for equity

## PUBLIC HEALTH IS EVERYWHERE





#### The Power of Self

SPOKEN WORD

#### Your role is multifaceted

- More than clinical— It's cultural and political
- You carry compassion and consequence



#### A critical shortage

- 30+ North Carolina counties are medically underserved
- By 2033, the nurse shortage will rise to 12.000
- Vulnerable populations are most affected



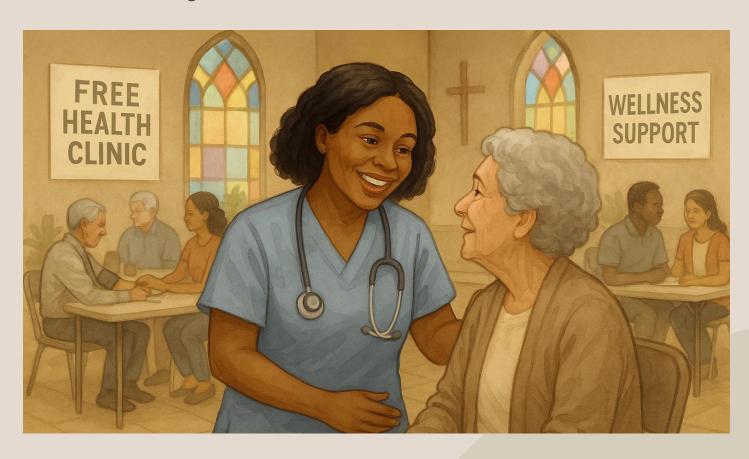
#### Embracing the POWER of Self

- Purpose Your why
- Ownership Own your expertise
- Wisdom Lived knowledge
- Empathy- your superpower
- Resilience- Keep Returning

# WHAT DOES POWNER POWNER TO YOU?

Compassion Truth Justice Heart

#### Ministry of Health



- Congregational Nurse Program
- Nurses in churches, sanctuaries, and kitchens
- Meeting people where they are

# What is the Most Urgent Issue?

POLL

#### Your Power, Your Responsibility

- How will you act, speak, and care?
- Will you mentor, advocate, and heal?





#### We are the Power

SPOKEN WORD



#### Thank you



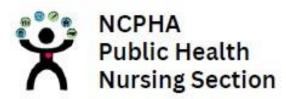
Dr. Antonia Monk Richburg

- 0 336.721.9351
- o antonia.monkrichburg@uwforsyth.org
- o https://www.uwforsyth.org/

## Break and Exhibitors

10:15 – 10:30 am









# Voices from Public Health Nurses: Stories of Resilience, Duty and Community in Hurricane Helene Response

Susan Little - Panel Moderator

Amber Reece-Young Kimberly Berry

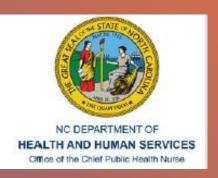
Amparo Oviedo Acosta Beth Shook

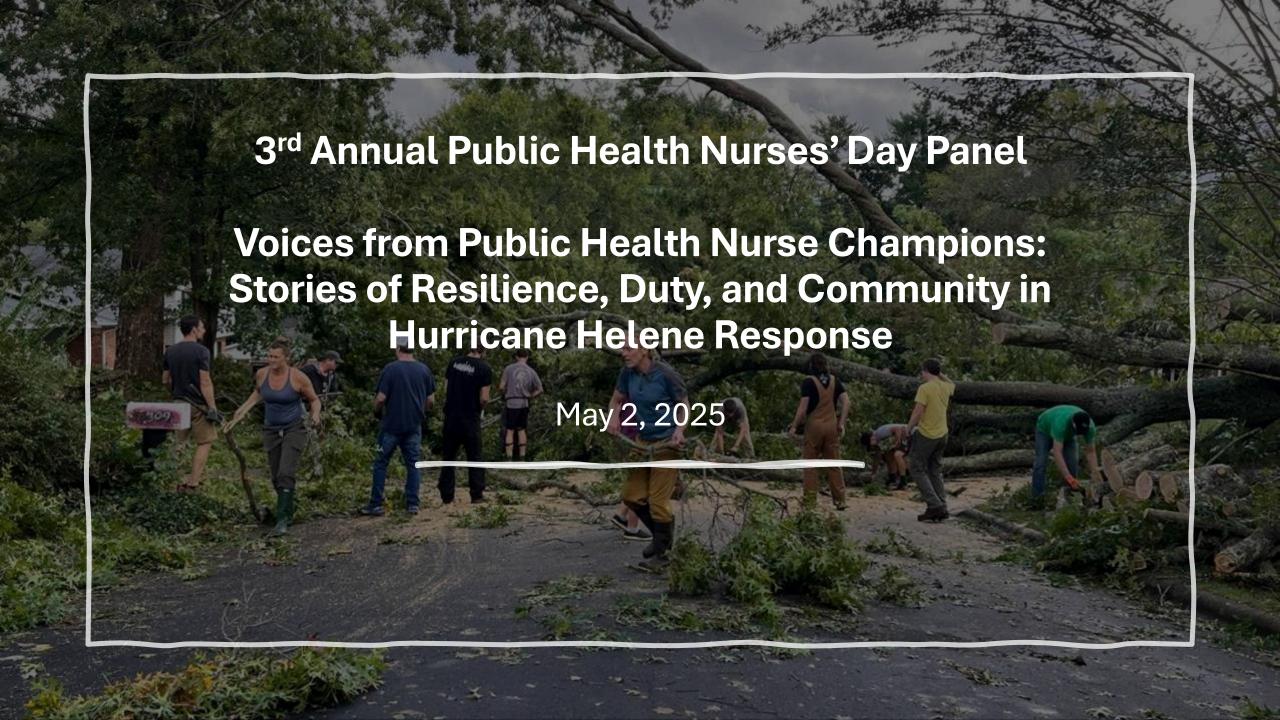
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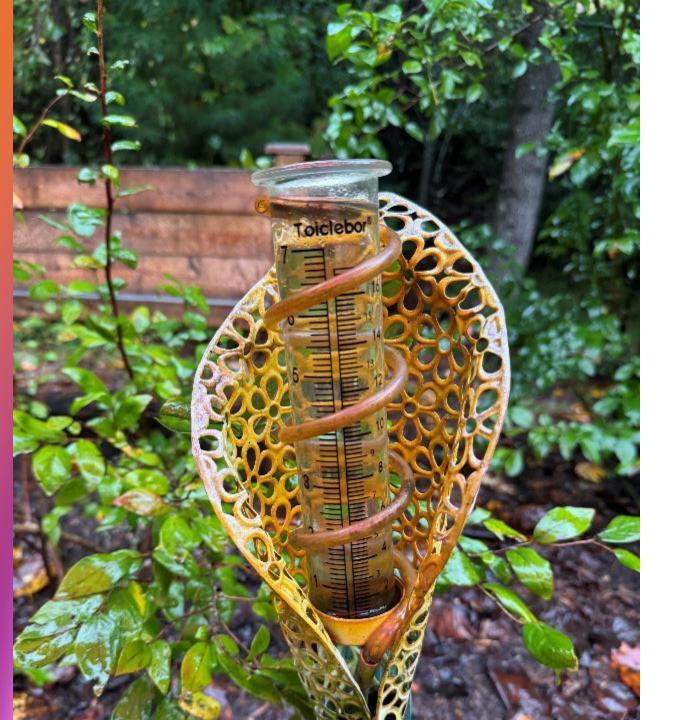












#### **Panelists**

Amber Reece-Young MSN, RN, CPHN, CMGT-BC, NCSN- Henderson County

Kim Berry- Henderson BSN, RN, NCSN-Henderson County

**Amparo Oviedo Acosta MSN, RN, CPHN**-Buncombe County

**Julie Berger BSN, RN, NCSN –** Buncombe County

Shea Laws BSN, RN, NCSN- Yancey County Beth Shook MSN, RN, CPHN, CNE, NCSN – Regional School Health Nurse Consultant-Mitchell County

# Learning Outcomes

 Public health nurses will gain enhanced knowledge regarding the critical roles public health nurses played during Hurricane Helene response, strategies to balance personal responsibilities, family safety, and professional duty, and lessons learned to improve preparedness and response emergency plans.

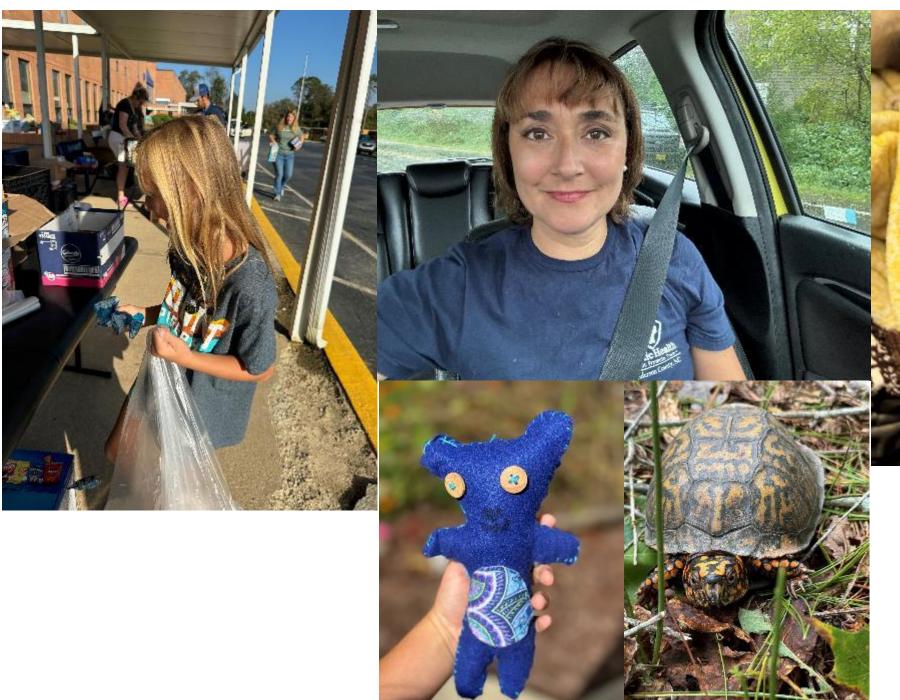


#### **Amber Reece-Young and Kim Berry**

**Henderson County** 











### Public Health Nurses Day

Presented by

Amparo Oviedo Acosta

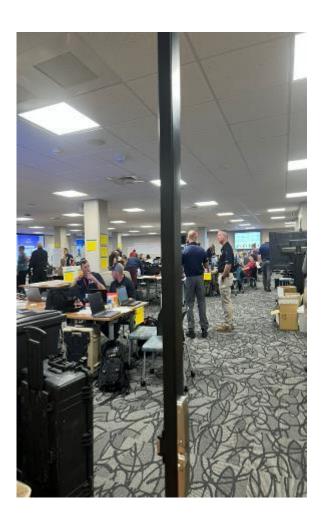
Buncombe County Health & Human Services





#### **EOC**

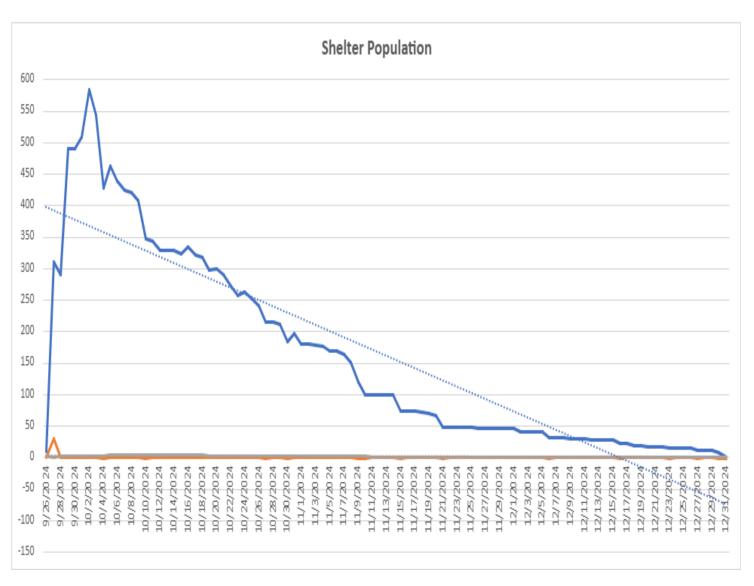
#### **Shelters**





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Shelter Tracking							
Date	Population V	% Change	Number of Shelters				
9/26/2024	10	0%	2				
9/27/2024	310	3000%	1				
9/28/2024	291	-6%	2				
9/29/2024	490	68%	1 2 3 3 3 3				
9/30/2024	490	0%	3				
10/1/2024	509	4%	3				
10/2/2024	585	15%	3				
10/3/2024	544	-7%					
10/4/2024	429	-21%	3				
10/5/2024	464	8%	4				
10/6/2024	439	-5%	4				
10/7/2024	424	-3%	4				
10/8/2024	421	-1%	4				
10/9/2024	408	-3%	4				
10/10/2024	347	-15%	4				
10/11/2024	344	-1%	4				
10/12/2024	329	-4%	4				
10/13/2024	330	0%	4				
10/14/2024	329	0%	4				
10/15/2024	324	-2%	4				
10/16/2024	334	3%	4				
10/17/2024	322	-4%	4				
10/18/2024	319	-1%	_ 4				

#### Vaccines outreach Community Care Stations

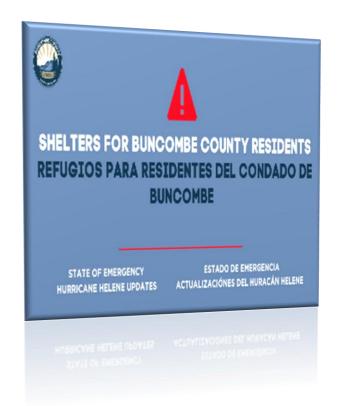
**BCHHS Mobile Team** 



**BCHHS RNs & School Health** 



#### **Lessons Learned**

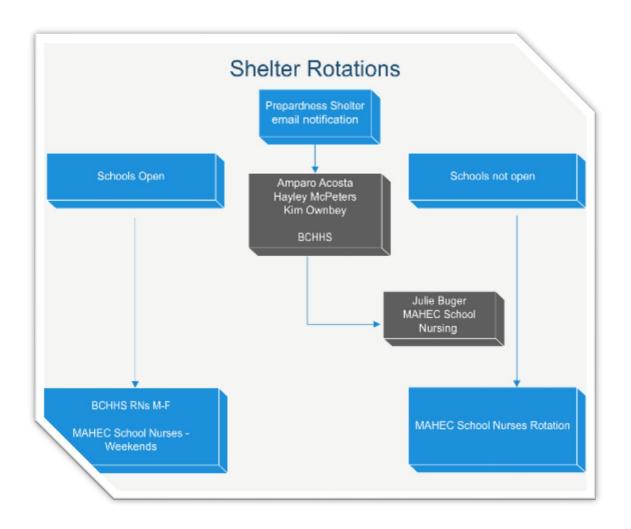


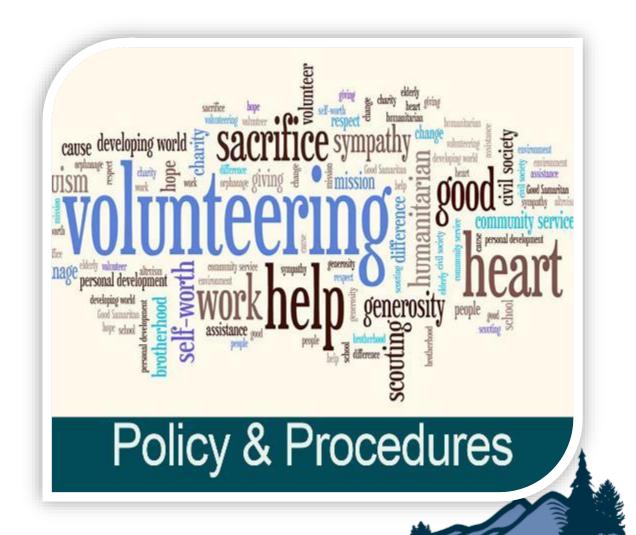






#### Opportunities for Improvement

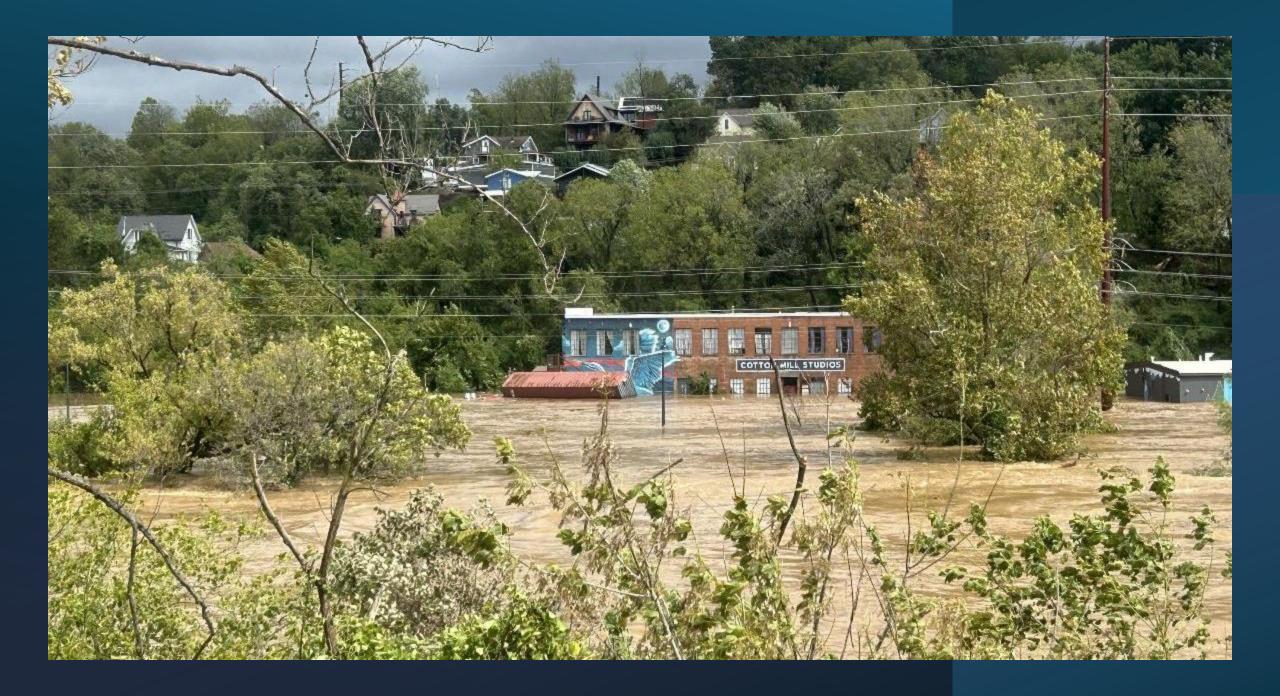






Hurricane Helene

# Buncombe County School Nurses Julie Berger





# School Nurses at the Shelters 9/27-10/14

#### **AGRICULTURAL Center Shelter Support Overview**

**9 nurses** worked the **Ag Center** during those dates. At that site the nurses provided the following care:

- Housing medications and providing administration assistance and diabetic care assistance
- Provided diabetic supplies to residents who lost their equipment in the flood
- O2 therapy management and follow up care for return to home
- BP checks
- Dialysis follow up management
- Basic first aid and wound care
- Home medication information gathering for NP who helped with ordering refills for shelter and to take home.
- Assessment of resident illnesses and referral to primary care
- Community Resource referral



#### Shelters

#### **Fennihurst Medical Shelter Medical Support Overview**

- 17 nurses staffed the shelter, primarily serving individuals requiring oxygen (e.g., concentrators, CPAPs) and other medical support.
- Nurses served as Triage Nurses, handling:
  - Admissions from homes, facilities, or hospitals without power
  - Initial vital signs
  - Bed setup assistance
  - Communication with doctors
- Each nurse also managed a patient assignment, providing:
  - Ongoing vital sign monitoring
  - Assistance with bathroom needs
  - Meal distribution support
  - Updates to the medical team on patient status
- Patients self-administered their own medications; an onsite pharmacy was available if needed.



#### Other Shelters Served

General Population Shelter (Gold's Gym) and AB Tech: 7 school nurses worked this shelter during those dates. This shelter housed displaced families from the storm. The nurses provided the following care:

•

- Basic diabetic assistance and care
- Assessment of resident illnesses and referral to primary care
- O2 therapy management and follow up care for return to home
- BP checks
- Community resource referral



#### Community Care Site - Swannanoa

 10/15-10/30/25 All nurses rotated shifts at the Swannanoa Community Care Site at the Ingles in Swannanoa administering vaccines - COVID, Flu, High dose Flu, Tdap, and Hep A

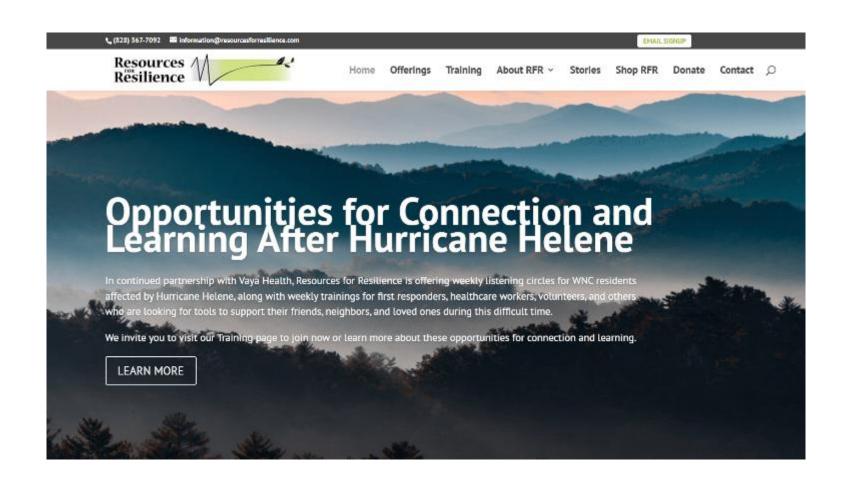


### Moving Forward After the Storm





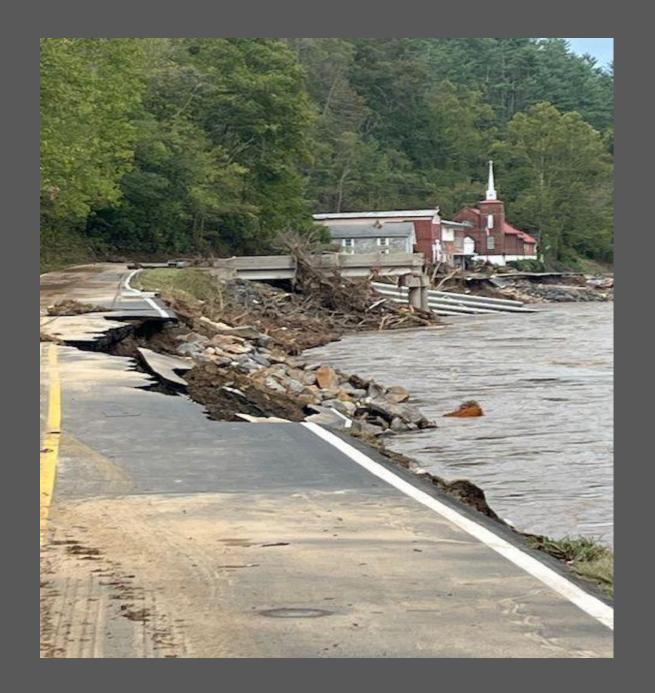
# Follow-Up Care for School Nurses



### Shea Laws- Yancey County





















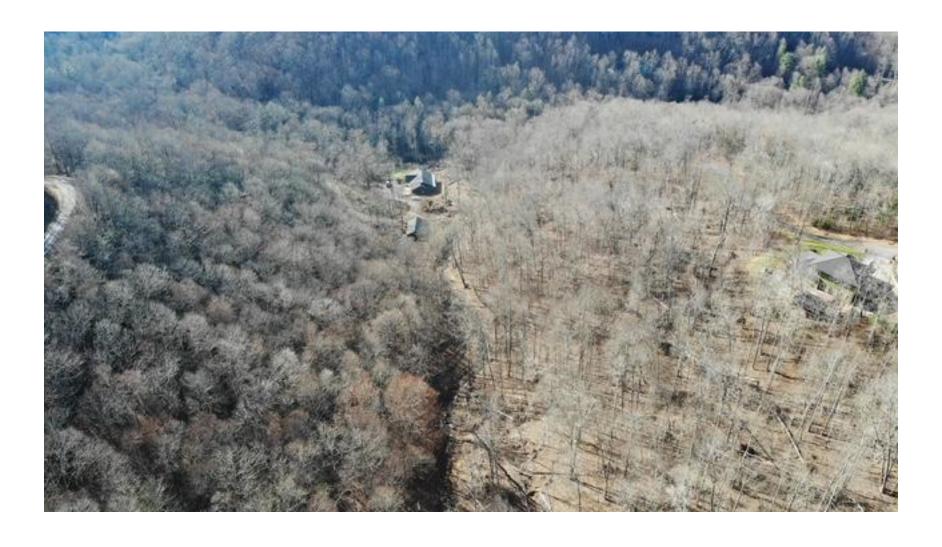


NC Department of Health and Human Services

Successes that came from a tragedy: Surviving a hurricane in Western North Carolina

Beth Shook MSN, RN, CHPN, CNE, NCSN West Region School Health Nurse Consultant

**April 2025** 



This is a drone picture of my home in Spruce Pine NC on October 31, 2024.



NCDHHS, Division | Presentation Title | Presentation Date



NCDHHS, Division | Presentation Title | Presentation Date

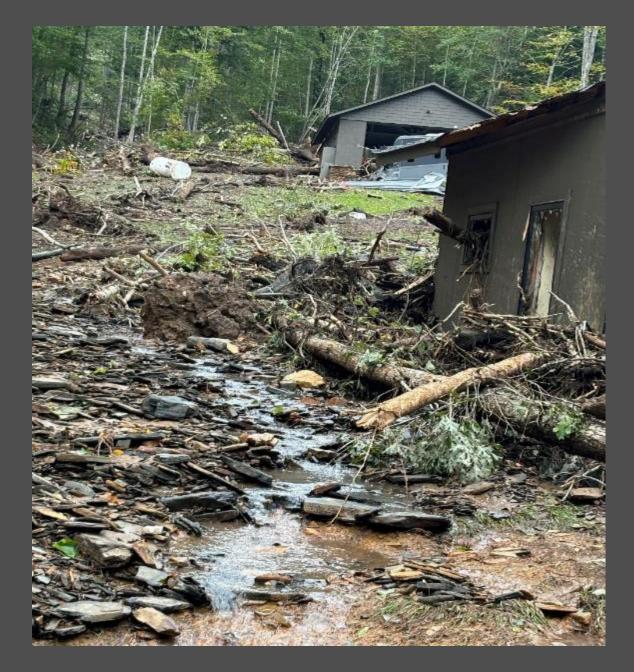


This tank had an inspiring message that I drove past every day until it was removed in February of 2025.















## Questions for the panelists?

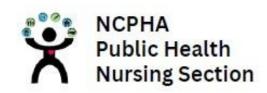


# Lunch and Networking and Make Your Own Edible Friendship Cookie Compliments of Sweet Spot

12:00 – 1:15pm

White Pine III









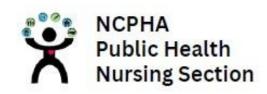
## Breakout Session A: Six Pillars of Lifestyle Medicine White Pines I

Breakout Session B: Nurses as Powerful Leaders
White Pines II

Breakout Session C: Yoga and YOU &

Fitness, Exercise Time-Fallen Timbers







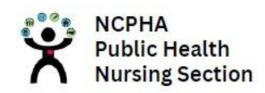


## General Session and Evaluation

3:45 – 4:00pm

White Pines I and II







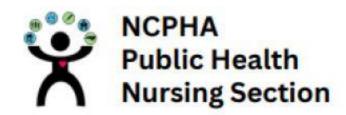


## Thank you for joining us in celebrating Public Health Nurses









### 3rd Annual Public Health Nurses' Day: The Power of YOU

Date: 05/2025
Contact hours: 4.0 hrs

The Association of North Carolina Boards of Health is the primary provider of contact hours. This education is being jointly provided by: North Carolina Department of Health and Human Services(NCDHHS); NC DHHS Office of the Chief Public Health Nurse(OCPHN); North Carolina Association of Public Health Nurse Administrators (NCAPHNA); and the PHN Section of the North Carolina Public Health Association (NCNA).

None of the individuals controlling the content for this activity have any relevant financial relationships with ineligible companies to disclose.

This nursing continuing professional development activity was approved by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.











## 3rd Annual Public Health Nurses' Day: The Power of YOU



#### **Learner SURVEY**



