

The Power of YOU

3rd Annual Public Health Nurses' Conference

May 2, 2025

Great Wolf Lodge, Concord NC



Everywhere, Everyday, Everybody



**NCPHA
Public Health
Nursing Section**



**NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES**
Office of the Chief Public Health Nurse

The Power of Public Health Nurses

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



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Office of the Chief Public Health Nurse



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

NURSING SHORTAGE



Embracing the POWER of Self

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

**WHAT DOES
POWER
MEAN 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





Questions and Answers

Thank you



Dr. Antonia Monk Richburg

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

Break and Exhibitors

10:15 – 10:30 am



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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

Shea Laws

Julie Berger



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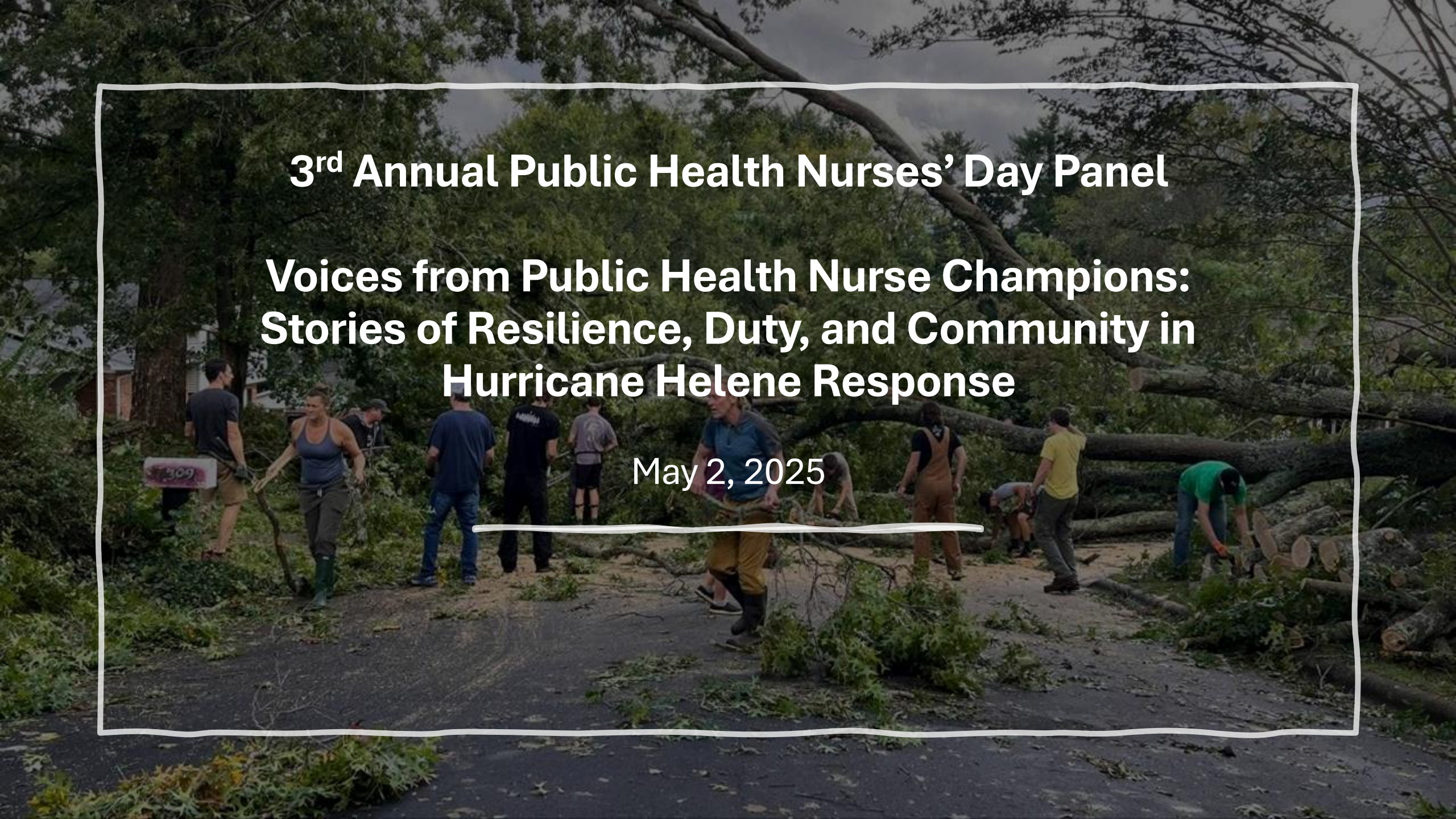


**NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES**
Office of the Chief Public Health Nurse

3rd Annual Public Health Nurses' Day Panel

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

May 2, 2025



A photograph of a Toilebor brand thermometer standing in a decorative yellow mesh holder. The thermometer has a scale from 1 to 16 and is partially filled with a reddish liquid. The background shows green foliage and a wooden fence.

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



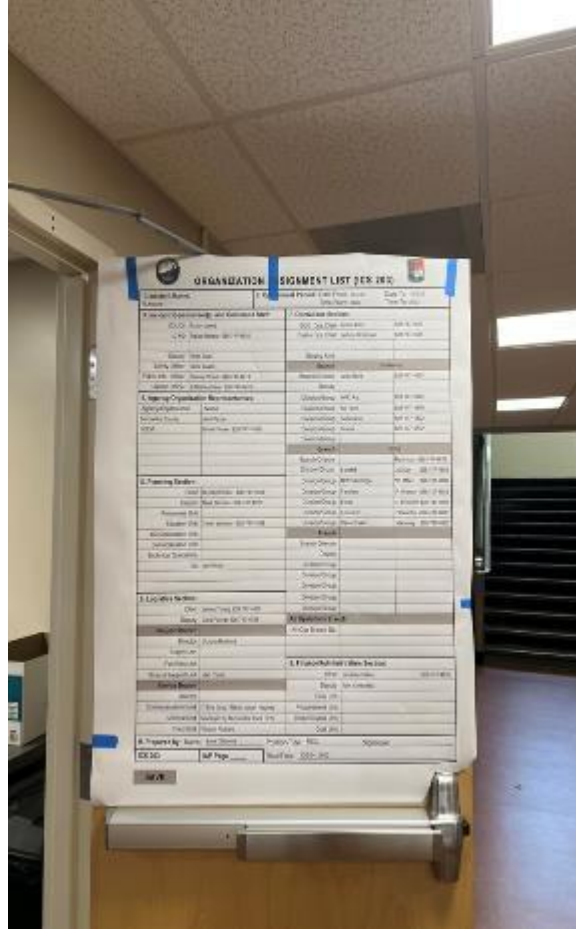
BUNCOMBE COUNTY





BUNCOMBE COUNTY

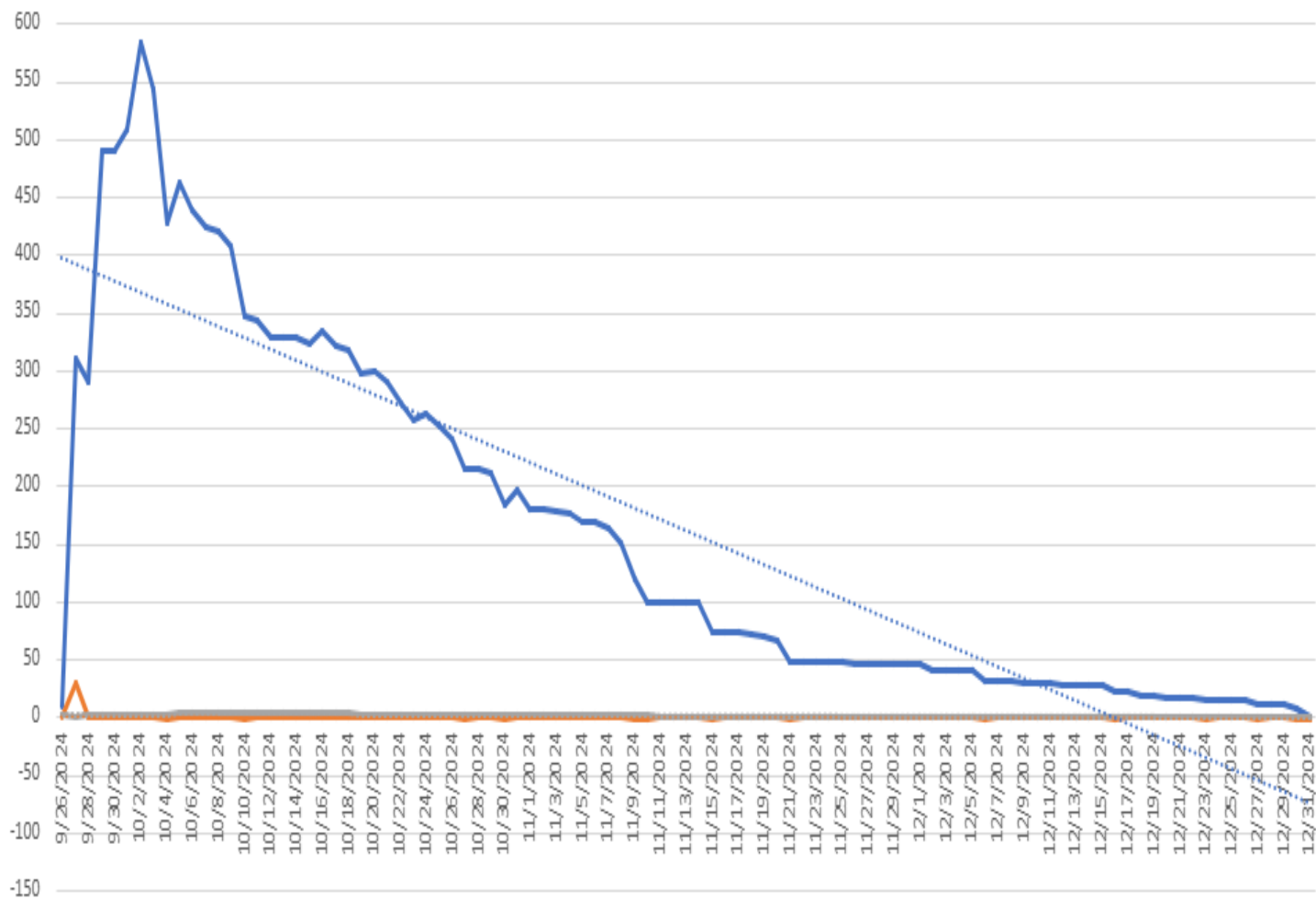
EOC



Shelters

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Shelter Population



Shelter Tracking

Date	Population	% 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%	3
9/30/2024	490	0%	3
10/1/2024	509	4%	3
10/2/2024	585	15%	3
10/3/2024	544	-7%	3
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

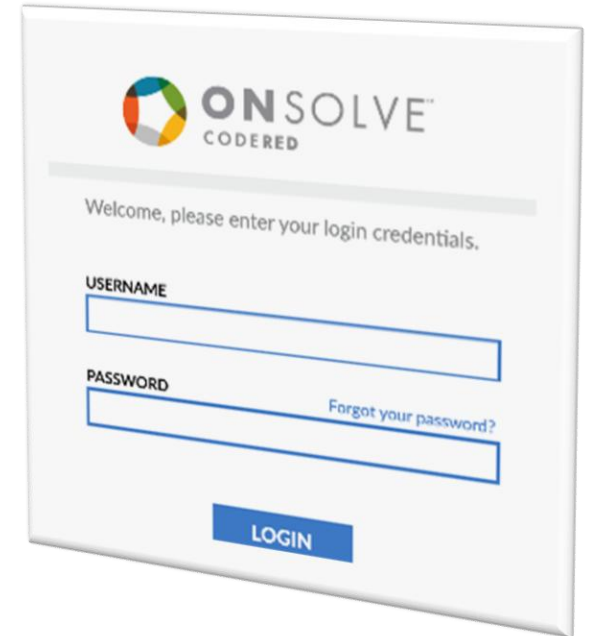
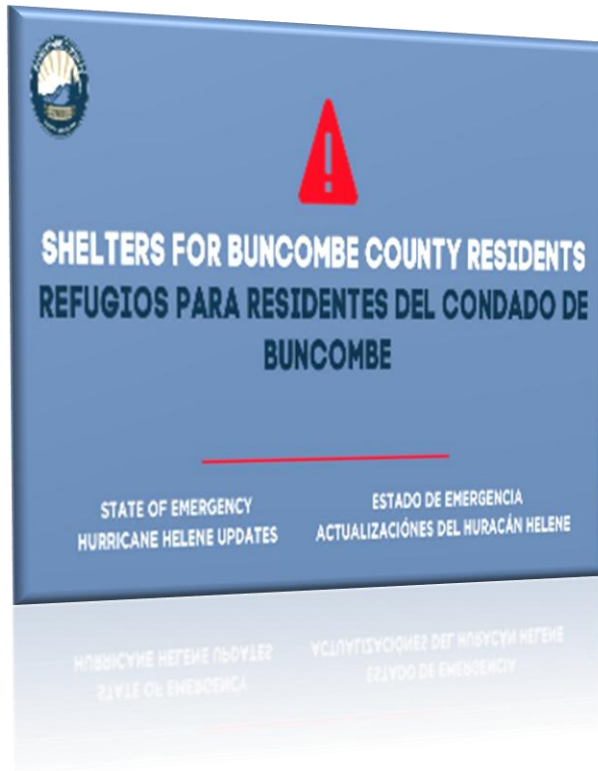
BCHHS Mobile Team



BCHHS RNs & School Health



Lessons Learned







Hurricane Helene

Buncombe County School Nurses

Julie Berger



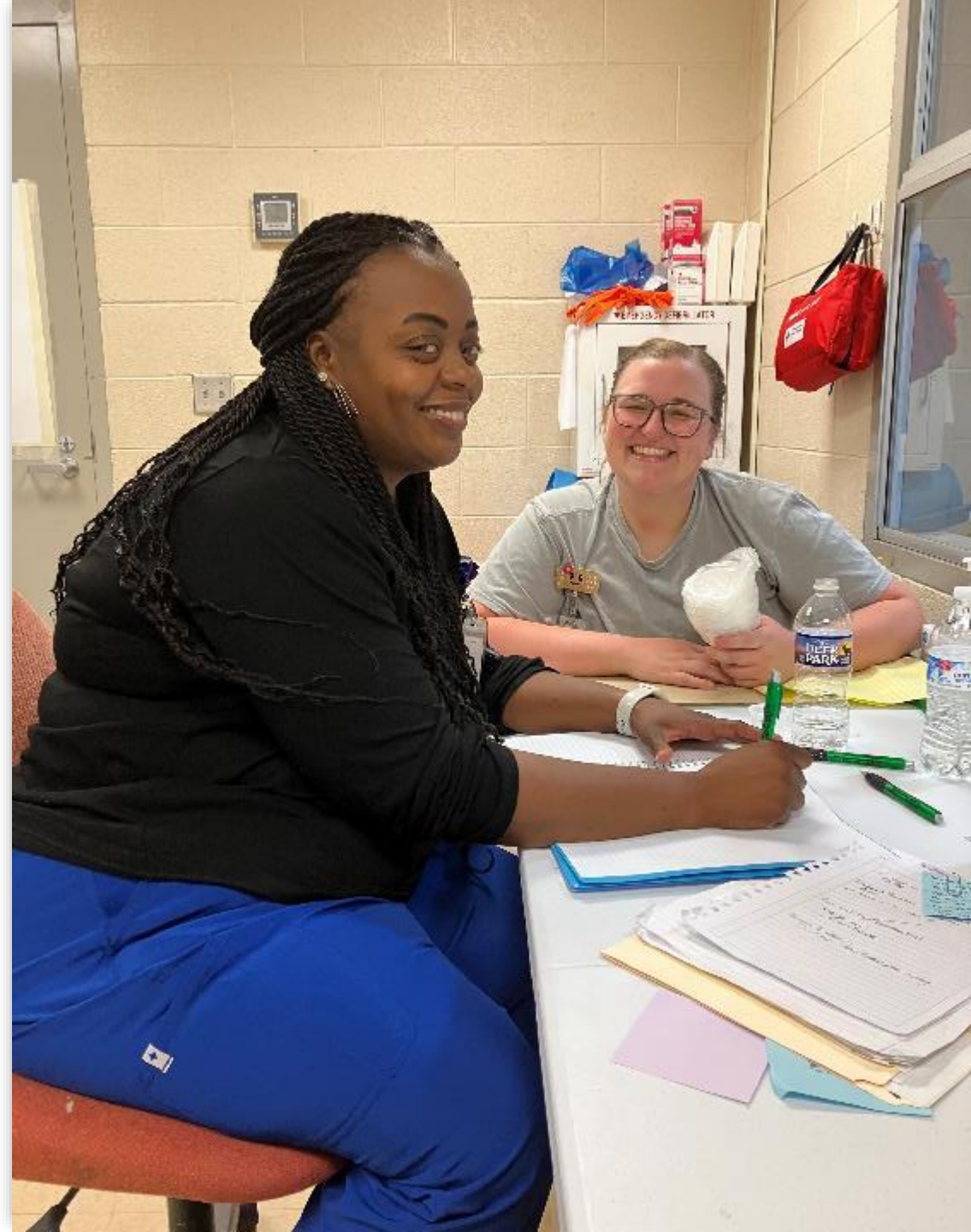


School Nurses at the Shelters 9/27-10/14

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 on-site 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

(828) 367-7092 | information@resourcesforresilience.com

[EMAIL SIGNUP](#)



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Opportunities for Connection and Learning After Hurricane Helene

In continued partnership with Vaya Health, Resources for Resilience is offering weekly listening circles for WNC residents affected by Hurricane Helene, along with weekly trainings for first responders, healthcare workers, volunteers, and others who are looking for tools to support their friends, neighbors, and loved ones during this difficult time.

We invite you to visit our [Training](#) page to join now or learn more about these opportunities for connection and learning.

[LEARN MORE](#)

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.







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



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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



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General Session and Evaluation

3:45 – 4:00pm

White Pines I and II



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Thank you for joining us in celebrating Public Health Nurses



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3rd Annual Public Health Nurses' Day:

Date: 05/2025

Contact hours: 4.0 hrs

The Power of YOU

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.



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Date: 05/2025
Contact hours: 4.0 hrs

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



Learner SURVEY



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