

Nurse+Talk

October 2018



At A Glance:

- Upcoming Events
- 2019 Convention: Keynote Speaker - Nurse Blake
- Register to Vote
- Influenza Vaccination

Upcoming Events

- **MNSA “Buddy Board” Meeting**
 - Saturday, November 17, 2018 at 9am
 - American Nurses Association – MI
 - 2501 Jolly Road, Suite 110, Okemos, MI 48864
 - Register [here](#)

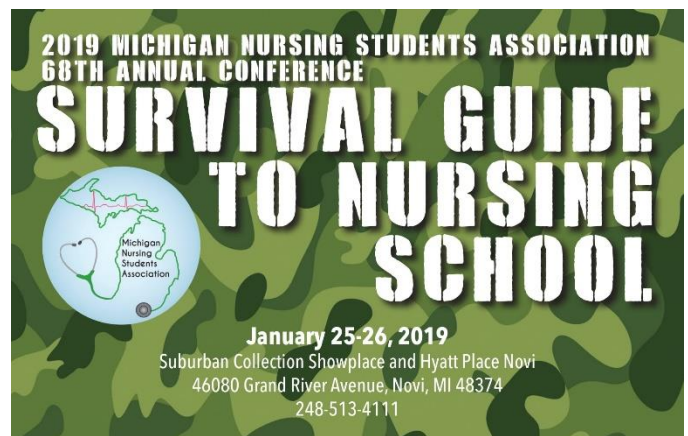


If you are interested in running for a Board of Directors position for the 2019-2020 term, you don't want to miss this meeting! This is an opportunity to experience how our monthly meetings run, meet our current BOD and advisors, get all your questions answered, and eat some delicious food (yes, we said food... we will be having a *Thanksgiving potluck*)!

Can't make the meeting in person? Join via Zoom!

MNSA T-Shirt giveaway: anyone who joins the meeting (either in person or via Zoom) will be entered in a drawing to receive an MNSA T-shirt!

- **NSNA MidYear Career Planning Conference**
 - November 8-11, 2018
 - Galt House – Louisville, Kentucky
 - Register [here](#)
- **2019 MNSA 68th Annual Conference:**
Survival Guide to Nursing School
 - January 25-26, 2019
 - Suburban Collection Showplace and Hyatt Place Novi
 - Registration is OPEN! Click [HERE](#)



Nurse Blake

Advocate For Nurses & Patients

MNSA is very excited to announce that one of our Keynote speakers for our 2019 Convention will be Nurse Blake!

Blake is a registered nurse and received his BSN from the University of Central Florida. He has worked in several healthcare roles throughout his career and has managed several injury prevention programs and started Banned4Life, which ended an outdated FDA blood donor policy. Today, Blake is an advocate for nurses and patients and encourages a healthy work environment. He is a social influencer, writer, public speaker, and has been a paid contributor to publications including the New York Times.



SUPPORT

Nurses ~~Eat~~ Their Young

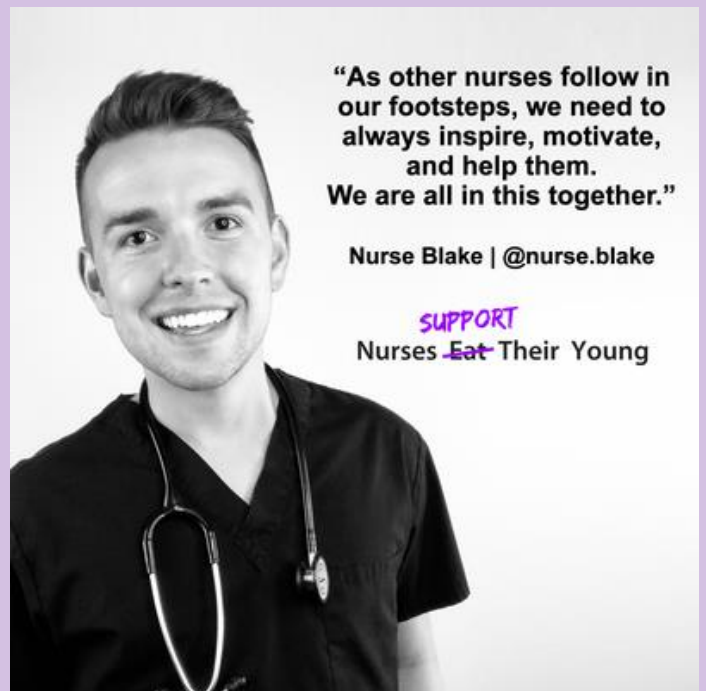
Check out Nurse Blake's current movement to encourage a supportive environment that fosters growth for new nurses.

"My friends at Nurse.org and I created this campaign to change the culture of, "nurses eat their young" to a culture where nurses support their young. However, we can't do this alone. We need your support.

Please sign our pledge to help us spread awareness."

-Nurse Blake

Learn how you can get involved, see what others are doing & sign the pledge [here](#).



Follow Nurse Blake on social media!



Register



VOTE

Are you registered to vote? You must be registered before **October 9th** in order to vote in the upcoming Midterm elections on November 6th.

Not sure if you are registered? Check your voter registration status [here](#).

If you are not registered to vote, you can do so by clicking [here](#). It takes less than 5 minutes! Information on requesting an absentee ballot can be found [here](#).

Click [here](#) to view the ballot specific to your precinct. For the state of Michigan, we are voting for Governor & Lieutenant Governor, Secretary of State, Attorney General, Congressional and Legislative seats, and other leaders in the upcoming election. There are also several important state proposals that will be voted on. We recommend that you review your ballot prior to going to the polls so that you can make informed decisions!

As future nurses and leaders in healthcare, it is important that we make our voices heard!

Advocacy for our patients extends #BeyondTheBedside so please cast your votes!

#MNSAvotes



Vaccination: Your Best Protection Against the Flu

Last week, the [CDC reported](#) that an estimated 80,000 people died from the flu during the 2017-2018 season. The number of influenza-related hospitalizations and deaths was record-breaking last season and it is impossible to predict just how serious the 2018-2019 flu season will be. It is important to get your flu vaccine as soon as possible (the CDC [recommends](#) by the end of October) to prevent contracting the flu or exposing someone who is at [high risk](#) for complications.

What is influenza (flu)?

According to the [CDC](#), influenza "is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness." The [CDC](#) also explains that, "Flu viruses infect the nose, throat, and lungs and can cause a wide range of complications from flu." Complications can be moderate in nature, such as a sinus or ear infection. Severe, life-threatening complications such as pneumonia, myocarditis, encephalitis, organ failure, and sepsis (to name a few) can also result.

“A flu vaccine cannot give you the flu.”

CDC – [Vaccination Remains Your Best Flu Protection](#)

Some people may be discouraged from getting their flu shot because they believe they may get the flu from the shot.

Common side effects from the vaccine may be mistaken for flu-like symptoms. Such side effects include: soreness, redness, and swelling at the vaccination site; fever; and muscle aches. However, these symptoms are NOT the flu. Side effects are “usually mild and short-lived, especially compared to symptoms from a bad case of flu,” according to the [CDC](#).

Who should get the flu shot?

It is recommended that everyone 6 months of age and older receive a yearly influenza vaccine. Last year, it was estimated that the flu vaccine prevented 5.3 million illnesses, with nearly 47% of the population vaccinated. Experts predicted that if 52% of the population had been vaccinated (just a 5% increase), another 483,000 influenza illness could have been prevented.

Still need your flu vaccine this season? Click the button below to search the HealthMap Vaccine Finder.

Flu Shot Finder

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