

interprofessional team.

- Offering interprofessional education opportunities.
- Engaging in the development of health policy and providing content expertise to state and private constituents.
- Advocating healthcare quality and access to palliative care for New Jersey residents.
- Leading community support and educational sessions.
- Connecting healthcare professionals with a shared vision.

NJPC APNC remains committed to mentoring professionals interested in palliative care principles, promoting

healthcare equity, and enhancing the quality of life for patients and families facing serious illness. As a leader in palliative care advocacy and education, NJPC APNC plays a key role in shaping the future of palliative care in New Jersey and beyond.

Are you interested in incorporating palliative care principles into your daily practice? Connect with us by joining one of our meetings or visiting our website! <https://njpcapnc.enpnetwork.com/>

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During the preparation of this work, the author utilized generative AI to enhance the clarity and structure of the article. After using the tool, the content was reviewed and edited as needed and take full responsibility for the content of the publication. ■

Protecting Patient Information in the Age of AI and Social Media

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Social media is deeply embedded in both our personal and professional lives as nurses. It enables hospitals to expand telehealth services and promote patient engagement, while individual nurses use it to connect, learn, and share experiences. However, as the digital world expands, so does the responsibility to protect patient privacy. The rapid adoption of artificial intelligence, or AI, in healthcare presents new opportunities—but also new ethical challenges. Nurses must stay informed and vigilant about how these technologies influence confidentiality and professionalism.

AI refers to computer systems that simulate human intelligence. In healthcare, AI helps analyze clinical data and personalize education, but it also collects sensitive patient information, which increases the risk of privacy breaches. This makes it essential for nurses to understand how to use AI responsibly while upholding ethical and legal standards.

That is where “e-professionalism” must be maintained. Simply put, it means acting professionally when communicating within any digital space—whether you are using social media or interacting with AI platforms. A post about a touching patient moment or a difficult shift might feel harmless, but it can unintentionally reveal protected health information. Unfortunately, many nurses feel underprepared in this area and may make avoidable mistakes without proper guidance. Learning your workplace’s digital communication policies and HIPAA standards is critical to staying compliant and protecting both your patients and your career.

AI can also support nurses in learning and practicing professionalism. For example, some platforms use AI to tailor educational content and simulate clinical situations, helping nurses practice skills safely. These tools can also teach privacy protocols and model appropriate digital

behaviors. By incorporating AI into educational initiatives, nurses can become more confident in managing technology while safeguarding patient data.

While AI has a lot of potential, it also raises significant privacy and ethical concerns. AI systems can unintentionally collect personal health information during user interactions. If it is not properly secured, this data could be misused or exposed. AI can also reflect the biases of its developers, leading to skewed or unethical outcomes. As nurses, we must ask questions when new technology is introduced in the workplace and understand how AI systems gather their information. Supporting transparent privacy policies and advocating for regular audits are further steps to ensure responsible technology use.

As a nursing leader, I have seen firsthand the consequences of social media misuse. A nursing student in my facility once posted a dancing video with a

patient online. Though the post was cheerful and well-intentioned, it led to her being marked as unhirable—a costly mistake for someone just starting out in their career. But as AI and social media continue to grow in healthcare, we do not need to be afraid or threatened—we just need to remain informed and mindful of professional etiquette online. Ultimately, nurses must balance the benefits of digital innovation with the duty to protect patient information. Staying educated, thinking critically, and advocating for ethical practices are essential as we

navigate a rapidly evolving healthcare landscape ■.

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Running for Office

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Increasing nurse engagement in many environments is rough. Understanding that nurses are busy with managing careers, family, and education, this may leave minimal time to participate in volunteer work, specifically nursing and political organizations. Many of my nurse colleagues voice that they have no interest in politics, which correlates with the concept that nurses are the least likely health professionals to vote (Bevan, 2022). Recently, I made the decision to run for NJ General Assembly for Legislative District 4. After weeks campaigning across Atlantic, Camden, and Gloucester counties, I fell short on primary election day, but I received dozens of messages commending this venture and the disappointment that I fell short. Even though I didn't succeed, the lessons that were learned from this loss made me a winner.

The adventures of campaigning were many. Apologies were offered for waking sleeping babies, interrupting meals, making dogs bark, or adding distractions during a virtual work meeting! I also found keys on the outside of a locked door, caught a loose dog, brought in recycling cans, and most often educated

residents regarding legislative districts and elected positions. Redistricting occurred in 2022, and I found that the majority did not know their legislative district or that the legislative districts are different for state and federal government. The addresses were targeted, as I was provided with a list of registered voters and occupants' political parties. I encountered many veterans and listened to their stories. One included a gold star wife who lost her husband in the Korean war and left her a widow with 4 young daughters. These conversations were twofold: Veterans tend to vote at a higher rate than other populations; and personal because I currently serve and my father served in WWII.

During six decades of life, much has been learned through both formal education and life lessons, and similarly this experience afforded me the opportunity to gain bandwidth for policy and politics. I have had multiple interactions with Federal legislators in Washington DC, and State legislators in NJ and DE through military and nursing organizations. This prompted a review of the legislators' biographies and supported my decision to

enter the primary. For 23 years, Gallup's annual Most Honest and Ethical Professions Poll considers nurses to be the most trusted profession and having more nurses as legislators would be beneficial to our state and nation to make meaningful changes in government. Even though nurses number approximately 5 million, we are underrepresented in government. Just to name a few topics that impact nursing practice: safe staffing, limitation on scope of practice, medical cannabis, and insurance coverage. For a healthy society nurses must connect key ideas, such as patient advocacy and civic engagement as part of our practice and consistent with core nursing values. For those who are eligible, a commitment to regularly vote and be educated on the candidates in local, state, and federal elections is vital to our profession ■.

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