

held several bicycles and a motorcycle. The bikes and motorcycles were used for home visits. The second clinic building also held another desk and a circle of benches for patient teaching encounters. At the desk were medications and prenatal vitamins, and the maternal and birth records of various patients. Each prenatal visit was meticulously recorded. The nurse measured the fundal height, the estimated gestational date, HIV status, deworming occurrence, blood pressure, heart rate, tuberculosis testing, and malarial testing. The woman's partner's HIV test and treatment status was also documented. Finally, the room also contained a large blue box. The box was a refrigerator for vaccines. It was attached to a solar panel for power. In Zambia, much of the electricity is hydroelectric. While we were visiting in August, the drought led to electric rationing. Electricity was provided via the grid eight to twelve hours per day. Refrigeration of the vaccine box was

achieved via solar panel the remainder of the day.

A second room of the back clinic building was the maternity ward. It contained a nightstand and two cholera tables (bed with a hole in them for diarrheal drainage). On the second day I was at the clinic, I walked into the room to meet a young woman in labor. I was told she was four cm dilated. She lay on the table in early labor during the prenatal exams conducted on the other table. The only other items in the room were three buckets for sanitization. Bleach and water mixtures were used for the cleaning. The mother of the woman and her doula (birthing assistant) were waiting in the large room on the benches. Although I did not get to see a baby born that day, my experience remained educational.

As I sit back in the United States and reflect on my trip, I think about the kindness of the clinic staff, and the friendliness of the people of Zambia. I think about the

nurses with three years of training, operating at the top of their scope with minimal supplies in a rural area. I contrast this to the United States, where we have a plethora of supplies, but where the scope and abilities of nurses with extensive training is quibbled over by nurses and other professionals alike. In both cases, with too few supplies and infrastructure or too many restrictions to practice, the practice of nursing suffers and the opportunities for effective healthcare decrease. In the case of the US, as well as in Zambia, the words of the nurse I shadowed apply, "We do the best we can with what we have". ■

About the Author: Justine Maedeker, DNP AGPCNP-BC, PMHNP-BC, BS is a member of the Board of Hope's Doorway. She loves the practice of nursing. She enjoys reading and traveling in her free time. To learn more about the non-profit "Hope's Doorway", please visit: <https://hopesdoorway.org> or find us on Facebook.

Nurses Furthering Knowledge (NFK)

Norma Tubman MScN, RN

Our August Board Meeting set the direction for NFK activities for 2025-26. We will focus on fundraising for our scholarship, hosting speakers at our monthly meetings and community outreach especially to SONs.

In lieu of a September meeting, members attended the CNA Annual Convention. Kathy Crisler was recognized as the NFK Nurse of the Year for her initiative in writing by laws to move former DNA 20 to a Constituent Association. As an NFK Board Member At Large, she is its legislative liaison along with Annette Cannon, President, keeping us unformed on legislation at the National and State levels affecting nurses.

Kudos to Rita Beam in obtaining a \$1000 grant from Colorado Nurse Foundation (CNF) to offset the cost of bringing

Amanda Skenandore, RN and award-winning author, to be a presenter at the CNA Annual Conference on September 26. Amanda spoke about how reading improves health and promotes self-care. Flyers and bookmarks were printed and distributed by members to promote the CNA presentation, as well as Amanda's appearances at the Aspen Grove Tattered Cover Book Store and Belmar Library in Lakewood. Members donated items for a drawing at the CNA Conference to raise money for our scholarship.

NFK was honored to have our 2024 scholarship recipient as our October speaker. Maya Lindgren, BSN, RN, presented on her research project for a course at Colorado Mesa University where she is completing her MSN-NP. Her presentation "Perioperative Guidance for Glucagon Like

Peptide-1 (GLP1) Receptor Agonist Medications" investigated recent literature surrounding when to hold GLP-1 medications in patients undergoing planned procedures under general anesthesia.

Members remained active with community outreach throughout the summer and fall. Annette Cannon attended the National Association of Hispanic Nurses (Colorado) summer get together on July 26. She continued outreach with the Colorado Nurses Council of Black Nurses Inc. Rita Beam attended its annual membership kickoff August 25 networking and sharing the benefit of CNA membership and participation in NFK meetings and activities. Members responded to an appeal from Rocky Mountain Children's Foundation for toys and infant clothing by donating needed items. Rita Beam, a

CU alumnus, was invited to attend CU Nursing Grand Rounds on September 25 when Amanda Skenandore, also a CU alumnus, was invited to present to nursing students and faculty. On October 24, Annette Cannon joined nursing students at Regis University for a simulation based on how to report to the coroner when a patient dies.

On June 18, Annette Cannon spoke at the GlobalMindED Conference 2025 held in Denver where she spoke on "HIPAA, Privacy, Confidentiality, Data Security and Risks, Directives, Death and Illness and the Relativity to Nurses/Coroners in Space/Aerospace" and "Future Everyday Nursing Care: Military, Flight for Life and Interstellar Travel." September 9-10, she attended the Academy of Forensic Nurses West Regional Conference in Tacoma, Washington where she presented on "Death Investigation." On November 12-14 she will speak on "Death Investigation" at the International Association of Forensic Nurses Wisconsin Chapter in Tomah, Wisconsin at the Helen Kelly Regional Conference. ■

Colorado Nurses Foundation

Margaret Mulhall, President

The Colorado Nurses Foundation's mission is to advance nursing in Colorado. One of the ways we accomplish our mission is through our Scholarship Program. RNs seeking advanced education and students who have been admitted to an approved nursing program in the State of Colorado are encouraged to apply for scholarships.

If you are interested in applying, or know someone who would be an appropriate recipient, please share this web page with them. If you meet the requirements, please complete the online application form. The application window opened September 1 and closes at the end of October. Scholarship recipients are announced in December, and the scholarships are funded in January. For more information and to apply please go to: [Apply for a Scholarship — COLORADO NURSES FOUNDATION](#)



Need a new license plate for your vehicle? Why not get a vanity NURSING license plate? Proceeds from the sale of Nursing License plates go to Nursing Scholarships! Get your "Nurses Change Lives. [License Plate — COLORADO NURSES FOUNDATION](#)

The Excellence in Nursing Awards Gala will be May 16, 2026, at the Denver Art Museum! Please nominate a nurse for these prestigious awards and save the date to attend this inspiring ceremony. Nominations for the 2026 Gala will open in late December. To read about the 2025 recipients. Please go to: <https://www.coloradonursesfoundation.com/2025-award-recipients>

Finally, the Colorado Nurses Foundation is looking for a few new Board Members. If you are interested in applying for a position, please send your resume and a letter of interest to: coloradonursesfoundation@gmail.com ■



Colorado's Peer Health Assistance Program for RNs and LPNs

**Encourage nurses to
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