

ulating testing environments provides a more realistic experience, highlights strengths, and identifies content areas that require further focus.

Throughout the preparation process, it is essential to prioritize self-care, including rest, adequate sleep, a balanced diet, and regular exercise. Over-preparing without balance can diminish effectiveness and increase stress.

Breakout –

Certification v. licensure: What's the difference?

Licensure is state-based and allows you to practice as a nurse or a nurse practitioner. Your license comes from a state board. Certification is nationally recognized as a demonstration of competency and is valid in all 50 states.

- Family Nurse Practitioner
- Nurse-Midwifery
- Psychiatric Mental Health NP

About the author: Dr. Krista Estes serves as the Assistant Dean of Master's Programs and is an Associate Professor at the University of Colorado Anschutz College of Nursing. She actively practices as a Family Nurse Practitioner and previously held the role of Family Nurse Practitioner Specialty Director for eight years. ■

Breakout #2 –

Top Pass Rates

These MS in Nursing specialties at CU Anschutz Nursing boast a 100% certification exam pass rate:

- Adult-Gerontology Acute Care NP
- Adult-Gerontology Primary Care NP

Nurses Furthering Knowledge

Norma Tubman MScN RN

In lieu of a December Holiday Meeting ten of us met at First Watch Restaurant (Belmar) for breakfast on November 15. We were honored to have Nan Morgan from Nurses in Action join us. Food and diapers were collected and donated to the Action Center for our holiday community outreach project.

Our November Meeting presenter was Darci Martinez DNP, RN, FNP-C, Nursing Division Director, Adams County Health Department. She presented on "From Patients to Planet: Public Health Nursing at the Frontlines of Climate Resilience". Dr. Martinez spoke on the importance of nurses understanding how climate change affects human health and their role in climate change.

Robin Bruce FN, BSN, RN, past President of the Colorado Council of Black Nurses, Inc, and Chair of its Aerospace Department, was our January speaker. Robin's presentation "Why Space Health Care Education and Training in Nursing Can't Wait" addressed nurse licensure and health care implications that may come with commercialization of space and everyday travel to the inner and outer limits of our orbit. On February 18, Natalie Ever-son, MSN, RN, SANE-A, SANE-P, IVSE-C

will give a talk titled "It's Not Just Fun and Games: The Forensic Nurse's Role in Responding to Patients Victimized by Online Extremist Groups" educating us on nefarious groups targeting marginalized children and teens via technology.

Congratulations to our 2025 \$1500 scholarship recipient Bridget Hollen. Bridget is a Junior in the BSN Program at Front Range Community College. In addition to being a member of the Colorado National Guard where she is a Second Lieutenant in charge of the Patient Administration section, she is employed at PAM Rehabilitation Hospital.

NFK will be holding a scholarship fundraiser on March 30 at the Lakewood Cultural Center where we will attend the musical The Chorus Line. Tickets are available through Treasurer, Allison Windes at allison.windes@gmail.com. Members who cannot make the event can donate directly to the NFK scholarship through the Colorado Nurses Foundation website. Our goal is to raise \$1500 for our 2026 scholarship. Thank you to NFK members Kathy Crisler, Norma Tubman and Betsy Woolf for serving on the CNF Scholarship Selection Committee, coordinated by Betsy.

Thank you to Annette Cannon and Rita Beam for representing NFK at CCBN's Soiree, Awards and Movie 2025 where its next generation of nurses were introduced. Annette and Irene Drabek attended CCBN's 2025 Holiday Gathering. Kudos to Annette for designing an NFK Logo to show our support for this event.

Congratulations to Rita Beam who was appointed by the Board to fill the vacant NFK Board Member at Large position vacated with Susan Moyer's resignation. Thank you to Susan for serving in that position for several years.

Annette continues her inspiring and monthly President's Messages which are posted on the CNA website. As Jefferson County Coroner, Dr. Cannon chairs the SIG: Death Investigation through the Academy of Forensic Nursing where she has given presentations on death investigation guidelines covering such topics as documenting and reporting guidelines, following laws and statutes and establishing probable location of injury or illness. ■