



# From Your ANA and ANF Presidents

## American Nurses Foundation: Worthy of support

**THIS IS A GREAT TIME OF THE YEAR** for reflection. Our traditional holiday stories have a way of reminding us what is important in life. One popular story, *White Christmas*, reminds one of the sacrifices people make so others can succeed without ever expecting something in return. Another is the “Gift of the Magi,” in which we witness individuals giving all they have so someone else can benefit. But one of our favorite holiday stories involves something we learned a few years ago when we both assumed the leadership positions at the American Nurses Association (ANA) and the American Nurses Foundation (ANF).

This story is one of individuals making small or sometimes large donations to ANF so that our work, your work as nurses, can be supported with a growing body of evidence.

ANF has been at the forefront of supporting the development of nursing science and the development of evidence for your practice since it was founded as the charitable arm of ANA in 1955. One of the principal contributions of ANF has been its nursing research grants program. Since its inception, ANF has funded the work of nearly 1,000 developing researchers across the broad spectrum of nursing. Donations to ANF have enabled these researchers to extend their scientific work to provide the evidence that nurses need to be safe and competent practitioners.

Nurses are trusted because we know what to do for our patients. And, knowing what to do in practice comes from our education and our experience. Increasingly, the public demands that practice be based on evidence. And very often, nurses are required to demonstrate complex skill and decision-making abilities. Just the seemingly very simple task of providing an enteral feeding for a patient requires knowledge of pathophysiology, nutrition, pharmacology, and fluid and electrolyte balance, as well as manual dexterity, the ability to program an infusion pump and, most importantly, an ability to make pertinent patient assessments to ensure that the whole process is safe for the patient and free of complications. Yet, feeding tubes can come out of position or become blocked and nurses must be ever vigilant to prevent deadly aspiration and pneumonia. Knowing the best technique for administering an enteral feeding, checking for placement, assessing for aspiration, and determining whether a feeding should continue or be stopped are competencies that every nurse who cares for a patient with a feeding tube

needs to have.

ANF provided a foundation for that knowledge more than 25 years ago, when it funded a nurse named Norma Metheny, PhD, RN, FAAN, for a research study on monitoring of patients with nasally placed enteral feeding tubes. Since then, Metheny has received numerous grants from the National Institutes of Health to expand her research. She has provided nurses with the answers on evidence-based practices for determining whether feeding tubes have been properly placed and the assessment of aspiration. Her current research focuses on the effects of various risk factors on aspiration and the extent to which aspiration leads to pneumonia—critically important information for nurses who care for these vulnerable patients. Metheny’s remarkable story in advancing the scientific foundation for nursing practice exemplifies ANF’s work.

This is why we are asking you to continue the work of ANF in advancing nursing science—to provide nurses with the answers to real-world problems regardless of their work setting. Without your generous support, stories like Metheny’s will never be told. Because of nurses like you, ANF will be able to provide seed money to today’s nurse researchers to provide us with the solutions for tomorrow’s clinical problems.

Our favorite holiday story of giving does not star Bing Crosby or Danny Kaye, but rather the real stars who matter in today’s society: you, the RN. Give generously today to ANF as an investment in your future and that of the profession. Your gift ensures that ANF will be there for you, providing support with evidence on which to base your care. We have made that promise to you and ask that you join us in that commitment. To learn more about the stars of our ANF research stories and to join the supporters of nursing’s future by making a tax-deductible gift to ANF, please visit us at [anfonline.org](http://anfonline.org). Best wishes to you and your families for a happy and healthy holiday season.

Handwritten signature of Rebecca M. Patton, RN.

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