

Introducing a New ANA Massachusetts Member Benefit

TrainerMD 360° Health Program is a new comprehensive 12-month preventive health education program currently prescribed by physicians and clinicians in the greater Boston area. TrainerMD is very excited to partner with ANA Massachusetts to help educate and bring awareness to preventive health initiatives for nurses and patients. The TrainerMD, first intelligent health management technology and system for consumers and health professionals to manage education, communications and share health data in real-time is a perfect fit for the Healthy Nurse Healthy Massachusetts ANA Mass initiative. The HIPAA compliant system includes new technologies to comprehensively screen participants using non-invasive testing methods and includes new mobile fitness & nutrition education management tools for learning more about nutrition and how to exercise safer and more effectively at any age. TrainerMD programs have been piloted for seven years and are prescribed by physicians and clinicians for obesity, weight loss, diabetes, post cardiac rehabilitation, back pain management, heart disease, cancer recovery, strengthening, toning, improving core strength and balance, chronic health conditions and more.



TrainerMD is kicking off The **Nurses Health Challenge 2017**. They are looking for 200-500 nurses in the greater Boston area to be active participants in this important 12-month preventive health study. They are looking for nurses of all specialties, ages, and overall health status to participate. Top performers will be recognized quarterly. The TrainerMD 360° Health Program may be covered under health savings account benefits with a medical note of necessity from your doctor. In addition, all ANA Massachusetts members receive a 10% discount as well as access to trainers and medical advisors in a group support setting as part of the program. (Please contact TrainerMD for more details by phone at (888) 304-3919, email at customerservice@trainer.md or enroll online at www.trainer.md)

ANA Massachusetts and TrainerMD Team Up to Develop Intelligent Health Management System for Nurses and Patients

Jonathan Creekmore
TrainerMD Chief Technology Officer

Beginning this Spring, TrainerMD, a Boston-based Health and Fitness Technology company, will begin a study on how to better empower and educate nurses using their Intelligent Health Management System (iHMS). TrainerMD's program and platform is comprised of both on-site and online solutions to better help manage a consumer's health, fitness, nutrition, and wellness while also incorporating data and support from both consumer and medical devices. Despite the benefits of interoperability, mobile data, artificial intelligence, and other technology used by TrainerMD for consumers, CEO Joe Howley is most excited to "Better enable those who take health seriously to better help themselves." Howley and team have managed to develop a product that leverages all non-invasive technology for collecting large amounts of performance and potential data to better "Bridge the Gap in Health and Fitness" through a HIPAA compliant cloud-based means for consumers to better work with their providers and support teams in real-time, 365 days a year, and anywhere in the world in both medical facilities and public places from workplaces to fitness centers.

According to the U.S. Occupational Safety and Health Administration (OSHA), a hospital is one of the most hazardous places to work in the U.S. with over 58,000 work-related injuries per year, of which about half are due to over-exertion. Even more concerning, reports show over 71,000 annual incidents of nurses suffering from back injuries which contribute to the over \$26 billion dollars spent in worker compensation benefits, medical treatment, lost work days, reduced duty, and employee turnover. Howley also states, "With the vital importance of the nursing profession and what it provides to patients, administrators, and the health profession as a whole, we had to include them as a candidate for our next piloting round," which comes after 6 years and over 5,000 individuals that TrainerMD team has screened and helped to date. Pilot groups are identified and selected by the Expert Advisory Board at TrainerMD which consists of healthcare professionals such as physicians, nurses, physical therapists, and others, accompanied by fitness experts such as master personal trainers, professional athlete trainers, strength coaches, and other experts in health and fitness.

3-D body scanning, muscle/balance testing, vital assessments, space-age nutrition support, and big data for population management might be exciting, but TrainerMD's Chief Medical Officer

(CMO), Dr. Scott Lutch notes, "The real key is that TrainerMD has helped so many by developing both a 'boots on ground' and remote system that really engages the patient," referring to the educational workshops, continuing education, and in-person consulting included. With personal health management device sales expected to break 110 million devices in 2018 alone, individuals and organizations should consider seeking expert help in managing both Personal Health Management Systems (PHMS) and Consumer Health Management Systems (CHMS) for best results today. Groups such as ANA Massachusetts and TrainerMD are possibly developing what a next-generation intelligent health management solution might be, while improving the very health of healthcare professionals along the way.

Those interested in participating in the ANA Massachusetts and TrainerMD pilot study may contact TrainerMD for more information and enrollment starting April 1, 2017. Additional information located at www.Trainer.MD.

ANA Massachusetts members receive a 10% discount as well as access to trainers and medical advisors in a group support setting as part of the program.

Sources

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ANA Releases New Position Statement Opposing Capital Punishment

Silver Spring, MD – The American Nurses Association (ANA) announced its opposition to both capital punishment and nurses' participation in capital punishment. This new position is particularly relevant given the confirmation of Judge Neil Gorsuch to the Supreme Court of the United States, who will likely tip the court in favor of capital punishment.

The ANA has long been opposed to nurse participation in executions, either directly or indirectly, as it is contrary to the fundamental goals and ethical traditions of the nursing profession. Today's announcement strengthens ANA's position, adding it to the ranks of many U.S. and global human rights organizations opposing capital punishment, such as Amnesty International, the International Council of Nurses, and the American Public Health Association.

"The American Nurses Association is gravely concerned with the human rights of individuals facing execution," said ANA President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "Capital punishment is a human rights violation, and ANA is proud to stand in strong opposition to the death penalty. All human beings, regardless of their crimes, should be treated with dignity. For those states where

capital punishment is currently legal, the American Nurses Association will continue to provide ethical guidance, education, and resources for nurses and other health care providers dealing with these ethical dilemmas."

ANA's Center for Ethics and Human Rights Advisory Board reviewed and unanimously approved the position statement. The statement was presented to the public for a 30-day comment period and subsequently approved by the ANA Board of Directors in December 2016. The full position statement can be found at <http://www.nursingworld.org/CapitalPunishmentNursesRole-ANAPositionStatement>.

The American Nurses Association (ANA) is the premier organization representing the interests of the nation's 3.6 million registered nurses. ANA advances the nursing profession by fostering high standards of nursing practice, promoting a safe and ethical work environment, bolstering the health and wellness of nurses, and advocating on health care issues that affect nurses and the public. ANA is at the forefront of improving the quality of healthcare for all. For more information, visit www.nursingworld.org.