



# COMMONWEALTH NURSES AND MIDWIVES FEDERATION

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## HAPPY AND HEALTHY 2021

To all CNMF members and friends, the CNMF President and Board wish you a happy and healthy 2021.



While it is hard to predict, the CNMF is hopeful that 2021 will see the end of the pandemic and a return to freedom of movement within and between countries.

The focus on COVID-19 has meant less focus on other health issues such as non-communicable diseases and mental health; increasing inequity within countries and between countries; and little attention to environmental issues such as our changing climate. The world will face a far worse crisis unless we all work together for the health of our planet.

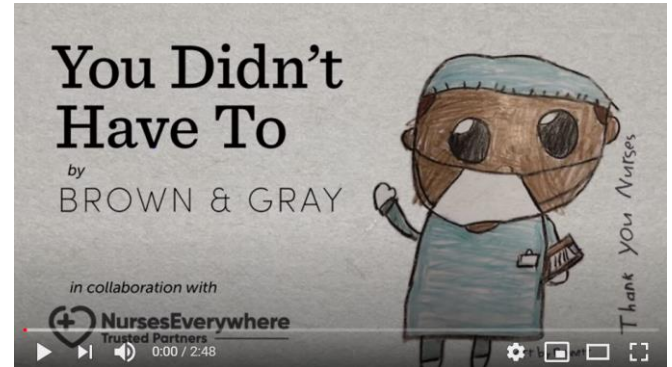
The CNMF is looking forward to a productive year and preparing for the 25<sup>th</sup> CNMF Biennial Meeting in 2022 and the 6<sup>th</sup> Commonwealth Nurses and Midwives Conference. To nurses and midwives across the Commonwealth, we are thinking of you and are thankful for you. Take care and stay safe.

The lovely New Year image is from: <http://www.dreamstime.com>

**Stay up to date with all the very latest  
news from the CNMF**



## A SONG FOR NURSES



Country duo Brown & Gray from Nashville Tennessee have released a new single, "You Didn't Have To," produced in collaboration with the non-profit organisation 'NursesEverywhere'. Directly impacted by the nurses in their lives, Brown & Gray wrote this song to honour the women and men who have cared for millions during the COVID-19 pandemic and beyond.

With great words and a catchy tune, the song is a lovely gift to nurses at the end of a very difficult year. To hear the song, click on the graphic above or go to:

[https://www.youtube.com/watch?v=7JT\\_G2T5nVQ&feature=youtu.be](https://www.youtube.com/watch?v=7JT_G2T5nVQ&feature=youtu.be)

Please feel free to share the song with all the nurses you know.

'NursesEverywhere' is a non-profit organization dedicated to partnering with the public to improve access to nursing care. The network includes four million nurses from the USA and 20 million nurses internationally:

<https://www.nurseseverywhere.com/>.



Kaci Brown & Sam Gray



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## WORLD NEGLECTED TROPICAL DISEASES DAY



The second World Neglected Tropical Diseases Day (NTDs) will be held on 30 January 2021. More than 1.5 billion people globally suffer from one or more NTDs, most living in poor and marginalised communities.

These diseases can blind, disable and disfigure people, taking away not only their health, but also their chances of staying in school, earning a living, or even being accepted by their family or community. Many NTDs can lead to physical disabilities if not detected and treated early and result in social stigma, discrimination, economic loss, and mental health issues.

The purpose of NTDs day is to raise awareness and work toward control, elimination or eradication of twenty NTDs from the world. By reaching everyone with the solutions already available and investing to find the solutions not yet available, we can create a world where the 1 in 5 people currently at risk can lead healthy, productive lives.

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How many nurses and midwives are familiar with those twenty NTDs? Can you name at least five?

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For the full list, go to:  
<https://worldntdday.org/learn-more/>.

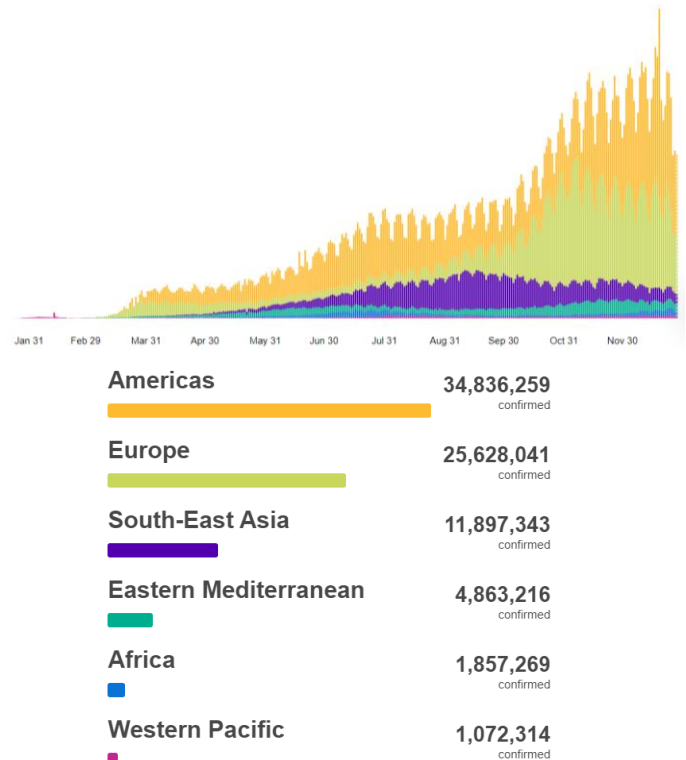
Three suggested ways for nurses and midwives to help in raising awareness of the need to address NTDs are:

1. Provide an education session on January 30 about NTDs to the community or to school children.
2. Partner with a corporate sponsor to host an information event about NTDs such as a webinar.
3. Wear NTD colours – orange and purple – on January 30.

## GLOBAL COVID-19 UPDATE From the WHO

Globally, as of 18:41 pm (Central European Time) 29 December 2020, there have been 80,155,187 confirmed cases of COVID-19 reported to the World Health Organisation, including 1,771,128 deaths. The current impact is greatest in the Americas, followed by Europe and South East Asia: <https://covid19.who.int/>.

The graph below shows the gross numbers according to WHO regions from January 2020 to November 2020. As can clearly be seen, the situation particularly in the Americas, remains very troubling.



### Previous pandemics

- The Spanish Flu of 1918 (H1N1) infected an estimated 500 million people globally, about one third of the world's population at the time, and an estimated 20-50 million people died. At the time, there were no effective drugs or vaccines to treat Spanish flu.
- Approximately 1.1 million people died in the Asian flu pandemic (H2N2) of 1957-1958.
- The number of deaths in the Hong Kong flu pandemic of 1968-1970 (H3N2) was reported to be 1 million.
- In 2009-2010, approximately 18,500 people died in the Swine Flu pandemic (H1N1).