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Office of the Minnesota Secretary of State

Minnesota Public Benefit Corporation / Annual Benefit Report
Minnesota Statutes, Chapter 304A



Read the instructions before completing this form
Must be filed by March 31
Filing Fee: \$55 for expedited service in-person and online filings, \$35 if submitted by mail

The Annual Benefit Report covers the 12 month period ending on December 31 of the previous year.
Notice: Failure to file this form by March 31 of this year will result in the revocation of the corporation's public benefit status without further notice from the Secretary of State, pursuant to Minnesota Statutes, Section 304A.301

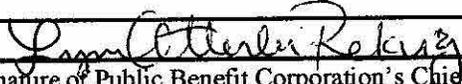
1. Corporate Name: (Required) First Aid for Nurses, SBC

2. The public benefit corporation's board of directors has reviewed and approved this report.

3. Enter the information of your public benefit corporation's specific or general benefit, with regard to the period covered by this report as required by 304A. 201 subd. 2 or 3 in the field below (see instructions for further information); Note: Use additional sheets if needed. (Required)

Improving patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within healthcare organizations. See attached pages for additional information.

4. I, the undersigned, certify that I am the chief executive officer of this public benefit corporation. I further certify that I have signed this document no more than 30 days before the document is delivered to the secretary of state for filing, and that this document is current when signed. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

 Lynn Otterlei Rekvig, CEO
Signature of Public Benefit Corporation's Chief Executive Officer

March 17, 2016
Date (Must be dated within 30 days before the report is delivered to the Secretary of State for Filing)

Email Address for Official Notices
Enter an email address to which the Secretary of State can forward official notices required by law and other notices:
Lynn@firstaidfornurses.org

Check here to have your email address excluded from requests for bulk data, to the extent allowed by Minnesota law.

List a name and daytime phone number of a person who can be contacted about this form:

Lynn Rekvig	612-600-5611
Contact Name	Phone Number

Entities that own, lease, or have any financial interest in agricultural land or land capable of being farmed must register with the MN Dept. of Agriculture's Corporate Farm Program.

Does this entity own, lease, or have any financial interest in agricultural land or land capable of being farmed?
 Yes No

Print Reset



First Annual Benefit Report

First Aid for Nurses, SBC

January 7 - December 31st, 2015

With regard to the period covered by this report, January 7th, 2015 to December 31, 2015, First Aid for Nurses pursued the specific benefit purpose stated in its articles of incorporation 'to improve patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within health care organizations', in the following ways:

(i) Through public speaking and personal dialogue with individual nurses from many different areas of work and practice, First Aid for Nurses was able to identify areas of stress contributing to compassion fatigue and burn-out from working in healthcare.

First Aid for Nurses was invited to provide four presentations this past year. A significant amount of time and resources was dedicated in putting together the presentations. There was research done on key factors contributing to stress in the nursing profession along with organizing the strategy and content for the materials being put together. In addition, a local professional speaking company, Spoken Impact, was retained to assist with the strategy and development of the structure for the presentations. Also, a graphic designer, Natalie Neal, was retained to create the logo and the slides for the presentations.

Three of the four presentations were given at Allina Health's United Hospital in St. Paul, Minnesota, during National Nurses Week in May of 2015. The presentations were focused on identifying the impact of stress for nurses and health care workers in various forms. Specific education on the impact of stress for health care workers and how it contributes to compassion fatigue was discussed. Also, live demonstrations were provided for each of the classes including participation by attendees. The demonstrations included individualized remedies for improving problems related to common stressful situations for nurses and health care workers. The three presentations were well received by the attendees.

The fourth presentation for First Aid for Nurses was given to the Nursing Class of 2017 at Saint Olaf College in Northfield, Minnesota. The presentation for the students at Saint Olaf College was similar in content to the presentations given for Allina Health nurses, however, the focus was geared to problems related to being a student nurse and preparing for the responsibilities of

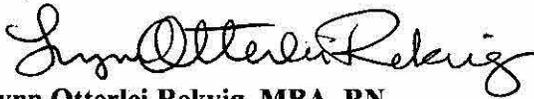
First Aid for Nurses SBC, 2015 Annual Benefit Report

becoming a nurse. Content was related to learning how to identify stress in its many forms as well as a focus on self-care as a pre-remedy to managing stress and reducing the incidence of compassion fatigue and burn-out in the nursing profession. The students were very engaged and their group participation was highly energized by the experiential learning aspect of the educational content.

(ii) Overall, First Aid for Nurses educated approximately seventy nurses, healthcare workers and students on signs and symptoms of stress, compassion fatigue, and burnout. In addition specific skills were taught to specifically identify and reduce stress with audience participation using simple but very effective techniques related to Energy Psychology, a developing field in Energy Medicine. In addition to the presentations, there have been more than thirty conversations with staff nurses, nurse leaders and nurse educators about current concerns related to the nursing and the needs of nurses related to stress and compassion fatigue. The outcomes of the conversations are in the formative stages of developing relevant content for First Aid for Nurses current and future programming. This in turn, will help alleviate nurse burn out in Minnesota by being able to address the relevant issues and provide real time solutions with stress reduction, which will, in turn improve patient care.

A logo was designed for First Aid for Nurses to use for marketing materials. Also, a landing page was developed as a beginning website. More plans are underway to revise and expand the website over the next several months.

(iii) Circumstances that hindered efforts to pursue or create the specific public benefit involved limitations in regard to limited time and resources available to devote to First Aid for Nurses. Plans are underway to develop a webinar series with continuing education credits to reach more nurses.



Lynn Otterlei Rekvig, MBA, RN,
Founder and CEO, First Aid for Nurses, SBC,
March 17, 2016



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OFFICE OF THE SECRETARY OF STATE
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03/25/2016 11:59 PM

Steve Simon

Steve Simon
Secretary of State