

RAMP is a private, voluntary program that works with nurses, licensing boards, employers and healthcare providers.

RAMP offers nurses support in receiving treatment, closely monitoring recovery and re-entering the workplace.

RAMP works to ensure public safety, safe nursing practice, personal health and professional wellbeing.

RAMP provides support to nurses in maintaining wellness.

RAMP facilitates the provision of safe, high quality nursing care to New Jersey.

24 Hour Hotline Available
1-800-662-0108

www.njsna.org
RAMP@njsna.org

Signs of Impaired Practice

These are just a few examples:

- Changes in usual behavior
- Increased irritability, defensiveness, anger, moodiness
- Unprofessional/inappropriate ways of relating to problems and patients
- Poor documentation, late reports or assignments
- Missed work or frequently late due to vaguely explained reasons



**Recovery and Monitoring Program of
New Jersey**

1479 Pennington Road
Trenton, New Jersey 08618
609-883-5335

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About us

The Recovery and Monitoring Program of New Jersey (RAMP) was established in 2003 as an Alternative to Discipline monitoring program. RAMP is managed by the Institute for Nursing for the New Jersey Board of Nursing.

The Purpose of RAMP

- * Public protection
- * Early detection of issues and prompt treatment
- * Educate nurses, employers and students about practice issues
- * Maintain highly skilled nurses in the field
- * Promote open work environments

Who do we help?

- * Nurses who are identified as having their practice impaired by a physical, mental or addictive disease
- * Nurses who are willing to refrain from practice and seek evaluation and treatment
- * Nurses who agree to abide by a contract that sets the requirement for a safe return to practice
- * Employers who need support managing risk regarding employees with impaired practice

How do we help?

- * Provide support to nurses and employers
- * Assist with treatment plans and provide information on options for recovery
- * Advocate for nurses with licensing boards and with employers
- * Create a structure for safe return to practice
- * Maintain a record of ongoing maintenance of recovery

Program Details

Each plan is individualized, but these are the general requirements:

- * Evaluation and treatment
- * Return to work process and workplace monitoring
- * Weekly peer support meetings
- * 12 step recovery program with sponsorship and meeting attendance
- * Randomized drug screening and daily monitoring
- * Monthly reporting

Monitoring is typically for a five year period.

Professional Facilitated Support Group Program

Oversight of the Professional Facilitated Support Group Program is managed by Birchwood Solutions.

RAMP and the Professional Facilitated Support Group Program

The support group meetings are forums where nurses can discuss:

- Nursing issues and problems
- Gain support from nurse peers
- Support RAMP's Recovery and Monitoring practices
- Support the nurse's recovery

The Professional Facilitated Support Group Meetings are confidential.