

BULLETIN

Volume 7 Issue 1

February 2009

Mohawk Valley Nurse's Association

District #10

Board of Director's:

President: Sherry Warner

bsvwarner@frontiernet.net

Vice President: Diane Gray

Secretary: Marcia Wojcik

Mwojcik1@verizon.net

Treasurer: Julianne Passero

sheltie@frontiernet.net

Board Members:

Sue Roth-McCormick

Bob Warner

Lynne Illsey

Theresa Jewitt

Sharon Ferro

Anne Oboyski

Karen Johnson

Christine Stegel

Editor of Bulletin:

Christine Stegel

cstegel@verizon.net

Letters to the Editor accepted and encouraged

District 10 Website:

<http://www.nysna.org/districts/districts.htm>

**Nothing is terminal.
Everything is transitional.
What looks like the end of the
road will turn out to be a
bend.**

(Robert Schuller)

Effective January 1, 2009, NYSNA will no longer collect district only dues for any of the districts. That means for nurses who have NYSNA as their collective bargaining agent-District 10 dues will no longer be taken out of your paycheck. District 10 dues have to be paid separately. Please send in your renewal membership today!

President's Message:

In September I attended the NYSNA Business Meeting held in Rye New York. I reported back to our board of directors regarding this meeting. Our board was deeply distressed about the lack of a quorum. It appears there is a lack of focus on the multipurpose aspect of the organization. The board believes that the profession as a whole has benefited from the efforts of collective bargaining. However, the organization is greater than single entities. I was requested by the board of directors to communicate these viewpoints to the NYSNA Board of Directors. As the result of my letter, I received a letter back from Tina Geraridi, Executive Director, thanking us for our concerns. I spoke with President O'Brien at a recent meeting at NYSNA. She assured me that the multipurpose aspect is an important component of NYSNA. I believe we must continue to work with our colleagues to maintain the vision of a multipurpose organization. Recently the New York State Nurses Association has been forced to change its policy of collecting payroll membership money for the districts. Members who paid

directly to NYSNA have already had their dues payment to the district stopped (You should have received a letter telling you how much you owe from NYSNA). All individuals who have payroll deductions will have their dues payment stopped on July 1, 2009. From this point forward, a combined district membership and state membership will no longer be an option. We hope that you will consider maintaining your membership in District #10!



“Healing Touch” Presentation

March 11, 2009 at the Raindancer Restaurant, Route 30N, Amsterdam.

Irene Mello, LRT, CHTP, a Certified Healing Touch Practitioner, will present an exciting interactive meeting for District #10 nurses on Healing Touch. Come and learn about this complementary therapy that can help you relax and reduce stress, and that you can use with your patients and family. Irene will take a short time to introduce you to the theory of Healing Touch and follow that by a demonstration of the 7-step process. Then those attending will be paired up and practice this technique on one another. You will be voice guided through this experience and given time to share your thoughts and questions once the practice session is completed.

Mark your calendars and spread the word, then join us for an evening of relaxation, networking, and timeout for some self care.

Continuing Education:

E-LEARN: NYSNA's learning website: www.elearnonline.net.

This website is continuously being updated with new and revised courses. New offerings are:

- Caring for patients with pulmonary embolism
- Managing pain in the drug dependent patient
- Hot Topic for Nurses: Universal health care

ANA CE offerings:

In *American Nurse Today*.

- Urinary incontinence: solve your patient's secret problem – November 2008
- Easing the anguish of Alzheimer's disease – December 2008
- The in's and out's of acid-base imbalances – January 2009
- Managing acute decompensated heart failure – February 2009

Legislative Activity:

SAVE THE DATE:

Lobby Day is Tuesday, April 21, 2009

Attending this event provides an opportunity for nurses to become more aware of the legislative process as well as the ability to talk with your legislature. The morning agenda is an update of nursing issues that NYSNA is currently supporting and in the afternoon visits are made to the legislative offices. Nurses from around the state come for this event. For more information check the NYSNA website.

An editorial:

A concern for everyone today is “the economy” and how we are going to manage during these difficult times. Governor Patterson is negotiating massive budgetary cuts for the 2009 budget year. With many industries shrinking their workforce and more people seeking unemployment benefits, the health care industry is not losing jobs in the same way. People are still sick and needing nurses to care for them.

Actually, the December 2008 issue of the *American Nurse Today*, the official

journal of the American Nurses Association, there is an article “Grow your career: new niches and practice for nurses”. Our jobs may not be disappearing, but they are changing. With the looming budget deficits ahead the organizations where we work are seeing insurance reimbursement cuts and state and federal funding sources drying up. The expansion of Medicare’s non-payment of patient “never events” for hospitals and the subsequent adoption by the NYS Medicaid reimbursement system.

The public reporting of facility specific outcome measures on www.Medicare.gov provides consumers with information related to patient outcomes about the health care facilities where they receive care. With the promotion of evidence-based nursing practice and the development of new models for caring for patients, nurses are being asked to update their skills and consider new ways to care for patients. There is uncertainty in the future. In this time, nurses need to stay involved, keep up to date with what is happening within their organization, and keep the lines of communication open. If you are asked to be part of a project or committee where you work, say “yes”. Involvement in these endeavors requires staff nurse support.

It is time to nominate a nurse for the “Ellen Burns Award”

The Award is given annually to a nurse who has exhibited:

1. *A Vision of Nursing:*
Consistently explores new perspective for meeting nursing challenges of the future by: - articulating this vision into his/her own area of practice and assisting colleagues, new graduates, and students through support and role modeling, to embrace the vision.
2. *A Change Agent*

Promotes a positive image of nursing to the community. Students, and colleagues through:

- role-modeling and empowerment of self and others
- providing professional and/or community education, and
- continuously striving toward professional growth

3. *Commitment*

Exhibits commitment to excellence in nursing through:

- assisting students and colleagues to meet personal and professional goals
- assisting the community to meet health needs and expectations
- participating in professional organizations

Nurses House: A National Fund for Nurses in Need. Here is a story of one of their guests:

Guest age 55:

Guest was assaulted by a patient at work. With severe injuries to her back, she was determined to be permanently disabled. Later that year, guest's husband was diagnosed with multiple sclerosis. With medical bills piling up, and her bank account diminishing, she applied for help with mortgage payments so that she could keep up with her other bills.

******Contributions can now be made online through [Groundspring.org/Network for Good](http://Groundspring.org/NetworkForGood). The website offers several ways to make donations, including recurring donations and options to donate in memory/honor of another. All contributions go directly to nurses who are in financial crisis due to illness, injury, or some other personal/family situation.*

Nursing History:

- The first local chapter of the Red Cross was formed on August 22, 1881 in Dansville, NY.
- North Carolina was the first state to pass a nursing licensure law in 1903.
- In 1902, the New York City Board of Education hires Lina Rogers Struthers as the first school nurse in

New York State and all of North America.

Nursing Humor:

LOST IN THE DARNDEST PLACES

An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: 'They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!' she cried. The dispatcher said, 'Stay calm. An officer is on the way.'

A few minutes later, the officer radios in. 'Disregard.' He says. 'She got in the back-seat by mistake.'

SENIOR DRIVING

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!"

"Heck," said Herman, "It's not just one car. It's hundreds of them!"

Other Information of Interest:

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.

STROKE: Remember The 1st Three Letters.... S.T.R.

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally . He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE

(Coherently)

(i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 999/911

immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

=====
Highlights from NYSNA New York Nurse

- In August the Governor sign a law prohibiting employers from mandating nurses work overtime except in emergencies. The law defines an emergency as "an unforeseen event that could not be prudently planned for by an employer and does not regularly occur". The law takes effect in July 2009. NYSNA wrote to the NYS Dept. of Labor (DOL) to clarify in their opinion what was NOT an emergency. The DOL responded back and indicated that routine sick call, vacations, breaks during shifts, holidays, bereavement days, leaves of absences were not emergencies. (Dec. 2008, p. 10)

ANA's The American Nurse:

- The ANA, 26 other health care organizations joined with the National Quality Forum released a report designed to set national priorities to achieve a high-

performing health care system that provides quality patient care. The group is called the "National Priorities Partnership". The four major challenges they chose to focus were eliminate harm, eradicate disparities, reduce disease burden, and remove waste.

Working together the partners will:

- Engage patients and their families in managing health and making decisions about their care.
- Improve the health of the population.
- Improve the safety and reliability of America's health care system.

- Ensure patient's receive well coordinated care across all providers, settings and levels of care.
- Guarantee appropriate and compassionate care for patients with life limiting illnesses.
- Eliminate waste while ensuring delivery of appropriate care.

The National Quality Forum is the body that reviews and endorses health care

performance measures and practices. (Nov./Dec. 2008, pg.4)

- Harvard School of Public Health researchers examined publicly reported patient experience information related to communication with physicians, communication with nurses, communication about medications, pain control, discharge planning, nursing services, and room conditions. On average, hospitals that had a higher nurse to patient ratio (more nurses at the bedside) had better experiences. The study was reported in the New England Journal of Medicine, October 30 issue (Nov./Dec. 2008, pg.4)

There is a new nursing and health care ethics book and resource – Nursing and health care ethics: a legacy and a vision. Two leading nurse ethicists brought together a group of nurse ethicists, a nurse historian, and a medical sociologist to critically reflect on their contributions to nursing ethics. (Nov./Dec. 2008, pg.10)

Effective January 1, 2009, NYSNA will no longer collect district only dues for any of the districts. That means for nurses who have NYSNA as their collective bargaining agent-District 10 dues will no longer be taken out of your paycheck. District 10 dues have to be paid separately. Please send in your renewal membership today!

Please update your personal information:

Name: _____

Address: _____

Telephone: _____

Email Address: _____

Are you also a member of NYSNA? Yes No (please circle)
**Please send Renewal dues of \$20 to: Julianne Passero, 116 Prindle Ave.,
Johnstown, NY 12095**