

BULLETEN

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Mohawk Valley Nurse's Association

District #10

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Letters to the Editor accepted and encouraged

District 10 Website:

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

IT'S TIME
TO RENEW
YOUR MEMBERSHIP
(For members who do not have their
dues through payroll deduction)

Continuing Education:

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

New courses:

**Discounted courses through February
2008:**

- *Depression in primary care*
- *Influenza: impact, prevention, & control*
- *Women & heart disease: an equal opportunity killer*
- *Electrocardiogram made easy: Part 1,2 & 3.*

New courses:

- *Knowing the basics of the grievance process*
- *The concepts: duty of fair representation*
- *Updated-Political and legislative activity: why nurses must be involved*

ANA CE offerings:

- Available in "American Nurse Today"
 - *Attacking Anterior-wall MI in time, January 2008 issue.*
 - *Herbal facts, herbal fallacies, December 2007 issue.*

The Foundation of the New York State Nurses Association is calling for nomination for a newly established **Evidence-Based Practice Award**. The Foundation Center for Nursing Research Planning Committee established this award to recognize outstanding work in healthcare organizations that have planned and implemented Evidence-Based Practice projects within the past two years. Projects implemented within the past 5 years and re-evaluated within the past two years are also eligible. See the attached application form for further information.

To be eligible for the award, one of the leaders of the evidence-based practice project must be a registered nurse. Also, one of the leaders should be a member in good standing of the New York State Nurses Association. Nomination deadline is May 1st. **Contact:** Cindy Gurney, Research

Specialist at the Foundation for more information if you want to make a nomination 456-7858.

District 9 meeting:

The Capital District Nurses Association (District 9) has invited Dr. Richard Daines MD Commissioner of Health NYS to speak (the assistant Commissioner is actually coming) at their dinner meeting on Thursday April 3rd at the Century House, Latham NY. If you are interested in attending please Susan Birkhead at birkheads@nehealth.com or myself at stegel@frontiernet.net. I will make sure you have the information on how to attend.

Legislative Activity:

SAVE THE DATE:

Make your Voice Heard at **NY Nurses Lobby Day!**

On **April 8, 2008** more than 1,000 nurses, nursing students, and activists from around the state will flood the halls of the Capitol in Albany. The New York Nurses Association Annual Lobby Day 2008, themed "NY Nurses: Protecting Patients, Advancing the Profession," will be an opportunity for you to educate your legislators on important nursing issues. NYSNA members, nursing students and non-members are all invited to participate at no cost. Join us for the important work of urging legislators to support key bills that will establish staffing ratios and support nursing education. Visit www.nysna.org or contact the Governmental Affairs Department at 1-800-724-6976 x283 or legislative@nysna.org for more information.

NYSNA members testified during the Universal Health Insurance forums that were held during 2007 by the Governor's office. Highlights covered were:

- Negative impact of limited or no health insurance coverage – use of the ER for primary care services.
- Difficulty navigating the healthcare system.

Personal stories were also shared.

NYSNA testimony focused on the need for emphasis on wellness and prevention; guaranteed universal coverage with single-payer system; be based on govt.-run single-payer financing system; provide minimum coverage for prevention and screening services, primary care, acute, and out-pt hospital services, mental health, rehab. Services, palliative care, dental, vision

care, and prescription drugs; Ensure patient choice for healthcare practitioners. The full testimony is available on www.nysna.org. At the 2007 Convention, the voting body endorsed a resolution to support H.R. 676: Single payer, universal health care.

CONVENTION NEWS:

Board adopted 3-year Strategic Plan with four major goals:

1. Being the public voice for all nurse in New York State
2. Educating, engaging, and mobilizing members and developing leaders.
3. Growing the organization
4. Engaging in effective political action

For specific activities related to each goal see NY Nurse, Oct/Nov issue pg. 22.

Nurses House: A National Fund for Nurses in Need. Nurses House has been assisting nurses in need since 1922. Two ways to donate to Nurses House via the Internet is at www.goodsearch.com (use when an Internet search is required) and www.giveline.com (use when you are purchasing a gift or buying yourself. A donation is given each time an article is bought.). Make sure you identify Nurses House a your charity of choice. Your contributions will go directly to a nurse in need.

The Centers for Medicare & Medicaid Services (CMS) announced in August 2007 that they would no longer pay hospitals for "serious preventable events" starting in August 2009. CMS listed eight (8) conditions that have the potential to be hospital-acquired and are high cost or high frequency preventable events. They are:

- Surgical site infections
- Ventilator-associated pneumonias
- Catheter-associated bloodstream infections
- Pressure ulcers developed during the hospital stay
- Hospital falls
- Bloodstream infections/septicemia
- Pneumonia
- Vascular-catheter associated infections

Research has shown that nurse staffing levels has a direct impact on whether a patient develops one of the above injuries. Hospital quality measures are reported on www.medicare.gov,

soon hospital readmission rates will also be publicly reported as well as patient satisfaction scores.

Evidence-based Practice Corner

A person dying from dementia can benefit from palliative and hospice care. Condition-specific guidelines, including prognosis criteria for Alzheimer's disease and related disorders, is currently used to determine if hospice is appropriate. Hospice services are underutilized with patients who have dementia. Patients dying from dementia have a slower and less predictable course than people dying from other illnesses. (NY Nurse January 2008, pg 14.)

Are the blood pressure (BP) readings from the upper arm and the forearm different? Yes, they are. Readings were compared from 221 people and the readings in the forearm were higher than the upper arm. Correlation analysis was done and found that if the BP readings were high in the upper arm; it was also high in the forearm.

The readings cannot be used interchangeably. When the upper arm is not available for a BP reading the nurse must be aware that the readings in the forearm may be higher, if the patient is sitting at a 45 degree elevation the BP reading will be higher. The nurse must document and report if the BP is taken in other than the traditional location. (NY Nurse Oct/Nov 2007, pg 18.)

Nursing History:

- The first nursing school in the world was started in India about 250 BC! Only men were considered "pure" enough to become nurses.

- In 1863, women physicians founded New England Hospital for Women and Children to provide medical and nursing education for women.

Three years later the Alexian Brothers opened up their first hospital in this country. They educated men as nurses.

It wasn't until September 1973 that Linda Richards was the first nurse to be given a diploma from the New England Hospital for Women and Children. She is identified as the "first trained nurse" in the US.

Her instructor, Dr. Dimock, was a female and a physician. (Source:

<http://www.geocities.com/Athens/Forum/6011/sld006.htm> accessed 2/16/08.)

Nursing Humor:

You know you're a nurse if:

- When asked, "What color is the patient's diarrhea?", you show them your shoes.
- You check the caller ID when the phone rings on your day off to see if someone from the hospital is trying to call to ask you to work.
- You've been telling stories in a restaurant and had someone at another table throw up. You've told a confused patient your name was that of your coworker and to HOLLER if they need help.
- Eating microwave popcorn out a clean bedpan is perfectly natural.
- Your bladder can expand to the same size as a Winnebago's water tank.
- When checking the level of orientation of a patient, you aren't sure of the answer.
- You find yourself checking out other customer's arm veins in grocery waiting lines.
- You believe every patient needs TLC: Thorazine, Lorazepam and Compazine.
- Your sense of humor seems to get more "warped" each year.

(Source: www.nursingfun.com)

Other Information of Interest:

At the October conference Bernice Burash provided a presentation about nursing's image and portrayal to the general public. The Center for Nursing Advocacy is a grassroots group that works to promote a more accurate and balanced media portrayal of nurses. The Center also promotes the use of nurses by the media as expert sources for health information.

NYSNA is a sponsoring member. To learn more about how you can help with promoting a more positive and accurate image for nursing visit

www.nursingadvocacy.org.

At the 2007 NYSNA convention the Voting Body approved bylaws changes that included the replacement of the practice units with Practice Focus Groups (PFGs). The PFGs are in the areas of Adult Health, Behavioral Health, Family/Maternal Child, Gerontological Health, and Public Health. The focus groups allow for representatives from a variety of sub-specialties to participate that will allow and encourage diverse representation. The PFGs will first meet in September 2008 at the Annual Meeting where the election of chairperson, vice-chairperson, and 3 members-at-large will be elected.

Did you know?

From *the Annual Report of the NYS Board for Nursing*:

As of 1/1/07, there are 252,662 individuals licensed and registered to practice professional nursing. This continues to reflect an upward trend. New RN licenses issued approached 14,000 (Approximately 2,000 more than 2006). Almost half of these nurses are from out of state, which includes internationally educated nurses. (7000 newly licensed nurses were educated in NYS.) There are 13,000 nurse practitioners (NP) practicing in over 16 specialties. There are 68,729 LPNs licensed to practice in NYS.

- Nursing schools are reporting an increase in the number of graduations. The number of qualified applicants that are being denied admission into these programs continues to increase.
- NYS has the highest caseload for disciplinary charges. Negligence/incompetence is the most common charge.
- LPNs are now permitted to administer blood components following instruction and competency testing.
- Rule change - Nursing students can no longer obtain licenses as LPNs.
- Rule change – NPs who are certified in one specialty can not become certified in another specialty by completing 60 hours of continuing credit and on-the-job training from a physician.
- The title of “nurse” was protected by state law in 2007.
- On-line re-registration is now available beginning 1/1/2008. It will be phased –in over the next three years. Licensees will be sent information at the time of their registration renewal. (NY Nurse, Oct/Nov issue, pg20&21)

The ANA has launched a partnership with Global volunteers, an organization that provides opportunities for healthcare professionals to work on short-term international service projects. Programs are provided on six continents and 20 countries. For more information visit www.globalvolunteers.org or call 800-487-1074.

Highlights from NYSNA New York Nurse & ANA's The American Nurse:

NYSNY: NY Nurse:

NYSNA has disaffiliated from the UAN (United American Nurses) along with the Washington, Oregon & Ohio Nurses Associations. They requested the dismissal of the UAN executive director, establishing an advisory board to the UAN executive council that would allow participation by elected leaders and staff, an audit of their finances, and stopping all communication and agreements to merge or affiliate with the SEIU. (January 2008, pg.6.)

The American Nurse:

ANA launches a new member benefit *ANANurseSpace*. It is an online social network where members can connect with nurses on issues they choose. The issues to share are limitless. Members just need to create a professional profile to show others where you are working and your interests. Then you can begin to read blogs, participate in discussions and begin to share. (Nov/Dec 2007, pg 14.)

The Agency for Healthcare Research and Quality (AHRQ) reported that healthcare systems would spend \$200 billion per year in construction and renovation of hospitals. Each new project brings with it an opportunity to focus on improving patient processes and design for safer patient rooms. In their article “*Creating a Culture of patient Safety Through Innovative Hospital Design*”, they recommend:

- Standardizing patient rooms so nurses know where items are, so no matter what patient room they are in they know where to look.
- Nursing substations next to patients room and stocked uniformly throughout the hospital. Each substation has a window, so the patient can be viewed during charting.
- Private rooms-There is evidence that shared hospital rooms result in a higher infection rate and increased medication errors.
- Lighting-natural and artificial. Automatic lights that turn on

when a patient attempts to get out of bed are available to improve patient safety.

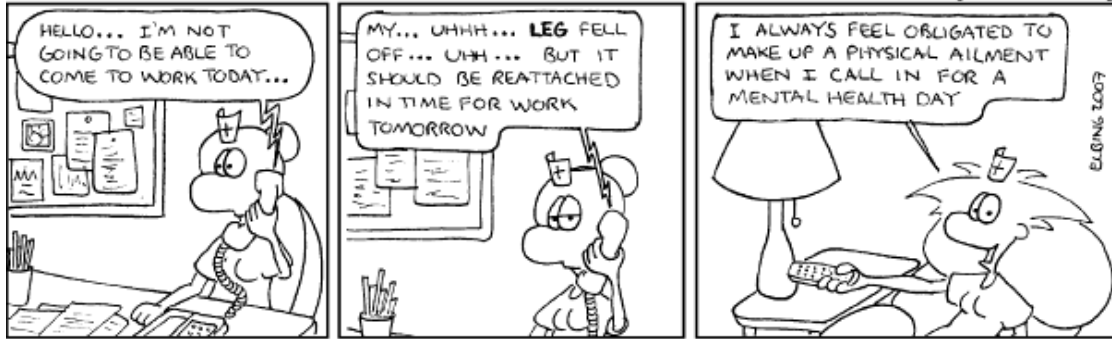
- Sink location-increase the number of sinks and improve their accessibility. Installing hand sanitizers at the bedside have had positive results in preventing infection.
- Bathrooms-Place the bathroom at the head of the bed with a handrail from the bed to the bathroom. Safety is enhance

with a non-slip floor and motion detector lighting.

An added resource is the Center's for American Nurses' brochure "*Designing Better Work Spaces for Nurses and Patients*". It includes a checklist and resource point to guide nurses in learning more about health care design. (Nov/Dec 2007, pg 6&7)

Nurstoons

by Carl Elbing



www.nurstoons.com

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(Please tear off)

Membership Renewal

Name: _____

Address: _____

Telephone: _____

Email Address: _____

Annual dues are \$20.00

Remit to: Julianne Passero, 116 Prindle Ave., Johnstown, NY 12095.

Make checks payable to: Mohawk Valley District #10.