

# BULLETIN

Volume 5 Issue 2

May 2007

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>

HAPPINESS IS A  
HABIT-  
CULTIVATE IT

Annual Meeting

District 10 will be electing new officers and Board members at the annual meeting in May. The members up for nomination are:

President: Dianne Gray

Sherry Warner

Treasurer: Julianne Passero

Board: Sharon Ferro

Karen Johnson

Theresa Jewitt

Eileen Klupka

Sue Leibowitz

Lynne Illsley

<<<<<< Save the Date >>>>>>

The 3<sup>rd</sup> **Evidenced-Based Nursing Practice Conference** is scheduled for October 20, 2007 at Fulton/Montgomery Community College. Suzanne Gordon, a well-known nurse advocate and journalist, will be the keynote speaker. Breakout sessions are planned with pertinent topics. Priscilla Worrall, a nurse researcher from University Hospital in Syracuse will end the day with a presentation on "Evidence-Based Practice Awareness: Peer-to-Peer Dissemination".

**NYSNA Annual Convention** is scheduled for September 27-30, 2007 at Atlantic City, NJ.

Continuing Education:

NYSNA has moved their continuing education programs to a new website called **E-LEARN:**

**www.elearnonline.net.**

Highlighted offerings are:

- Influenza: Impact, Prevention, and Control
- Avian Influenza: The Next Pandemic Implications for Nurses

- **NEW Political and Legislative Activity: Why Nurses MUST Be Involved**
- **Smallpox: We're Still Vulnerable**

**ANA CE offerings:**

Available in “**American Nurse Today**” the ANA’s new magazine:

- Sepsis: Stopping an insidious killer
- The 5P’s spell positive outcomes for ARDS patients
- Protecting yourself from malpractice claims

There is a *new membership category* for nurses who want to be a member of the New York State Nurses Association (NYSNA) at the state level and are not interested in national activities. The “direct membership” allows joining at the *state level* only. The fee is \$300 per year.

There is also the option to join the American Nurses Association (ANA) directly and not join NYSNA. Information about direct ANA membership is available at

[www.nursingworld.org](http://www.nursingworld.org).

NYSNA has started a *new Preceptor Train-the-Trainer Workshop initiative*. The program is “designed to ensure graduate nurses in NYS will have a standardized, tried and true preceptorship experience” and has the ability to improve recruitment and retention with a facility. Did you know most nurses leave their first jobs within six months and nurses are less inclined to leave a facility if they receive a complete orientation? Preceptor training can provide a way for seasoned nurses to receive recognition for their role, improve relationships with new nurses, and promote an environment of support and nurturing. NYNS has received a grant from the Health Workforce Retraining Initiative Grant to provide five (5) Train-the-Trainer workshops around the state. The training is at no charge for participants and material will be provided to train other nurses. See the March 2007 issue (pg.10) of *New York Nurse* for more information or call Deborah Elliot, associate director of the NYSNA Nursing Advocacy and Information Program, who is the project coordinator at the NYSNA office-782-9400.

**Legislative Activity:**

NYSNA Lobby Day’s theme this year was “NY Nurses: Putting Patients First”. NYSNA’s legislative priorities are:

- Disclosing staff ratios and quality indicators
- Prohibiting mandatory overtime
- Ensuring a safe workplace
- Establishing safe staffing standards
- Encouraging continued competency
- Increasing the supply of nurses
- Universal access to healthcare

NYSNA’s 2007/2008 legislative program can be viewed on their website under governmental affairs.

NYSNA has become a member of the Citizens’ Environmental Coalition. The CEC works to make NYS a healthier place to live.

**Nurses House: A National Fund for Nurses in Need**

Nurses House has been assisting nurses in need since 1922.

To access stories and for more information go to the Nurses House website: <http://www.nurseshouse.org/>. Your contribution will go directly to a nurse in need.

**Evidence-based Practice Corner:**

Is there support for bowel sounds assessment post-abdominal surgery? Actually no! There is no research evidence that supports the association between bowel sounds and GI motility status. What can be assess instead of bowel sounds?

- The return of flatus
- The first bowel movement
- Normal vital signs
- A lack of nausea/vomiting and the return of appetite
- The absence of signs of ileus, such as cramping, distension, and bloating

Gastrointestinal functioning returns to different areas at different times: Small intestines-4-24 hours; stomach-2-4 days; and the large intestine in 3-7 days.

The physician needs to be notified if any distension, firmness, vomiting, or increase wound drainage is present. It certainly won't hurt the patient if the nurse assesses for bowel sounds, so if the practice in your hospital is to listen for them please continue. But maybe it is time to think about changing this practice. (NY Nurse, January 2007, page 14.)

There is an excellent article in the March 2007 issue of *New York Nurse* on pg.15 that summarizes the outcome of a survey that was completed to measure the work setting in terms of social support, job stress, promotion opportunities, professional values, disposition, direct patient care, job hazards, pay, and fairness of pay and benefits. The outcomes of the study are that organization can enhance job satisfaction of their nurse employees. The source of the full study is: Kovner, c., Brewer, c., Wu, Y., Cheng, Y., & Suzuki, M. (2006). Factors associated with work satisfaction of registered nurses. *Journal of Nursing Scholarship*, 38(1), 71-79.

### **Nursing History:**

The American Nurses Association was first formed in 1896 in New York City to protect the public from incompetent women who declared they were trained nurses. The group included Canadian nurses and ten nurses from the oldest training school alumnae. "The Nurse Associated Alumnae of the United States and Canada drafted a constitution and bylaws. Their first meeting was in Baltimore, MD in February 1897. The goals were "to establish and maintain a code of ethics; to elevate the standard of nursing education; to promote the usefulness and honor, the financial and other aspects of nursing". The group was renamed the American Nurses Association in 1911. (Source: <http://www.nursingworld.org/centenn/centbegn.htm>)

### **Nursing Humor:**

Murphy's law as seen by nurses OR what can go wrong will:

- The more minor the injury, the more angry that person is for having to wait. While the little old guy with crushing chest pain says, "Oh, it's ok, I've waited this long already..."
- You've just given a patient a meal - pie, roast potatoes and a sponge pudding with custard - when the consultant says they're ready for the operation.
- The doctor's just about to examine a patient when you realise you've lost your pencil and find a rectal thermometer behind your ear.
- It's your first night shift for three years. And it's a full moon.

To enjoy more one-liners go to <http://www.realnurse.net/humour/murphys-2.shtml>

### **Other Information of Interest:**

There is a new documentary featuring men in nursing. It is a 30 minute DVD titled "Career Encounters: Men in Nursing". Male nurses from across the country are interviewed and there is footage to give viewers an idea of what work nurses do. For more information contact AANA at 847-655-1129 or e-mail [shorton@aana.org](mailto:shorton@aana.org). (March/April 2007, p.4)

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

#### **Nurse:**

#### **NYSNA Report:**

Is there still a nursing shortage?

- The Center for Health Workforce Studies reported that in 2006 hospitals, nursing homes, and home health agencies had difficulty recruiting and retaining RNs.

- Although, the number of licensed RNs are increasing a percentage of them replace RNs who are retiring.
- The State Board of Nursing reports the number of RNs in NYS has grown since 2002-2005. Many of the licensed RNs are working part-time, retired, employed outside NYS, or not employed in nursing.
- Working conditions and stress are factors that contribute to nurses leaving the field.
- In 2005, 11,600 nursing licenses were issued, a 9% increase from 2004. At the same time the Federal Dept. of Labor (DOL) statistics reported a decrease of 1430 positions between 2004 and 2005. The NYS DOL has decreased the projected demand for nurses in the next 10 years.
- With all this in mind, most NY nursing schools have reached their capacity for nursing students. In 2005, 6,984 graduated from RN education programs in NYS. It is estimated that 10,000 RNs must graduate each year to meet demand.
- More than 2/3s of nursing programs are turning away applicants. It was estimated that 3,000 applicants were turned away in 2005. Associate programs reported lack of qualified clinical training sites and difficulty recruiting qualified faculty. BSN programs sited insufficient classroom space and lack of funding to hire more faculty.

Given the above statistics the nursing shortage has not worsened as quickly as expected, but still requires close monitoring. (January 2007, pg.5&6)

A law enacted in 2005 established "safe patient handling demonstration projects" at healthcare facilities in NYS. The goal of the projects is to assist in developing "best practices" for safe patient handling to reduce the number of back injuries among nurses and other healthcare professionals. The law was not funded in the states 2006 budget, but the State legislature allocated \$1.5 million from the discretionary fund for the program. Six facilities were awarded money. The legislation requires nurses be involved in the process of choosing equipment and educating staff. Facilities that have adopted a safe patient handling program have reported injuries reported by nurses dropped 30%, lost work days dropped 18% and injury costs were reduced by 58%. (February 2007, pg. 17)

### **The American Nurse:**

The latest issues of the *Online Journal of Issues in Nursing* (OJIN) have focused on "Power to Influence Patient Care: Who Holds the Keys?" and "The Doctor of Nursing Practice (DNP): Need for More Dialogue". The OJIN can be accessed through the ANA website at [www.nursingworld.org](http://www.nursingworld.org).

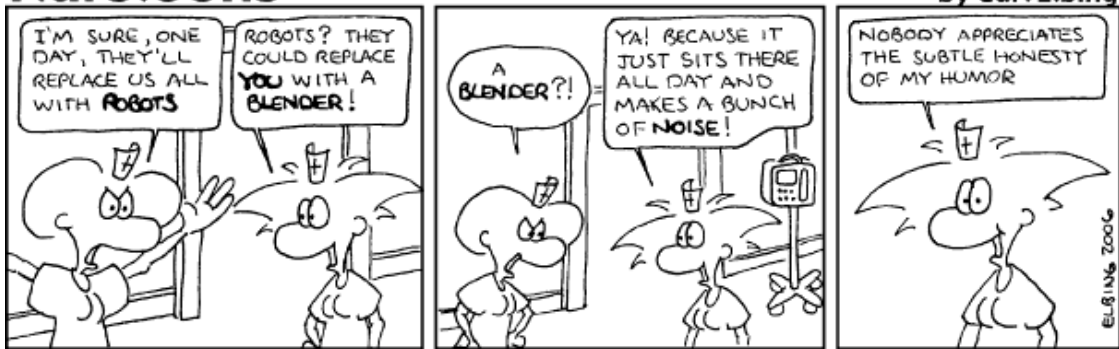
One in three Americans report the Internet has changed the way they manage their health and has helped them to become healthier according to a study done by Cisco and information technologies company. 4,105 adults were interviewed and found to use online health sources for:

- Access symptoms and diagnostic information-33%
- Access general wellness and fitness information-30%
- Attempt self diagnosis-23%
- Manage prescriptions-15%
- Perform health assessment-15%

(March/April 2007, p. 4)

# Nurstoons

by Carl Elbing



[www.nurtoon.com](http://www.nurtoon.com)