

BULLETIN

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Mohawk Valley Nurse's Association

District #10

Board of Director's:

President: Sherry Warner

bsvwarner@frontiernet.net

Vice President: Christine Stegel

stegel@superior.net

Secretary: Marcia Wojcik

Mwojcik1@verizon.net

Treasurer: Julianne Passero

sheltie@frontiernet.net

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Editor of BULLETIN:

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Letters to the Editor accepted and encouraged

District 10 Website:

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

**Encouragement is the
oxygen of the soul**

President's Message:

In April, I attended the NYSNS Lobby Day. The experience was very valuable for the nurses and nursing students who attended. I really believe that nurses sometimes feel extremely uncomfortable speaking to legislators regarding the issues we believe are important. I strongly believe that NYSNA's lobby day provides nurses (student nurses) with the experience to learn and communicate the association agenda. The staff of NYSNA provided scenarios from which to understand how legislators might respond. Lobby day was a wonderful opportunity to see colleagues and promote NYSNA's agenda. I encourage all of you to attempt to get this day off next year and attend. It would be wonderful to see a contingent from our district.

It is hard to believe that May is almost upon us. This is a special time for nurses to celebrate Nurses Week. It is a time when we come together to celebrate the success of our graduating students from Ellis Hospital School of Nursing and Fulton-Montgomery Community College. Our May annual dinner is always an exciting time because two nursing student are chosen for the Eberle Sise Award and a nurse is chosen to receive the Ellen Burns Award. New officers and Board members are also elected.

We are very fortunate to have dedicated nurses serving on the board. We thank you for your years of service! We will gather in May to celebrate Nurses Week. I hope to see you there. Remember to wish your colleagues Happy Nurses Day and enjoy the day

dedicated to the best and the most trusted profession that we are a part.

Continuing Education:

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

ANA CE offerings:

- Available in "American Nurse Today"
 - *Keeping asthma at bay*
 - *Teaching ostomy patients to regain their independence*
 - *Aortic dissection: countdown to catastrophe*

ANA Online CE at www.nursingworld.org:

- *Tuberculosis Today: fighting an ancient adversary*
- *Herbal Facts, Herbal Fallacies*

The Hudson Valley Chapter of the Hospice and Palliative Nurse Association is sponsoring a **spring educational event featuring Sr. Jean Roche, RSM**. Sr. Jean will discuss her book *What Color is the Other Side of Darkness*, based on her experiences as a hospice chaplain. The presentation is scheduled on **Wednesday, April 23, 2008 at 6:00 pm –7:00 pm at the Student Lounge in Maria College's Administration Building, 700 New Scotland Ave., Albany, NY 122208. The cost is \$5.00 and light refreshments will be served**. Please call or email Andrea Holtzer by April 21st if you will attend at 770-7522 or holtzera@smha.org.

Legislative Activity:

During Lobby Day, NYSNA promoted and discussed the following four issues:

- Nurse staffing ratio legislation
- Mandatory overtime
- Nurse's educational advancement
- Workplace violence

NYSNA also supports New York State's health care/system reform initiative that has the goal to provide universal health insurance to be administered under a single payer system for all New York residents.

Nurses House: A National Fund for Nurses in Need. Nurses House has been assisting nurses in need since 1922. Contributions can now be made online through Groundspring.org/Network for Good. 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 a nurses who are in financial crisis due to illness, injury, or some other personal/family situation.

Evidence-based Practice Corner:

One way to improve patient outcomes that has been discussed in the healthcare community is by implementing evidence-based practice. Evidence-based nursing practice combines the best scientific evidence with the nursing practice expertise. Most nurses are intimidated by the thought of starting a research project. Finding a mentor who is an advance practice nurse or nursing instructor who can help you through the steps in the research process is helpful. The process can be simplified into six steps.

1. Form a team or gather other interested nurses together. Find a mentor that can help you through process – a nurse faculty member or researcher.
2. Form a question about the problem or concern that is occurring. The question can be adjusted as the group gains more information.
3. Find the evidence by scanning the literature. Make use of online resources.
4. Think critically-compare and contrast the evidence found in the literature about the question. Allow the group to determine what fits best in their clinical setting.
5. Integrate the chosen practice change into clinical practice by testing it on a small scale – evaluate the change/intervention and make adjustments as necessary. Always check how the patient is affected and whether the change is improving the patient's outcome.
6. Evaluate the effectiveness of the new practice and incorporate into the standard of care for your care setting. Ask if the change was

successful? (*New York Nurse*, February 2008, pg 8)

Nursing History:

An honorary lifetime member of NYSNA, Mary Elizabeth Carnegie played a major role in bringing *colored* nurses issues and concerns to the forefront in the Southern United States during the 1940's. She was a member of the National Association of Colored Nurses (NACGN). The NACGN was founded in 1908. Its goal was to integrate black nurses into the mainstream of American nursing profession. She made her voice heard during a time when the state nursing associations in the South did not allow black nurses to become members. She was the first dean of the school of nursing at Florida A&M University in the mid-1940s and developed their baccalaureate nursing program. She also joined the staff of the *American Journal of Nursing* as an editor in 1953. The NACGN was dissolved in 1949 when the American Nursing Association absorbed its mission and functions. (*New York Nurse*, February 2008, pg 12.) Mary Elizabeth Carnegie passed away in February 2008. The Nightingale Tribute was given at her funeral. The Nightingale Tribute is a tribute to any registered nurse that is given during the nurse's funeral by a nurse colleague or friend. It was developed by the Kansas State Nurses Association in 2003 to honor deceased nurses. (*The American Nurse*, March/April 2008, pg. 11)

Other Information of Interest:

There is a new website that provides information on a national campaign "Safe Staffing Saves Lives". The URL is www.safestaffingsaveslives.org This website was created to provide a forum for nurses to learn about safe staffing issues, become knowledgeable in legislation, and share their experiences. The sharing of research findings related to nurse staffing issues is planned. There is a lot of publicity and research being done on how patient outcomes is influenced by nurse staffing within

hospitals. Generally, when more RNs are present and providing patient care, patient outcomes improve and adverse events are reduced. The September 2007 issue of the *OJIN: The Online Journal of Issues in Nursing* is dedicated to thinking about how nursing can communicate their value and contribution to the current and future healthcare system. The articles encompass cost/quality valuation, supply and demand, awareness of who benefits from nurses knowledge, skills, and abilities, service and product development, and pricing. In the article, "Mandatory Hospital Nurse to Patient Staffing Ratios: Time to Take a Different Approach", John Weldon provides an overview of the nursing intensity billing model. The article discusses the benefits of removing a hospital's nursing cost from the "bundled" room cost and making it a source of revenue. Then the cost of nursing care can be adjusted based on the intensity of a patient's individual care needs. Hospitals and other healthcare settings may already be tracking how much time is taken for nurses to care for specific types of patients. By applying this model the economic value of nursing can be measured and communicated to senior management.

ANA has published a new guide for nurses interested in environmental health: *ANA's Principles of Environmental Health for Nursing Practice with Implementation Strategies*. The booklet provides a framework for nurses to use in dealing with environmental health issues and providing nursing care in an environmentally health and safe manner. Ten principles are outlined and implementation strategies are included for each principle. The guide links human health to the quality of the environment. Hospitals are redesigning their buildings to be more environmentally healthy for patients.

The May 31, 2007 of the *OJIN: The Online Journal of Issues in Nursing* is dedicated to Environmental Health: important choices for a greener world. The color green has come to be associated as meaning friendly to the environment. All of the articles are excellent and review the areas:

- Healthy buildings
- Healthy Choices – transforming our hospitals into environmentally healthy and safe places
- Home environmental health risks
- Regulatory, institutional, and market-based approaches towards achieving a chemical policy reform

The websites – www.noharm.org, www.enviRN.org are provided as resources as well as the ANA website. Do you know what actions your workplace has started to become more environmentally conscience?

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Did you know?

There is a new classification for Myocardial Infarction (MI) (see table below)

Classification	Description
1	Spontaneous MI related to ischemia due to primary coronary event.
2	MI secondary to ischemia due to an imbalance of O2 supply and demand.
3	Sudden unexpected cardiac death, including cardiac arrest.
4a	MI associated with PCI (Percutaneous Coronary Intervention)
4b	MI associated with documented in-stent thrombosis
5	MI associated with CABG (coronary bypass surgery)

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

NYSNY: NY Nurse: “The Coalition for Advancement of Nursing Education (CANE) is a group of nursing, healthcare, and educational leaders in NY who support expanded educational requirements for nurses.” NYSNA has supported the group by creating a website:

www.rneducationadvancenyc.org

The legislation would require a RN to earn a bachelor’s degree within 10 years of initial licensure. The senate and assembly versions of the bill are currently in the Higher Education committees of both groups. (February 2008, pg. 11)

NYSNA is supporting research that will outline nursing supply and demand gaps in New York State. The Center for Health Workforce Studies at SUNY Albany’s School of Public Health is leading the study that will analyze the number of licensed RNs in each NYS locality. The study will take into account influences that impact the availability of RNs in a county such as locality, immigration, and moving. An estimate of future RN workforce needs by employment setting, population trends, and healthcare utilization will be projected. The researchers hope to create a format/formula that can be easily revised as needed in the future. (March 2008, pg 13.)

ANA’S The American Nurse:

The Robert Wood Johnson Foundation and AARP have partnered to highlight the nurse workforce shortage by creating the Center to Champion Nursing in America:

www.championnursing.org

The Center will draw attention to the nursing shortage by seeking greater state and federal funding to expand nursing education; place nurse leaders on the governing boards of hospitals and other healthcare providers; educate, increase awareness, and disseminate nursing research to better inform the public and policy makers about nursing workforce issues. A study done by the

Harvard School of Public Health found that the availability of nursing staff is one of the three top reasons people think hospital care is poor in America - two-thirds blame poor quality on overworked, stressed, and fatigued nurses.

(January/February 2008, pg. 5)

A new resource for nursing educators was released in early 2007: *Teaching IOM: Implications of the Institute of Medicine Reports for Nursing Education*.

The book explains how the twelve IOM reports can be incorporated into the current nursing curriculum. It focuses on nurse education strategies and the core nursing competencies from these reports. A CD accompanies the book and provides specific teaching-learning experiences. The five major topics reviewed are health care safety, health care quality, public health safety and quality, health care diversity, and linkage between research and evidence-based practice. (January/February 2008, pg. 10)

ANA has created a web resource for nurses to connect with other nurses called ANA NurseSpace.org. To participate the nurse must be an ANA member. All that is needed is to create a profile that includes your workplace and interests-then begin connecting with nurses with your same interests and participate in discussion about nursing issues that are of interest. The website is set-up so the nurse can choose what they want to be notified about and when. There is also a "Getting Started" section. (January/February 2008, pg. 13)