

# BULLETIN

Volume 5 Issue 4

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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>

***Life isn't about waiting for the storm to  
pass...***

***It's about learning to dance in the rain.***

Congratulations to Tina Gerardi,  
new NYSNA CEO

Continuing Education:

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

**www.elearnonline.net.**

NYSNA now has on its website information  
about educational programs sponsored by  
the NYS Department of Health and the  
Albany School of Public Health in the  
Continuing Education area. There are many  
interesting programs.

New courses:

- Clandestine Methamphetamine Labs: What's Cokking Your Neighborhood?
- Universal Healthcare: What Nurses Should Know... What Nurses Can Do

ANA CE offerings:

Available in "American Nurse Today" the  
ANA's new magazine:

- Atrial Fibrillation - November, 2007
- Herbal Therapy - December, 2007
- Infusion Therapy - January, 2008

New on-line CE courses are available on  
[www.nursingworld.org](http://www.nursingworld.org):

- Improving quality of life in children with pulmonary arterial hypertension.
- Keeping cardiac arrest patients alive with therapeutic hypothermia

Legislative Activity:

**SAVE THE DATE:** NY Nurses Lobby Day  
2008 is April 8, 2008 at the Empire State  
Convention Center, Albany, NY. See  
NYSNA member promoting nursing issues  
at the NYS Legislature.

NYSNA supports the establishment of a  
national health system that would meet the  
needs of all people. There is a local group in

the Capital Region that is spearheading the grassroots efforts for a universal health insurance locally called the Capital District Alliance for Universal Healthcare (CDAUH). They are sponsoring a public forum on Sunday, November 18<sup>th</sup> from 2:00 - 4:30 p.m. at the Emerson Community Hall, First Unitarian Universalist Society of Albany, 405 Washington Avenue (between Lake and Robin). Parking is available in the University at Albany Lot at the corner of Washington and Robin.

Other important legislative issues that NYSNA is supporting are:

- Safe staffing ratios
- Mandatory overtime
- Educational advancement
- Violence (workplace) against nurses
- Support of monies for nursing programs and nursing faculty in the NYS budget.
- Defining nursing as a physically taxing occupation. This would assist the nurses Downstate to the same benefits as other NYC employees.

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**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](http://www.goodsearch.com) (use when an Internet search is required) and [www.giveline.com](http://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 as your charity of choice. Your contributions will go directly to a nurse in need.

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**Evidence-based Practice Corner:** What does the P value mean? The P value measures the probability that results of a study are caused by chance. A study begins with the assumption that there will not be any difference between the study and the control groups (null hypothesis). When the study demonstrates that there is a difference between the study and control groups, the P value helps to evaluate whether the difference is attributed to chance. The P

value is usually set at the beginning of a study at a fixed-level (0.05) and serves as a comparison against the study generated P value. If the study generated P value is less than the fixed-level P value that the difference between the control and study group is statistically significant; if it is greater then the difference is due to chance. More information and an example on how to apply the P value can be found in American Nurse Today, May 2007 issue, page 13-15.

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**Nursing History:**

**Walt Whitman** is better known for his poetry, but he was also a volunteer nurse during the Civil War. His experiences are recorded in his collection of poems named "Drumtaps".

**Florence Guinness Blake (1907-1983)** - A distinguished pediatric nurse, Florence Guinness Blake is perhaps best known for her devotion to advanced education in pediatric nursing. Notably, Blake taught pediatric nursing at several universities, and established the graduate program in advanced nursing care of children at the University of Chicago in 1946.

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**Nursing Humor:**

*Chart Bloopers:*

- While in the ER, she was examined, x-rated, and sent home.
- Occasional and constant headaches.
- Patient was alert and unresponsive.
- Rectal exam revealed a normal thyroid.
- Examination of genitalia reveals that he is circus sized.
- She stated that she was constipated for most of her life, until she got a divorce.
- The patient has been depressed since she began seeing me in 1993.
- Patient has chest pain if she lies on her left side for over a year.
- The patient has no rigors of shaking chills, but her husband states she was very "hot" in bed last night.
- The pelvis exam will be done later on the floor.

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

*Check out the revised American Nurses Association and NYSNA websites. They have been revised and are easier to navigate.*

NYS healthcare providers have their quality measures and survey results publicly reported on both a CMS sponsored website and the NYS Dept. of Health website. Look on [www.medicare.gov](http://www.medicare.gov) for quality measure reporting and [www.nyhealth.gov](http://www.nyhealth.gov) for Dept. of Health survey results. This is a new effort by the NYS Dept. of Health to improve transparency within the healthcare industry between providers and consumers.

The Hudson Valley Chapter of the Hospice and Palliative Care Association is re-organizing. They are sponsoring an Open House on October 29<sup>th</sup> at Gilda's Club in Albany. Being a part of this local chapter provides members an opportunity to network with other professional and paraprofessional caregivers. The meetings can be a great peer support and networking time. If you are interested in attending or knowing when their future meetings will be call Andrea Holtzer, palliative care nurse at St. Mary's Hospital.

### **Recognizing a Stroke:**

Sometimes symptoms of a stroke are difficult to recognize. Unfortunately, the lack of awareness spells disaster.

**Anyone can recognize a stroke just ask these three simple questions:**

***S\* Ask the individual to smile***

***T\* Ask the person to TALK to Speak a simple sentence (coherently)***

***R\* Ask him/her to raise both arms***

Note: another 'sign' of a stroke is this: Ask the person to stick out their tongue. If the tongue is 'crooked' or if it goes to one side or the other; that is also an indication of a stroke. If the person has difficulty with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

**Did you know?**

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

NYSNY: NY Nurse:

RN license renewals will be available on line beginning January 1, 2008. The individuals

will be notified with their renewal notification. (Sept., pg. 14)

Guidelines that can help you stay out of HIPAA trouble:

- You may respond to questions from family, friend, and clergy involved in the patient's care. HIPAA allows this on the theory that consent is implied-unless the patient objects.
- May disclose personal health information (PHI) to other healthcare providers for treatment purposes when referring a patient to community providers or to facilitate billing.
- Public health authorities can be provided with information for reports and investigations, but identifying factors must be removed.
- Follow your providers procedures for calling patient's last name in a waiting room or leaving messages on an answering machine.
- Information may be disclosed to address threats to public health or safety, check you provider's procedure for handling such special circumstances.
- In your work environment take care not to have patient names posted where other people can see.
- Do not take patient records home.
- Be careful with computerized records.
- Patients may be videotaped for teaching purposes, but do not identify them.
- Keep signed permission forms on file. NYSNA offers a CE course online if you want more information. (Sept. 2007, pg.10-11.)

### **The American Nurse:**

- Illinois signed into law a staffing by patient acuity bill in August 2007. The components of the bill include: requiring each hospital to develop a written staffing plan aligning patient care needs with RN expertise, each hospital must have a patient acuity tool that ensures more staffing when patient acuity increases, creating a nursing care committee with 50% composition being direct care nurses, and a semi-annual review of the staffing plan and acuity tool by the nursing care committee. Illinois has a banning of mandatory overtime bill since 2005. Illinois

nurses collaborated with other industry stakeholders (Hospital association) to bring consensus to their differences and emphasize the research that linked nursing staffing ratios to improved patient outcomes. Legislatures were able to pass the bill without serious controversy. One key to the passing of this bill in Illinois was the education of individual nurses that provided grassroots support of the bill.

(Sept/Oct 2007, pg 1, 4, 6, & 12)  
The Illinois Nursing Association was also able to revise their Nurse practice Act this year which passed the Legislature this year. To do this they created a Nurse Practice Task Force that focused on listening to nurses concerns, education, and collaborating with the medical society and hospital association to gain their support.

## **DEPUTY EXECUTIVE OFFICER**

### **New York State Nurses Association (NYSNA)**

**Qualifications:** Must be a master's prepared RN with at least ten years of progressive management experience. Experience with labor relations, working in a union environment, and not-for profit corporation experience is very strongly preferred. Excellent written and verbal communication and negotiations skills are required.

**Position Summary:** The Deputy Executive Officer assists the Chief Executive Officer in such activities as assigned to administer the programs, departments and operations of the association.

#### **Responsibilities:**

- Executes contracts and agreements on behalf of the Association as requested by the Chief Executive Officer.
- Collaborates with the program directors and department heads to achieve the integration and coordination of association programs, policies and procedures while simultaneously insuring incorporation of the strategic plan in current and projective activities.
- Provides administrative oversight and assistance to the assigned programs and departments; and, provides management coverage for the Chief Financial Officer.
- Collaborates with the Chief Executive Officer to ensure the integration of all program goals, objectives and activities, including the economic and general welfare program, and communication of such throughout the organization as deemed necessary.
- Provides support to the Chief Executive Officer and Program Director of the Economic & General Welfare program as needed.
- Provides ongoing staff services to assigned committees.
- Develops, plans and coordinates continuing education activities for the association.
- Serves as a trustee of the employee pension plan and as an administrator of the 401(k) plan.
- Serves as chief management negotiator for staff collective bargaining agreements.
- Represents the Chief Executive Officer and/or association in liaison with specified allied organizations, groups and agencies.
- Provides field service as requested by the Chief Executive Officer to constituent district nurses associations, NYSNA-NOLF members, and other organizations. Reviews and analyzes social, professional and organizational issues and trends pertinent to the nursing profession and the association.
- Evaluates on an ongoing basis the philosophy, objectives and plans for the association.

Interested candidates should submit a cover letter and resume by mail to Kim Roberts, director of Human Resources at NYSNA, 11 Cornell Road, Latham, NY 12110-1499.