Good friends are like stars.
You don't always see them but
you always know they are there.

Mohawk Valley Nurse’s Association
District #10
Board of Director’s:
President: Christine Stegel
cstegel@verizon.net
Vice President: Diane Gray
Secretary: Lynne Illsey
Treasurer: Robert Warner

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Betsy Thelin
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Editor of BulleTEN:
Christine Stegel
cstegel@verizon.net
Letters to the Editor accepted and encouraged
District 10 Website:
http://www.nysna.org/districts/districts.htm

In 2010, the Board elected to collect yearly dues at the Annual in May, so current 2010 memberships are due to run out in May 2011. New members who join any time after January of the current year (2011) have met their dues commitment through May 2012.

IT’S TIME TO RENEW YOUR DISTRICT 10 MEMBERSHIP
(Application included on pg 4 of this newsletter)

CONTINUING Education:
E-LEARN: NYSNA’s learning website:
www.elearnonline.net.
Check out the website for interesting CE offerings as well as the NYS and other states mandated CE courses for license renewal.
NYSNA is offering:
• Emergency Nurse Certification Review class
• Pharmacology & Medication Administration for Nurses
• Avoid Medication Errors
• Medical-Surgical Nursing Review at their NYSNA office in Latham and at their NYC office in NYC. Check on the NYSNA website under Continuing Education for dates and times.

ANA CE offerings:
• Aortic Dissection: a race against time (American Nurse Today, February issue)
• Joint Adventures: the path to total knee replacement (American Nurse Today, March 2011 issue) Also, the March issue has a Best Practices for Falls Reduction: a practical guide Special Report supplement
Legislative Activity:
NYSNA’s current legislative priorities are educational advancement for nurses, staffing ratios, workplace bullying, or safe patient handling programs. NYSNA is also keeping current on the Medicaid reform activities and how changes may affect nurses and nursing practice in NYS. NYSNA has written their response to the recommendations of the Medicaid redesign team titled “Medicaid Reform in New York: expanding the role of nurses, improving quality of care, and lowering costs. Within the document, these recommendations are outlined:

- Seek alternatives to across-the-board rate cuts
- Expand enrollment in Medicaid managed care
- Seek innovative solutions that achieve high quality care
- Support nursing home quality incentive pools
- Promote accountable care organizations (ACOs)

The role of nurses in Medicaid reform:
- Encourage the utilization of nurse managed health centers
- Increase the use of Advanced Practice Nurses
- Pursue Federal grants from the Affordable Care Act
- Promote nurse residency programs to help financially strained facilities

Each bullet point further explained in the document that is accessible on the NYSNA website.

Future of Nursing Initiative
Future of Nursing New York Regional Action Coalition website is LIVE and available for you! Please visit:
http://www.futureofnursing-nys.org/

Nurses House: A National Fund for Nurses in Need, Nurses House, a 501 (c) (3) organization, is directed by a volunteer board of directors and executive director. Our mission is to provide short-term financial assistance to nurses in need as a result of illness, injury, or disability.

If you want to make a donation towards Nurses House please contact Nancy at 456-7858 or mail@nurseshouse.org. Donations can also be made via credit card through their website at www.nurseshouse.org.

The Nurses House Cookbook will be for sale at the May dinner meeting. Cost is $15.

Nursing History:
Three nurses who overcame racial discrimination in NYS in the early 1900s were:

Jessie Sleet, RN – the nation’s first black public health nurse and a charter member of NYSNA.

Mabel Staupers – worked to integrate NYC hospitals through advocacy and fought during WWII to integrate the ranks of military nurses.

Ivy Nathan Tinkler – a leader in nursing education. She was the first black director of education at the Lincoln School for Nurses which was one of the first black nursing school in the country. (Jan/Feb issue, pg 20)

The New York State Nurses Association was founded 110 years ago with a goal...
to “advance the educational standard of nursing, promote efficient care of the sick, maintain the honor and care of the profession, and foster cordial relations with nurses of other States and countries.” (NY Nurse, March issue, pg 13)

Nursing Humor:
A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle and I can't figure out how to get started." Her neighbor asks, "What is it supposed to be when it's finished?"
The little silver haired lady says, "According to the picture on the box, it's a rooster." Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box then turns to her and says, "First of all, no matter what we do we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea and then," he said with a deep sigh "..... "Let's put all the Corn Flakes back in the box."

Did You Know:
Evidence-Based Nursing:
Targeted temperature management or therapeutic hypothermia (TH) is an induced cooling of the body to preserve brain function and slow the body’s metabolism after a cardiac arrest. Contraindications are patients who can follow commands, more that 8 hours has lapse since cardiac arrest, if hemorrhaging or infection occurs, the patient suffers from a terminal condition, cardiovascular collapse is impending. TH duration is at least 12 hours. The nurse must monitor the patient’s arterial blood gas, consciousness, sedation, and shivering levels. Potential complications include coagulopathy, hyperglycemia, pneumonia, sepsis, and decreased immunity. (Jan/Feb issue, pg. 14) In our local area Ellis hospital is doing TH therapy when indicated for patients who have experienced a cardiac arrest.

Other Information of Interest:
Highlights from NYSNA New York Nurse

- The home health care industry has a new law that affects their patients. All patients must have a face-to-face physician/NP examination within 90 days prior to or within 30 days of initiating home care services. The physician must document the date of the examination, the patient's clinical condition as seen during the encounter, support the homebound status and need for skilled services. (Jan/Feb issue, pg 9)

- Nurses long working hours (12-hour shifts) and lack of time away from work affect patient outcomes. An analysis of the data from a 2004 survey of 600+ nurses from 71 acute care hospitals suggests that long working hours affected the duration of quality sleep in nurses, in turn affecting their alertness and vigilance. Patient outcomes affected were mortality in patients with heart failure or as a result of pneumonia. The researchers concluded that policies to refocus the nurse's work schedules as a means to improve patient outcomes. The study appeared in the January/February 2011 issue of Nursing Research (March issue, pg 9)

- A review of survey data from 95,000 direct care nurses at 614 US hospitals and nursing homes noted a higher job dissatisfaction and burnout.
than nurses employed in other settings and jobs. 27% of nurses in nursing homes and 24% of nurses in hospitals reported dissatisfaction while 13% in other healthcare settings were unhappy. Also, patient satisfaction levels were lower in hospitals where more nurses voiced dissatisfaction or burnout. The study appears in the February 2011 issue of Health Affairs. (March issue, pg 9)

**ANA's The American Nurse:**
Highlights from the Jan/Feb 2011 issue:
- Front page article on the benefit of retaining older nurses. Two Robert Wood Johnson Foundation White papers highlighted were “Wisdom At Work: experienced nurses in the workplace” (June 2006) and “Wisdom At Work: retaining experienced nurses” (2009)
- The American Association of Colleges of Nursing (AACN) has released preliminary survey data that indicates there is an increase in enrollment in BSN, MSN, and PhD programs. Qualified students are being turned away due to a shortage of clinical placement sites and faculty. The AACN collaborative survey results are posted on their website. (pg. 5)
- The Affordable Care Act is just one year old and ANA is continuing to emphasize the benefits of the law for health care consumers and families as well as for older Americans on Medicare. Resources can be found on their website at www.rnaction.org/healthcare (pg. 8)
- ANA joins the “One Health Initiative”. It vision statement says the initiative is dedicated to improving the lives of all species < human and animal, through the integration of human medicine, veterinary medicine, and environmental science. (pg. 11)

**HIGHLIGHTS FROM THE April 2011 DISTRICT 10 BOARD OF DIRECTOR'S MEETING on April 9, 2011:**
 Much of the meeting was used to plan the Annual meeting in May.
Other discussion items included:
- Maria College is using St Mary’s Hospital as a satellite location for its BSN program
- Concern voiced that the scope of practice of the LPN and CNA in nursing homes may be expanded during the State’s efforts for Medicaid redesign.

**Current Slate of officers that will be voted on at the May Annual meeting:**
President – Christine Stegel
Treasurer – Jeanne Christian-So
Board members – Mimi Raffetto
Kathie Rohrs
Marcia Wojcik
Judy Kelly
It’s Time to Renew Your Membership For 2011
(Annual Dues are $20)

Please update your personal information:

Name: _____________________________________________________

Address: __________________________________________________

________________________________________________________________

Telephone: _______________________________________________

Email Address: ___________________________________________

Please send Renewal dues of $20 to: Robert Warner, 19 Pearl Street, Gloversville, NY 12078