Thank you for the opportunity to become the President of the Nebraska Nurses Association. I would like you all to know more about me and about our organization as we inaugurate our new leadership.

I was elected by only 12% of the eligible members choosing to vote last year and I ran unopposed for this important role. At the time, I was distressed by the low participation and wondered what turn of events had rendered this important position the victim of such professional apathy.

I vividly remember my first involvement in NNA as a newly elected District 2 Delegate in 1983, attending convention and receiving the NNA/IN Writing Award (my winning entry was published in the Nebraska Nurse and I received a $100 prize). I was young, idealistic and in awe of the nursing voice in our state at that time. The house was large, the slate of candidates vying for our offices was full, and heated debate over crucial nursing issues affecting all nurses in Nebraska forced the deliberations late into the day. I was applying the nursing public policy and advocacy education that I had learned at the University of Nebraska, my alma mater. In January of 1985, I met and promptly fell in love with my future husband Dennis, a dental officer in the United States Air Force (watch out for men in uniform). We married, and I was away from Nebraska for eight years. During those years away, I had the opportunity to work within two strong nursing states—Michigan and Texas. I joined the Michigan Nurses Association, a collective bargaining state constituency group, and saw the impact of unionized nursing on my practice and job environment. When we moved to Texas in 1990, I had become a perinatal nurse. Our first child was due March 14, 1990, but I was not due to finish my residency until March 17, 1990. I was a perinatal nurse, or what is now called a neonatal nurse, for just 35 minutes, with no reference proposal introduced.

The NNA of today is different. Membership has dropped dramatically and State and District officers struggle to fill candidate slots. The Convention has been reduced to a single day, leadership has transitioned to an Association Management Company, and there is now a “virtual” NNA office. House of Delegate meetings are no longer heated debates of relevant issues, but exercises in protocol and bylaws compliance. In 2010, the entire House session lasted just 35 minutes, with no reference proposals introduced. The NNA’s Official Publication: Nebraska Nurse magazine joins other professional organizations struggling to redefine the role of an association. The NNA has noticed this call to action and has implemented transformational changes.

I continued my active involvement in AWHONN. I monitored and applauded the efforts of my nursing colleagues in the Nebraska Nurses Association as they fought for expanded roles in nursing and the health of Nebraskans. Back then, I was a student at Creighton University, and listened to my colleagues Linda Lazure, Deanna Shirley, and other historic leaders in the NNA discuss issues at the faculty lunch table where I saw passion for my profession lived out in real life. The work accomplishments in the non-partisan Nebraska unicameral would set the groundwork for excellence in nursing. In late 1994, I became a nurse manager at Saint Joseph Hospital, and decided to lose my father-in-law who died unexpectedly at the age of 62. We decided to end our active-duty military life and to remain near family, settling permanently in Omaha and my beloved Nebraska (I was born and raised in beautiful Keya Paha County).

I soon found myself the member of eight professional nursing organizations, each providing a different perspective. The NNA provided a voice to my nursing practice for the first time, four years, I have been a full-time consultant traveling to hospitals in nearly all 50 states, observing and supporting bedside nurses and the dedicated nursing leaders who serve them. For the past year, I have also served as the Chief Nursing Officer of a technology company which develops and sells smart phones for healthcare providers.

The mission of the Nebraska Nurses Association is to foster high standards for nursing practice, stimulate and promote the professional development of nurses, and advance the interests of nursing as a profession, and to work for the improvement of health standards and availability of health care services for all people. (Adopted 10/95, NNA House of Delegates)

The Nebraska Nurse is the official publication of the Nebraska Nurses Association (NNA) (a constituent member of the American Nurses Association), published quarterly every January, April, July, and October of each year. The NNA provides education, networking opportunities, publications and other products and services to its members and extends its mission to all nurses in Nebraska.

Phone: (402) 475–3859
Fax: (402) 475–3816
You can leave a message at any time!
Email: Executive@NebraskaNurses.org
Web site: www.nebraskanurses.org
Mail: PO Box 82086
Lincoln NE 68501–2086
Contact the Nebraska Board of Nursing at (402) 471–4796. The NBN is part of the Nebraska Health and Human Services System Regulation and Licensure.

Questions about the Nebraska Nurse? Contact: NNA

Photo on front page: Scotts Bluff National Monument
Photo by: M. Forsberg

‘Scotts Bluff was one of the key geographic landmarks pioneers sought on their journeys westward.”

Writer’s Guidelines:

Any topic related to nursing will be considered for publication in the Nebraska Nurse. Authors are not required to be members of NNA. When appropriate, preference will be given to NNA members. Photos are welcomed, digital is preferred. The NNA assumes no responsibility for lost or damaged photos.

Submit material is due by the 12th of the month in January, April, July, and October of each year.

You may submit material in the following ways:

Prepare a Word document and attach it to an e-mail sent to Executive@NebraskaNurses.org

Provide document on a disc, clearly labeled with your name and return address.

Mail hard copy to NNA at PO Box 82086, Lincoln NE 68501–2086 or email to Executive@NebraskaNurses.org. Submissions should be prepared on white paper and double-spaced.

For advertising rates and information, please contact Arthur L. Davis Publishing Agency Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626–4881, sales@adpub.com. NNA and the Arthur L. Davis Publishing Agency Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement.

Acceptance of advertising does not imply endorsement or approval by the Nebraska Nurses Association of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the Nebraska Nurses Association disapproves of the product or its use. NNA and the Arthur L. Davis Publishing Agency Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser’s product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of NNA or those of the national or local associations.

Welcome to Nebraska Nurse, the practice of nursing, Saint Francis may be the place for you.

If you want to work with a team dedicated to excellent person-centered patient care and advancing the practice of nursing, Saint Francis may be the place for you.

For current openings and to apply online visit: www.saintfrancisgi.org

The Nebraska Medical Center is hiring registered nurses to work in their Emergency room for the 7 p.m. to 7 a.m. shift. Qualified candidates must have 1 year of intensive care or emergency room experience and should apply online.

PSYCHIATRIC NURSES

Lincoln Regional Center
West Prospect Avenue and Folsom, Lincoln NE 68509

We are recruiting for the following positions:

• RN–Full-Time and Part-Time

(Psychiatric experience preferred but not required)

www.statejobs.nebraska.gov

To learn more about the Lincoln Regional Center, please scan the QR code with your smartphone.


Questions about your nursing license?

Contact: NNA

NNA’s Mission:

The mission of the Nebraska Nurses Association is to foster high standards for nursing practice, stimulate and promote the professional development of nurses, and advance the interests of nursing as a profession, and to work for the improvement of health standards and availability of health care services for all people. (Adopted 10/95, NNA House of Delegates)

NNA’s Vision:

Nebraska Nurses Association will be an effective voice for nurses; and an advocate for Nebraska consumers on issues relating to health. (Affirmed 12/04/2004, NNA Board of Directors)

Critical Success Factors for Vision:

• State and districts set mutual priorities
• Evaluate the success of the restructuring of NNA
• Enhance grass roots activities for membership involvement
• Advocate for statewide quality healthcare (Affirmed 12/04/2004, NNA Board of Directors)

NNA’s Core Issues:

1. Workforce Rights
2. Appropriate Staffing
3. Replace Health & Safety
   a. Patients
   b. Community/Public Health

NNA’s Official Publication:

Nebraska Nurse is the official publication of the Nebraska Nurses Association (NNA) (a constituent member of the American Nurses Association), published quarterly every January, April, July, and October of each year. The NNA provides education, networking opportunities, publications and other products and services to its members and extends its mission to all nurses in Nebraska.

Phone: (402) 475–3859
Fax: (402) 475–3816
You can leave a message at any time!
Email: Executive@NebraskaNurses.org
Web site: www.nebraskanurses.org
Mail: PO Box 82086
Lincoln NE 68501–2086
Contact the Nebraska Board of Nursing at (402) 471–4796. The NBN is part of the Nebraska Health and Human Services System Regulation and Licensure.

Questions about the Nebraska Nurse? Contact: NNA

Photo on front page: Scotts Bluff National Monument
Photo by: M. Forsberg

“Scotts Bluff was one of the key geographic landmarks pioneers sought on their journeys westward.”

Writer’s Guidelines:

Any topic related to nursing will be considered for publication in the Nebraska Nurse. Authors are not required to be members of NNA. When appropriate, preference will be given to NNA members. Photos are welcomed, digital is preferred. The NNA assumes no responsibility for lost or damaged photos.

Submit material is due by the 12th of the month in January, April, July and October of each year.

You may submit material in the following ways:

Prepare a Word document and attach it to an e-mail sent to Executive@NebraskaNurses.org

Provide document on a disc, clearly labeled with your name and return address.

Mail hard copy to NNA at PO Box 82086, Lincoln NE 68501–2086 or email to Executive@NebraskaNurses.org. Submissions should be prepared on white paper and double-spaced.

For advertising rates and information, please contact Arthur L. Davis Publishing Agency Inc., 517 Washington Street, PO Box 216, Cedar Falls, Iowa 50613, (800) 626–4881, sales@adpub.com. NNA and the Arthur L. Davis Publishing Agency Inc. reserve the right to reject any advertisement. Responsibility for errors in advertising is limited to corrections in the next issue or refund of price of advertisement.

Acceptance of advertising does not imply endorsement or approval by the Nebraska Nurses Association of products advertised, the advertisers, or the claims made. Rejection of an advertisement does not imply a product offered for advertising is without merit, or that the Nebraska Nurses Association disapproves of the product or its use. NNA and the Arthur L. Davis Publishing Agency Inc. shall not be held liable for any consequences resulting from purchase or use of an advertiser’s product. Articles appearing in this publication express the opinions of the authors; they do not necessarily reflect views of the staff, board, or membership of NNA or those of the national or local associations.
Greetings Nebraska Nurses! I hope you are all gearing up for a busy holiday season. Here at the Nebraska Nurses Association we had a very exciting year! Part of that excitement was the 2012 Annual Nebraska Nurses Association Convention and House of Delegates.

On Friday we had some very exciting speakers that generated a lot of excitement and spoke to our nurses about issues that face them every day. Nancy Nathenson spoke about wellness for nurses and how to keep you healthy so that you can perform at the top of your game at both work and in your personal life. Our keynote speaker, Dr. Lori Tererry-Spohr spoke to us about Traumatic Brain Injury and Rehabilitation techniques. Dr. Spohr is a nationally known speaker and expert on this topic. Sheila Ryan presented on the topic of Global Health that was fascinating at getting a global picture of health and wellness and our obligations to help promote that cause.

In the afternoon, we heard from NNA members as speakers as well as our lobbyist, Don Wesely who talked to us about legislation both past and future and what we can perform at the top of your game at both work and in your personal life. Our keynote speaker, Dr. Lori Tererry-Spohr spoke to us about Traumatic Brain Injury and Rehabilitation techniques. Dr. Spohr is a nationally known speaker and expert on this topic. Sheila Ryan presented on the topic of Global Health that was fascinating at getting a global picture of health and wellness and our obligations to help promote that cause.

Our Annual House of Delegates meeting got under way right on time and the delegates were very efficient and well educated about the changes that were being presented to them. Our bylaws were changed to echo those changes that happened at a national level and we passed 2 reference proposals that were targeted at issues that members feel are relevant in today’s nursing practice. Along with this work, we welcomed new officers and said goodbye to officers ending their terms and began a new era of leadership for our organization. To the outgoing members of our Board, Nancy Waltman-Vice President and Carrie Cropp-Treasurer, I would like to thank you for your service to the NNA Board of Directors and our members. You have provided invaluable experience and insight and I appreciate everything you have helped with. Nancy Waltman carried a particularly large burden this year, not only did she chair the Convention Planning Committee, she also chaired the Bylaws Committee. With so many changes to our bylaws, she remained calm with so much on her plate.

Our Past President, Torri Merten will remain on the Board of Directors for another year, but I still wanted to say thank you for all of her hard work during the House of Delegates preparation and for the time that we worked together during her presidency. She worked very hard with our parliamentarian to make sure that we had a smooth meeting and led us all to victory in our work that we needed to accomplish.

With the close of 2012 nearing and the beginning of a new year upon us, we have much to look forward to. I believe that 2013 will be a year of progress for the Nebraska Nurses Association. If you aren’t a member I urge you to consider joining so that you can be a part of something great! Nurses have a strong voice in this state, and your support helps increase advocacy. As always if you have any questions, concerns or ideas, please feel free to contact me at Executive@nebraskanurses.org or at the office phone number 402-475-3859.

Until next time, very best, Timoree

Our NNA President, Teresa Anderson also gave a wonderful presentation of her vision for the future of NNA. I assisted Teresa with this presentation and she spoke to how to stay relevant and continue to be a force in the work of nurse advocacy. I can say in working with Teresa this year and the NNA Board last year being an exciting time for the NNA. President Anderson has the energy and drive to make only great things happen for our organization!

With the close of 2012 nearing and the beginning of a new year upon us, we have much to look forward to. I believe that 2013 will be a year of progress for the Nebraska Nurses Association. If you aren’t a member I urge you to consider joining so that you can be a part of something great! Nurses have a strong voice in this state, and your support helps increase advocacy. As always if you have any questions, concerns or ideas, please feel free to contact me at Executive@nebraskanurses.org or at the office phone number 402-475-3859.

Timoree Klingler
The mission of the Kaplan University Nursing Instructors is to prepare our graduates to find employment in the health care industry. If you are interested in providing an engaging learning environment and facilitating hands-on activities, please call the Director of Nursing. Full- and part-time position available for qualified applicants.

Dr. Helen Johnstone
Director of Nursing
Phone: 402-431-6179
Email: hjohnstone@kaplan.edu

SAVE THE DATE
12th Annual Pain Management Conference
The State of Nebraska offers a competitive benefits package for Employees!
Applying online at www.statejobs.nebraska.gov or at the following locations:
Norfolk Veterans’ Home
Grand Island Veterans’ Home
Eastern Nebraska Veterans’ Home
Western Nebraska Veterans’ Home
Norfolk, NE 68701
Grand Island, NE 68803
Western Nebraska Veterans’ Home
Scottdale, NE 69361
For questions or accommodations call 402-471-4693
* This position located in Grand Island

For more information call 800-548-CMED or 402-280-1830 or visit Creighton’s CME Web Site
information posted at theconferences available

FRIDAY, MARCH 8th, 2013

Infection Control Nurse
Administrator of Nursing, at
Director of Nursing

ADVANCE YOUR EDUCATION
AT NEBRASKA WESLEYAN UNIVERSITY

NNU nursing students benefit from affordable tuition, one-day-a-week classes in Lincoln and Omaha, flexible online and hybrid courses, accelerated formats and multiple start dates.

Programs include:
BN to BSN
RN to MSN
BSN to MSN

NEBRASKA WESLEYAN UNIVERSITY
wesleyanadvantage.com

50 YEARS of excellence in the health sciences.

Registered Nurses and Licensed Practical Nurses

Glenwood Resource Center (GRC) is seeking applicants for RNs and LPNs caring for the mentally and physically challenged. Extensive benefit package, evening and night differential, time and a half overtime for full-time positions. PRN RN and LPN positions are also available for application.

Contact Connie Brown, Administrator of Nursing, at 712-525-1438 or cbrown2@dhs.state.ia.us

STATE OF IOWA
DEPARTMENT OF HUMAN SERVICES
Glenwood Resource Center
711 S. Vine, Glenwood, IA 51534

SEEKING RNs, LPNs and LVNs
For more information call 800-548-CMED or 402-280-1830 or visit Creighton’s CME Web Site
information posted at theconferences available

Clinical Nurse Manager
Box Butte General Hospital, a 25-bed Critical Access Hospital, is seeking an experienced acute care Registered Nurse who demonstrates strong leadership skills and excellent communication. The Inpatient Clinical Nurse Manager manages the Patient Care Unit, Swingbed, Obstetrics and Obstetric Nursery Departments. The position oversees implementing and complying with nursing and specialized standards of care; caring for patients of all ages, newborns to elderly. The Clinical Nurse Manager provides support, direction, and resource for the clinical and nursing staff. The Clinical Nurse Manager provides supplemental staffing in clinical areas if needed. The position requires an individual with innovative ideas, flexibility, effective leadership, excellent communication abilities and relationship building skills. The Clinical Nurse Manager must build close ties with the medical staff members and be available to problem solve and work through conflicts to help improve care delivery. The position embraces service excellence and TeamSTEPPS tools. Computer literacy is a must, along with experience using electronic health records. Required is a State of Nebraska RN License and preferred Bachelor of Science Degree in Nursing. Required - Five or more years of varied acute care nursing experience as a RN and two or more years of varied acute care leadership experience. For consideration, complete IBGC Survey online at http://www.ibgc.org/career section and submit resume, cover letter and hospital application. In your cover letter, provide response to the following question: Demonstrate how your experience and qualifications fit the requirements of this position.

All offers of employment are subject to a background check and drug screen. Work Force Development, 4th fl, Box Buffle, A, Ankeny, IA 50063, JLG, Lane, 312-763-2935

A GLOBAL FORCE FOR GOOD

The Center for Nursing recently has said good bye to members who have completed their terms and we have welcomed several new members who have recently received Governor appointments. A list of current members is listed on our website, www.centerfornursing.com I am very eager about the Board of Directors. We have representation across the state as well as from many different organizations and venues. We have several projects on going and I will try to highlight these in this article.

Passport Program: The passport program was developed to allow students to complete orientation to general required training such as Fire Safety and Blood Borne Pathogens to name a few. The students completed these on line versus having to complete for each clinical location they go to in. This program has the student spends on the orientation and allows them to focus more time on their curriculum. It also provides the facility with documentation for these mandatory training elements. Anyone interested in more information on the passport program, please contact the Center for Nursing. I would also like to take this time to acknowledge the Nebraska Hospital Association for their support in making this program a reality.

Website: Board members will be spending a considerable amount of time working on updating information on our website. Watch the website for new information, including our Strategic plan, as well as new information on all the different tabs. If you haven’t looked on the website, there is great information on the workforce in Nebraska. We will soon be adding information from the 2011 LPN renewals as well as information from the 2012 RN renewals. This information is available under the Nebraska’s Nursing Workforce link.

Center for Nursing Foundation: The Center for Nursing Foundation is up and growing. The group is seeking grants and additional funds of funding to assist the Center in carrying out the strategic plan. If you are considering a tax-exempt donation, please consider donating to the Center for Nursing for Foundation. Funds will be used to ensure that the nursing workforce in Nebraska remains strong.

Board Member is Recognized for Leadership: The Center for Nursing Board was excited to learn that one of our Board Members, Nolan Gurnsey, was recognized as one of the 40 more leaders under the age of 40. Nolan received this recognition at an event held by the Center for Nursing on September 11 at Bryan Medical Center, East Campus. Nolan has served on the Nebraska Center for Nursing Board and is currently the Vice Chair of the Board, as well as a member of the Center for Nursing Foundation Board. Congratulations to Nolan for this special recognition and thank you for all the work you do to support the Center for Nursing. The Center for Nursing Board meets every other month. Minutes to our meetings are posted on our website. If you have any questions or concerns or would like someone to speak to about the nursing workforce in Nebraska, please do not hesitate to contact us.
**CHEYENNE, WYOMING:**
Big-city healthcare with a small town feel.

JOIN OUR TEAM and grow with us.

- Expanding Healthcare System
- State-of-the-Art Technology
- 100 Miles North of Denver
  - Level II Trauma Center
  - 218-Bed Hospital

Cheyenne Regional Medical Center offers an attractive compensation/benefits package, including health/dental/ vision benefits and wellness program, life insurance, long and short-term disability, educational assistance and much more.

To Apply, visit www.crmcwyr.org/career

---

**Rewarding**

At Bryan Health, we deliver a better future.

For our patients, it’s through our exceptional care, advanced technology and progressive treatments.

For our staff, it’s through our collaborative approach, excellent growth opportunities and the sense of pride that comes from being part of an exceptional team.

Make Bryan Health part of your future.

Learn more at bryanhealth.org

---

**Midland University**

SEAMLESS TRANSITION

ALL ONLINE 8 WEEK COURSES

COMPLETE IN AS LITTLE AS 12 MONTHS

Learn more and Apply for FREE at MidlandU.edu/RN-BSN

Come check us out before January 31st to receive a FREE Hoodie!
Nebraska Nursing Safety Colloquium Brings National Expertise to Nebraska

by Kathy Corbett and Teresa Anderson

It is not often that Nebraska nurses have the opportunity to meet with national nursing leaders, researchers, and speakers without paying a premium price to travel out of state to a large conference. The Nebraska Nurses Association (NNA) collaborated with the Nebraska Emergency Nurses Association (NENA) and the Nebraska Organization of Nurse Leaders (NONL)’s to host a Safety Colloquium on Saturday, September 29th at Nebraska Wesleyan University. The university invited experts on Nurse Fatigue, Nursing Practice, and Professional Development to bring their expertise to Nebraska tonetwork with and learn from nurses in the state.

Nurse Fatigue the Topic of the Morning

The morning began with a review of the critical issue of nurse fatigue and sleep loss, presented by Dr. Kerfoot. The incidence of fatigue among thousands of nurses included in a national research study and the health and safety risks of fatigue were discussed. The health risks included negative health outcomes and the positive correlation between appropriate staffing and patient satisfaction. Dr. Karlene Kerfoot, PhD, RN, Vice President, API Healthcare, spoke during the afternoon on the importance of nursing care for improving patient outcomes. She stated several times during her presentation, pointing out that provide nursing care “This is serious business” she added. Armed with this knowledge nurses should be able to adequately staff to provide good patient care resulting in outcomes that will enhance the organization’s financial well-being.

Dr. Kerfoot was joined by Dee Ernesti, MSN, RN, NE-BC, Nursing Faculty, UNMC College of Nursing, and Teri Tipton, RNC, MSN, Chief Nursing Officer, Nebraska Methodist Health System, in a panel discussion of safe staffing to effectively staff units. A downloadable White Paper on Evidence in Staffing can be found at: http://www.staffingexcellence.org. Other resources she included are: Nursing Economics, 2011, Mar-Apr titled: Outcomes and Cost Analysis of the Impact of Unit-Level Nurse Staffing on Post-Discharge Utilization (Bobay, Yakusheva, Weiss) and research from Trinkoff (2011) in Agency for Healthcare Research and Quality titled, Nurses’ work schedule characteristics, nursing staffing, and patient mortality provides a look at how nurse shifts are scheduled and the impact on patient mortality. More and more evidence is available supporting the value of providing nurse shifts to bring about improvements in patient outcomes. The research suggests that nurse staffing to effectively staff units.

Nurse fatigue may negatively impact patient outcomes. Nurse fatigue has been cited as a “never event” for which hospitals will not be reimbursed.

"Wonderful conference!"

"It’s clear nurses don’t understand the impact fatigue and lack of sleep have on our patients and our ability to give our patients our best—keeping them safe.”

"The combination of research evidence and clinical relevance combined with the engaging speakers made this an incredible day!"

The NNA’s Commission on Nursing Practice and Professional Development thanks all of those who participated in the partnering and planning of this key event. We hope to see you at the next colloquium for nurses.

Our skilled care and rehab facilities are excited to offer growth opportunities for experienced nurses motivated to become managers.


Nurses, including NNA President Teresa Anderson and NNA Commission on Nursing Practice and Professional Development Member Douglass Haas discuss material during the event

Ann Rogers was one of the featured speakers at the NNA Safe Staffing Colloquium

Karlene Kerfoot—Speaker on Nurse Staffing

Karlene Kerfoot, PhD, RN, Vice President, API Healthcare, spoke during the afternoon on the importance and value of appropriate staffing in organizations that provide nursing care. “This is serious business” she stated several times during her presentation, pointing out the positive correlation between appropriate staffing and quality patient outcomes. She stated, “Emergency nurses are scheduled and the impact on patient mortality. More and more evidence is available supporting the value of nurse staffing to bring about improvements in patient outcomes. The research suggests that nurse staffing to effectively staff units.

Dr. Kerfoot was joined by Dee Ernesti, MSN, RN, NE-BC, Nursing Faculty, UNMC College of Nursing, and Teri Tipton, RNC, MSN, Chief Nursing Officer, Nebraska Methodist Health System, in a panel discussion of safe staffing to effectively staff units. A downloadable White Paper on Evidence in Staffing can be found at: http://www.staffingexcellence.org. Other resources she included are: Nursing Economics, 2011, Mar-Apr titled: Outcomes and Cost Analysis of the Impact of Unit-Level Nurse Staffing on Post-Discharge Utilization (Bobay, Yakusheva, Weiss) and research from Trinkoff (2011) in Agency for Healthcare Research and Quality titled, Nurses’ work schedule characteristics, nursing staffing, and patient mortality provides a look at how nurse shifts are scheduled and the impact on patient mortality. More and more evidence is available supporting the value of nurse staffing to bring about improvements in patient outcomes. The research suggests that nurse staffing to effectively staff units.

Our skilled care and rehab facilities are excited to offer growth opportunities for experienced nurses motivated to become managers.
During the past eleven years our country has been embroiled in wars on fronts in two separate countries. According to DVBIC (Defense and Veterans Brain Injury Center, 2012) the conflicts in Iraq and Afghanistan, often referred to as OEF/OIF/OND (Operation Enduring Freedom / Operation Iraqi Freedom / Operation New Dawn), has created unique challenges for returning service members/veterans and those professional nurses serving them.

Active duty service personnel as well as National Guard and Reservists who have volunteered to serve our country, and subsequently deployed for this conflict, have come home in large numbers. Many have been exposed to what is being called the “signature wound of this war” a blast injury known as mTBI (mild Traumatic Brain Injury), while still others have suffered trauma from multiple causes such as motor vehicle accidents, bullet and other artillery incidents. During these wars in Iraq and Afghanistan the blast related traumatic brain injuries are categorized as uncomplicated “mild” or “concussive” traumatic brain injuries and may involve upward of 320,000 service members allocated to these wars.

The mTBI severity indices classifies a mild TBI as follows: normal structural imaging, initial Glasgow coma scale 13-15, loss of consciousness 0-30 minutes, length of alteration of consciousness from a moment up to 24 hours and length of post traumatic amnesia of 0-1 day. Individuals typically recover fully in a short period of time, however 10-15% continue to report symptoms such as post traumatic headaches and cognitive/behavioral problems to include irritability, short term memory loss, and other causes such as falls or other blows to the head may pose an increased risk for residual adverse effects.

The Department of Veterans Affairs (VA) in collaboration with the Department of Defense (DoD) recognizes mTBI as a priority for healthcare services and include functional improvement, health status, and quality of life, thereby becoming the change agent in the role of care management for the returning service member.

In 2004, Congress passed a public law which directed the VA to designate centers for clinical care, consultation, research and education activities for the combat related TBI and Polytrauma veteran. In response, the VA developed the Polytrauma System of Care (PSC) where Polytrauma is defined as two or more injuries sustained in the same incident that affect multiple body parts or organ systems and result in physical, cognitive, psychological, psychosocial impairments and functional disabilities. It is with this definition that a mTBI diagnosis frequently occurs as a part of the Polytrauma diagnosis.

The VA in collaboration with the DoD, academia and best medical practices developed a TBI screening tool that focuses on persistent symptoms after a TBI exposure. This tool is a national clinical reminder or screening tool that is completed once for all individuals who report deployment to OEF/OIF/OND theaters of combat. Veterans that confirm combat deployments to Iraq and/or Afghanistan or in support of these wars are given this screening. The mTBI screening tool uses four sets of questions: 1. events that may increase the risk of TBI, 2. immediate symptoms following the event, 3. new or worsening symptoms following the event and 4. current symptoms. Therefore, if a veteran responds positive to one or more sections, the screen is considered positive. The qualified clinician explains the results of the screen and then makes arrangements for a further evaluation to be completed if the veteran agrees. The veteran may decline the further evaluation or defer until a later date for the second level evaluation.

The second level mTBI evaluation is a detailed assessment which includes the etiology of the injury, assessment of neurobehavioral symptoms, a physical examination and a diagnostic conclusion regarding the injury. If the evaluation is consistent with a mTBI that occurred during deployment in theater, the veteran is enrolled in the Polytrauma System of Care on a National and local level.

The VA is in collaboration with the DoD, academia and best medical practices to include irritability, short term memory loss, balance problems or dizziness, sensitivity to bright light, and sleep problems. In addition, the cumulative effect from repeated contacts can cause blast exposures or other causes such as falls or other blows to the head may pose an increased risk for residual adverse effects.

Therefore, if a veteran responds positive to one or more sections, the screen is considered positive. The qualified clinician explains the results of the screen and then makes arrangements for a further evaluation to be completed if the veteran agrees. The veteran may decline the further evaluation or defer until a later date for the second level evaluation.

The second level mTBI evaluation is a detailed assessment which includes the etiology of the injury, assessment of neurobehavioral symptoms, a physical examination and a diagnostic conclusion regarding the injury. If the evaluation is consistent with a mTBI that occurred during deployment in theater, the veteran is enrolled in the Polytrauma System of Care on a National and local level.

The VA is in collaboration with the DoD, academia and best medical practices to include irritability, short term memory loss, balance problems or dizziness, sensitivity to bright light, and sleep problems. In addition, the cumulative effect from repeated contacts can cause blast exposures or other causes such as falls or other blows to the head may pose an increased risk for residual adverse effects.

In addition to this “signature injury” of mTBI, there can also be an unseen emotional injury known as PTSD (Post Traumatic Stress Disorder) after having been exposed to the constant stress of war during multiple deployments and to many horrific scenes of war encountered on these numerous deployments. The Department of Defense and the Veterans Administration have both been charged with and are collaborating in the care of those returning service members/veterans who have honorably served our country.
As the outgoing acting president of District 2, I want to thank every member for your motivation and commitment in joining the association during this past year. I want to use this opportunity to introduce to you the President elect Kate Pepin. She brings with her a great vision and outstanding leadership.

I have had wonderful experience learning from such great nurses as yourself during my term as your acting president. I will end my term with these words of encouragement; every nurse must stand by the purpose of the profession, which is to be a patient advocate and promoter of healthcare. We should strive to make a difference in individual's life and as we do this, we should allow our lives to be touched by the people around us because we are in our profession not only to transform our patients and the world, but also to be transformed.

You can contact the district coordinator, Anna Mackevics, either through e-mail, coordinator@mddistrict2.org, or phone (402) 397-3202 for more information.

Thank you!
Joy Okorwu

District IV had their last meeting in Broken Bow September 22. A discussion was held on whether to change our meeting from our usual Thursday night but the consensus of those present felt we would keep it as such for now. We voted to give 2 scholarships to a District IV nurse working on a grad degree and a student nurse who belongs to her student nurses organization who is pursuing a nursing degree.

District IV also had a nurse recognized in the Nebraska Action Coalition’s, “40 Under 40” nurses who are making a difference in Nebraska. Douglass Haas who is a member of both the NNA’s Commission on Advocacy and Representation and the Commission on Nursing Practice and Professional Development was recognized as one of these nurses. We are very proud of Douglass and know that we can expect great things from him in the future!!

Sincerely,
Joy Okorwu

President:
Jan Tubbs, MS, MSN, RN
H—(402) 423-4716
E—jan.tubbs@bryanhealth.org

District 4

District 3

District 1

District 2

Hillcrest Care Center in Wray Colorado is a community owned, non-profit 58 bed facility including a 20 bed secure Alzheimer’s unit. The DON will oversee and direct the nursing services department. We are looking for a dedicated leader to empower the staff and maintain a team attitude.

- 4.00 PPD
- Benefits Available
- Beautiful Community

Bring in this ad and qualify for a $2,000 SIGN ON BONUS!

If interested call or email Cindy Tapphorn, Executive Director 970-332-4856; cindy.tapphorn@centurytel.net

WRAY, COLORADO

Director of Nursing

The Memorial Hospital at Craig provides health care to the communities of Moffat County.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.

Our new hospital facility, completed in the fall of 2009, is a reflection of our community’s desire to have excellent health care – all closer to home.

Craig, the Moffat County seat, is rich in recreational opportunities, natural resources, Native American and pioneer history and Old West lore.
As I sit down to write this newsletter, it saddens me to inform you that this will be the last one I write. My reign as your 2012 District V NNA President is coming to an end. As I pass the torch onto the next president in January, I thought it would be appropriate to reflect back over this last year at this time.

As this year began out in the Wild West also known as the Panhandle of Nebraska or District V, the President for this year was Melissa Snyder. President Elect was Jordan Colwell, Secretary Kim Rodehorst, and the Treasurer was Trina Aguino. In January we started the year off with a Winter Wonderland Skating party where nurses and their families and friends were able to hang out and socialize for the night. We invited the local student nurses from the University of Nebraska, College of Nursing and Western Nebraska Community College to join us for the event. In March we celebrated St. Patrick’s Day with a St. Patrick’s Day bowling party at the Bowl Arena with snacks and fun party favors.

In May we celebrated Nurses Day with the theme “Celebrating You.” We honored our nurses in the panhandle by pampering them with chair massages, hand and foot scrubs, hand paraffin, chocolate fondue, snacks and door prizes. Teresa Anderson, NNA President elect, was the guest speaker and spoke on, “Finding and Supporting Your “Inner” Self.” The Mayor of Scottsbluff, Randy Meininger, presented the Nurses Day Proclamation. We also had the community choose their My Favorite Nurse Award and there was a tie between two ladies, Barb Lundgren and Phyllis Smith. Congratulations ladies, thank you for everything you do. As a district our goal was to show our nurses they are appreciated and we invited all nurses of the Panhandle to come to this event that was paid for and sponsored by the District V Nebraska Nurses Association.

In June members of District V NNA provided nursing support to a bone marrow drive at a local fundraiser called Festival of Hope. This fundraiser helps provide funds for non-medical needs of area cancer patients and their families, but also provides a great venue for those possibly interested in becoming bone marrow donors. “Thousands of patients with leukemia and other life-threatening diseases depend on the Be The Match Registry, the largest and most diverse registry in the world, to find a life-saving donor.” Be The Match®, which is operated by the National Marrow Donor Program, “offers those interested the unique opportunity to give a life-saving marrow transplant to someone in need.” Monies were raised to help offset the cost request for each donor who signed up at The Festival of Hope. At this event 27 people signed up to be donors. For more information on The National Marrow Donor Program go to BeTheMatch.org.

RN and LPN positions needed. For more information contact the Healthcare Community of PA. Resident doctors on grounds. Great opportunity for nurse and child/ren to participate in program. Excellent salary and travel provided. One or two month positions available from June 18th to August 15, 2013. Please contact (973) 578-3533 ext. 125, fax (973) 578-4188, email: staff@njycamps.org

In July the Mission of Mercy was held in Alliance Nebraska. The Nebraska Mission Of Mercy program provides dental care to the uninsured, the under-insured and anyone who otherwise has difficulty getting to a dentist. Those who show up for care, children and adults, and don’t have any medically compromising condition that would prohibit them from receiving care are seen on a first-come, first-served basis. We were able to help the Panhandle Public Health District with medical triage. This consisted of blood pressure screening, glucose testing, and obtaining a brief medical history.

The State Convention was in Kearney in October. Our delegates were Connie Morrow, Kim Smith, Wendy Wells, Kathryn Vost, Melissa Snyder, and alternate delegate was Nancy Hanson. We will be holding elections in November and those officers will take office in January. Our goal this year as a district was to have fun and let nurses know we are here for them, to support them, and our community. This was a brief overview of a few things that we did as a district here in the panhandle of Nebraska this year. We have had a fun year so far and we will continue to finish out the year with more fun and rewarding events.

Your 2012 District V NNA President is Melissa Snyder. As your District V President I just want to say this has been an amazing year. I have had many opportunities to meet many people in our district and across the state of Nebraska. I have had a great time learning and building skills through board retreats, meetings, phone conferences, events, and conventions. I want to thank everyone in our district and the entire NNA board and staff, you have made this the most enjoyable year and have taught me so many things and have been wonderful to work with all year. Thank you for the opportunity to serve and represent each of you, I have been blessed to be in this position for a year so far and I will never forget. As my presidency ends, my journey does not. I started grad school this fall and I will continue to stay busy taking classes through the University of Nebraska Medical Center for my Masters degree in leadership and education. May God Bless each and every one of you as you continue on your journey and adventures through your life of nursing.

“The world is divided into two classes—those who take for something better and try to create it.” You are one of those . . . . .

Sincerely,
District V NNA President
Melissa Snyder BSN, RN
We have excellent opportunities for both new graduates and experienced RNs in a variety of departments.

Apply online at www.marylanning.org/careers

TOP
ONLINE PROGRAMS
US News
GRAD NURSING
HONOR ROLL
2012

ClarksonCollege.edu

Smell the roses...
Find the perfect nursing job where you can work, matter, not barter on
nursingALD.com
Registration is free, fast, confidential and easy! You will receive an e-mail when a new job posting matches your job search.

Be a part of the success.
Take even better care of your patients, your community, and your future with our RN to BSN.

Our RN to BSN degree completion program is ideal for working professionals who juggle family and career. It is 100% online with NO clinicals.

Touching Hearts Nursing Scholarship

A total of $75,000 will be awarded to qualified Registered Nurses who are ready to start our RN to BSN degree completion program!

Deadline for Scholarship Application: January 31st

For more information about this scholarship or the RN to BSN degree completion program, contact us:

Bellevue.edu/nursing
1.800.756.7920 | onestop@bellevue.edu
Keep doing what you love, and take your career to the next level.

At Hondros College, we're educating nurses for successful, rewarding careers. For many, that means continuing their education and earning a Bachelor of Science in Nursing (BSN). A BSN gives registered nurses an edge when being considered for new positions and promotions.

You don't have to put your career and personal life on hold to go back to school. With our RN-to-BSN program, you can continue working as an RN while you earn your BSN online, full-time or part-time. It's a flexible schedule designed for busy nurses, like you. Call or visit our website today for details.

Online RN-to-BSN program:
- $1,700 (17/17 credit hours) general education courses
- Complete in as little as 12 months
- Flexible Schedule: part-time or full-time
- Two practicum courses
- Accredited member, NASC

Courses begin in October, January, April and July. Financial aid is available for those who qualify.

nursing.hondros.edu • (888) HONDROS

Excellent Opportunities for Excellent Nurses

At Alegent Creighton Health, our Mission is to provide high-quality care for the body, mind and spirit of every person. And it doesn't stop with our patients. We also take care of each other. We work under a set of Commitments that makes our work environment one of the most supportive you'll find. Go to AlegentCreighton.com/jobs to apply online or learn more about our culture.

Alegent Creighton Health
On a mission 1-800-ALEGENT
AlegentCreighton.com/jobs

Walk tall knowing you make a difference.

Wherever you are in your nursing career, College of Saint Mary offers respected degrees that help you rise to the next level – and fulfill who you are meant to be.

Our caring faculty are experts in their areas of concentration and they want to see you succeed.

- **MSN** – A blended on-campus and web-based curriculum. Move from your MSN to our Doctor of Education Program with an emphasis in Health Professions Education.
- **RN-BSN** – Complete your degree in a year*. On-campus and online blended sections are available. Access podcasts of lectures!
- **ASN** – Prepare for RN licensure! Complete your degree in the 2-year or 3-year track program. Our NCLEX pass rate is competitive with the national average, with a 100% job placement rate.

Contact us today to get started on the nursing degree that will take your career to the next level.

800-926-5534 • CSM.edu

* Time to complete your RN-BSN contingent upon the number of Core Curriculum Courses you've completed when you enroll.
The MSN, BSN, and ASN degree programs at College of Saint Mary are accredited by the National League for Nursing Accrediting Commission. The Practical Nursing Program and Associate Degree Nursing Program are approved by the Nebraska State Board of Nursing.