Confessions of a Life-Long Learner

by Judy Woodward, MSN, RN (District 3)

I decided to write this article for the Tennessee Nurse because I hope that my story will inspire others to take a leap toward more education and specifically not to put off joining TNA. I think I could be the poster-child for life-long learning, because at 58, I have just started my DNP! But, let me start at the beginning of this long journey. My first degree was my BSN in 1978. The BSN program at the University of Tennessee in Knoxville was new, and I was very excited about it. I went to interview, and met Barbara Reid. That was basically all it took to set me on fire to want to become the kind of nurse that she was. Was I a good student? No I wasn’t. I struggled very hard and even had to repeat courses. I am sure that my professors had many conversations about whether or not I would make it. I can remember my pinning ceremony as if it were yesterday—I was so thrilled. I knew at that point that I wanted to learn more, and I was exploring graduate programs. But then “life happened” and I married and had children and had to take a break from formal education.

The next phase of my education was in the trenches. I have always referred to myself as a “renaissance nurse” because I really loved to know about and learn about many areas. I started in critical care at Ft. Sanders in Knoxville, and had the privilege of very early morning teaching sessions from the outstanding Dr. Freeman Rawson. He was a natural, gifted teacher and we would all gather around at the end of our night shift when he made rounds about 5am. We were eager to learn, and he was generous with his knowledge. There was always something to share.

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I Am TNA continued from page 1

with us about an EKG or CXR. I went from critical care to dialysis and was given a very specific skill set by my supervisor. I was glad to master. Next, I went to the ICU at UT in Knoxville, and spent some very tender and important years with excellent nurses and gifted neonatologists. I was so grateful for all they gave to me and taught me. I have always said that I “grew up” during those years.

Another twist of life, and after a divorce, I needed to plan my work schedule around my children, so I went to work at the hospital. Being alone on the front line with my patients at home was a challenge and an education, and one I will never forget. Next came my three great loves—public health at the Blount County Health Department. How lucky was I to work with these dedicated nurses and the challenge of learning about the difference between the health of an individual and an entire community. After that, I returned to the hospital to be a ‘float’ nurse and to enjoy the challenge of the continuous learning process that was required to work on a different floor or unit each day. During those years, I met a wonderful patient who was 88 years old, and looked at least 10 years younger than his stated age. He was very anxious to be discharged, and told me he had worked to do (he still worked full-time with his own electrical company) and that he had an explanation. Assignment? What was he talking about? I asked him, and he grinned just a little sheepishly. He said he had always wanted to electrical engineering degree, and he decided to do it! I was so proud to see him get to school for many, many years and just keep putting the dream aside. I looked with amazement at this inspirational man and I decided that if he could return to school at age 88, surely I could go to school at age 50!

My second degree was my MSN from University of Phoenix, online. Now let me set the stage. Although I could use new assignments, emails and surfing the web—I literally knew nothing else. I didn’t even know sure I could go to school at age 50!

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The Winds of Change are swirling around us in the academic world, the workplace as well as in the state and national legislative arenas. Some are coming so fast that we hardly have time to understand and deal with one when two more come racing around the corner. To say that the nursing profession is in the middle of revolutionary change is indeed an understatement. The “paradigm shifts” taking place not only in nursing, but the world in general are being driven by rapid technological innovation, the globalization of the healthcare industry, and the arrival of the internet healthcare information web-sites. The practicing nurse at the bedside is focused on providing the best nursing care she/he can in an environment of increased patient acuity, advanced technology, an increasing aging population, decreased resources, and a shortage of nursing staff. These challenges call for action and it is essential that as nurses we advocate for the patients and families, the communities we live in, and for ourselves and our profession.

Anthony Robbins has written that individuals have the power to change virtually anything and everything in their lives. Over the years I have learned that we have the resources we need to turn dreams into realities and that they actually exist within each of us. The time has come for us to turn our visions of what we see nursing to be in the 21st century. There are many pieces of legislation pending in the Tennessee General Assembly and the U.S. Congress that can affect our practice both in positive and negative ways. We can no longer sit back and turn a blind eye, a deaf ear, or let someone else “take care of it” because in reality it is up to us. We can successfully navigate through the present “winds of change” because of the resiliency of each nurse. Yes, we are resilient… as nurses we have had to pay attention to the many complexities of our nursing experiences, listen to our emotions, and be willing to learn from disappointment as well as success. There have been many studies that have shown that individuals have learned significant lessons from the hardships we have all experienced. One of the most significant changes that the nursing profession has experienced is that of being a political advocate. We have learned its importance as we have come to understand that as professional nurses and constituents, we do have an important voice. One that can influence not only the development of healthcare legislation, but its passage as well.}

I’ve thought about these things a lot in the past weeks as I’ve reflected on our world, our country and our profession. It seems to me that if there is ever going to be harmony among us, we must listen to each other’s music and not insist that our song is the only song. We need to move to a different place on the mountain and look at the valley again, remembering that each view is just as valid as the next. Some say these word pictures, these stories are too simplistic, but it works for me. When I am able to “see” a relationship, an analogy, it sticks with me and I am able to pull it out and look at it when I start to become short sighted or impatient with others. So I gather these insights from all the storytellers I meet, like Dr. Tafoya and those I meet every day: colleagues, family, friends and patients. I continue to listen to and learn from their stories, they have given me a precious gift and I thank them all.

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We can no longer sit back and turn a blind eye, a deaf ear, or let someone else “take care of it” because in reality it is up to us.

With the TN General Assembly done for 2014 and the August Congressional Recess in effect, it is a perfect time to communicate directly with our legislators regarding nursing, nursing issues and healthcare in general. Get to know the candidates, schedule face to face meetings with them, learn where they stand on important issues involving healthcare and nursing. Attend the “town hall” meetings, debates that they will be having… Remember the “Campaign machines” are in full motion and how we respond will make a difference in the November election.

The TNA-TASN JOINT CONFERENCE will convene in Murfreesboro, TN on October 10-12, 2014 with the conference theme of NURSES TRANSFORMING HEALTHCARE: A WORLD OF OPPORTUNITY. Make plans now to attend. This will be a great opportunity to meet with colleagues across the state to share our individual vision for the future of nursing and healthcare in TN.

I look forward to seeing you there…as we all “join the dance of change.”

The “only way to make sense of change is to plunge into it, move with it, and join the dance.” ~ Alan Watts

## From the President

Billie W. Sills, MSN, CLNC, RN

“The only way to make sense of change is to plunge into it, move with it, and join the dance.” ~ Alan Watts

I have learned so much from storytellers. What a wonderful gift we receive when we listen to the stories of others. I once had the privilege of listening to Terry Tafoya, a traditional Native American story teller. He reminded me, in ways I will not forget, about seeing through another’s eyes. He spoke of how our view of the valley changes depending on how high up on the mountain we are… and that each view is true. He demonstrated how harmony exists only when there are different notes being played: one single, uniform note does not produce harmony.

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Government Affairs

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Wilhelmina Davis
Manager of Government Affairs

Although the legislature is out of session, the TNA has had a very busy summer. We’ve attended meetings with legislators, healthcare advocates, and Government officials. We’ve also attended scheduled meetings of the Board of Nursing and the Board of Medical Examiners. These meetings have been centered on topics of telemedicine, control substance monitoring database, rulemaking hearings for newly enacted legislation, developing the state health plan and other matters of healthcare concerns having an impact on the nursing profession as well as the healthcare of Tennessee citizens. Aside from busying ourselves with a plethora of meetings, TNA has been busy with fundraising efforts and attending events leading up to the 2014 primary elections. The primary is now over, the field of candidates has been narrowed down to just one candidate of each party affiliation seeking election or re-election as a member of the 109th Tennessee General Assembly. As reported earlier, all House seats and the odd number Senate districts will be on the ballot. It’s time to begin a serious effort to support nursing and those who demonstrate a desire for quality cost effective healthcare regardless of political party affiliation. Election Day is November 4, 2014, let your voice be heard, exercise your power and influence!

Tennessee Nurse Wins ANA’s Lobby Day Photo Contest

Towanda Stewart, of TNA District 1, recently won ANA’s Lobby Day photo contest held June 12, 2014. Stewart served on the Reference Committee during ANA’s 2014 Membership Assembly in Washington, D.C. and is currently a member of ANA’s Advisory Committee. Over 160 nurses in Washington, DC advocated on Capitol Hill for issues like safe staffing, safe patient handling & mobility, home health, durable medical equipment, among others. Nearly 255 Congressional meetings were held with lawmakers and their staff and 400 nurses participated virtually. Over 900 letters were sent to Congress and tens of thousands of Tweets and Facebook messages connected nurses across the country with legislators. It was truly an outstanding day. Congratulations Towanda for the great photo, and for the Tennessee group representing Tennessee nurses in Washington!

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**Government Affairs**

**Tennessee State Senate**

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**Tennessee House of Representative**

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Virginia (Ginna) Trotter Betts, MSN, JD, RN, FAAN

Admit it! ‘Aren’t we all really curious about what propels our nursing colleagues to take actions that change health care in both small and large ways? Don’t we want to know what characteristics or experiences engender certain nurses to stand out, to influence others toward change and innovation? And, more important, don’t we all need to know about how we, too, can be leaders and change agents?

I had the opportunity to explore these very questions while developing a chapter for an exciting book titled “Lessons Learned on the Journey to Nursing Leadership: A Preview.” Readers, I think that you, my Tennessee nursing colleagues, will be intrigued by a sneak preview from my chapter in the book entitled “Serving the Public through Policy and Leadership.” The editors asked me permission to give you just a bit of the flavor and the wisdom of the nurse leaders that we gathered in writing this chapter. I hope this brief piece will simply whet your appetite to read the entire book when it rolls off the presses.

In order to explore the lived experience of nurses as leaders, we identified 20 exceptional nurses from across the nation whose careers exemplify achievement in health policy, both public and private, and in local, state, national and international arenas. We chose professional nurses from their early 40’s to their late 70’s, women and men, different ethnicities from a breadth of professional roles, geographic locations and practice specialties. All are exceptional role models whose stories will enable you to recognize that we, as nurses, are more alike than we are different, and we all can develop the expertise, skills, and will, to lead nursing and health care forward.

Four key lessons learned

ONE, almost all of these nurse role models chose nursing in order to be part of a profession that has deep meaning to them. “To have work,” as one stated, “that makes a profound difference in people’s lives.” Just pause to reflect on that one concept. Professional nursing brings to all of us both intrinsic and extrinsic rewards. Intrinsically, each day, we make a positive difference to our patients and their families and our communities. Extrinsicly, our immense value to others is validated by decades of Gallup polls that rank professional nurses as the most ethical and trusted profession by the American public. As one nurse stated, “We need to both treasure and use that trust to advance the best on behalf of our patients and society’s well-being during these complex times.” Thus, what nurses say matters and allows us the opportunity to leverage the public trust into more fulfilling and life-long work through promoting quality health policy for our state.

TWO, while contributions to nursing and policy can be made by anyone with motivation and opportunity, some building blocks serve as a strong foundation. In reviewing the career paths of the nurse leaders interviewed, education as evidenced by advanced degrees, certifications, internships, fellowships, and continuing education was a frequent marker in their success, providing knowledge, skills, and relationships that were both fundamental and motivational as well as a perspective well beyond the boundaries of position, facility, and employment. Conceptualizing nursing as a discipline with a body of knowledge, a Code of Ethics and a contract with society through the profession’s Social Policy Statement becomes critical for professional success.

THREE, every nurse leader interviewed said over and over, “Nursing is so much more than a job!” and went on to emphasize, without exception, the profound and critical role their involvement with professional associations played throughout their careers. Professional association membership (especially ANA, the SNAs, and NSNA) and participation led them both to connect to policy issues and to connect with other policy interested professionals. Like most nurses, their careers began in providing direct patient care in a clinical setting, but over time with encouragement and mentoring, their passion for participation grew in making needed changes in the practice setting and in their professional environments. Many grew upward within their workplace and then outside the workplace into their communities. Membership and active involvement with professional associations and other volunteer activities in their communities provided to them their greatest opportunities for professional development, honing leadership skills and behaviors and shaping a professional mission and career.

FOUR, the nurse leaders we interviewed took risks, spent valuable time and energy, and accepted many, many changes to create improvements in their units, in their organizations, communities, legislatures or regulatory bodies. They insist that becoming a leader includes getting prepared and then saying YES to opportunities as they come along—or making opportunities happen. One said, “Leadership is not an academic experience. It is an experience in life, and it can be messy as it is evolving.” And another, “Stay open to feedback, but walk through the doors of opportunity to lead without waiting for an invitation.” Those initial first steps include getting prepared and then saying YES to opportunities as they come along—or making opportunities happen. One said, “Leadership is not an academic experience. It is an experience in life, and it can be messy as it is evolving.” And another, “Stay open to feedback, but walk through the doors of opportunity to lead without waiting for an invitation.” Those initial first steps include getting prepared and then saying YES to opportunities as they come along—or making opportunities happen. One said, “Leadership is not an academic experience. It is an experience in life, and it can be messy as it is evolving.” And another, “Stay open to feedback, but walk through the doors of opportunity to lead without waiting for an invitation.” Those initial first steps include getting prepared and then saying YES to opportunities as they come along—or making opportunities happen.
The Tennessee Nurses Association and the Tennessee Association of Student Nurses presents the 2014 TNA & TASN Joint Conference! If you are looking for educational sessions to ignite and sustain you in your nursing journey, this is it!

You will want to get settled in at Embassy Suites Friday afternoon, October 10. TNA activities begin Friday at 6 p.m. with TNA’s Welcome Reception, exhibits and the TNF Silent Auction. TNA’s registration desks will open at 3 p.m. for your convenience.

Note: These activities are included in your registration fee unless otherwise indicated.

TNA Achievement Awards Gala
This year will be the inaugural TNA Membership Assembly. All TNA members who attend the Annual Conference will be eligible to vote on all issues, positions, resolutions and policies brought before the assembly. Don’t miss this chance to let YOUR voice be heard!

TFN Silent Auction
The Tennessee Nurses Foundation will hold its ninth TNF Silent Auction and will offer a unique assortment of items for sale with proceeds going to support nurses through TNF’s programs. Donations are being accepted through 9:30 a.m. on Saturday, October 11; the last day of the auction.

Make Plans Now to Attend!

2014 TNA & TASN Joint Conference
October 10 - 12, 2014
Embassy Suites SE – Murfreesboro
Murfreesboro, TN

The purpose of this joint conference is to promote mentoring opportunities between seasoned nurses and nursing students. We ask that you take some time out to get acquainted with the future of nursing while you are with us.

Hotel Information – Embassy Suites – SE Murfreesboro
To make a room reservation at the Embassy Suites – SE Murfreesboro, you may visit http://embassySuites3.Hilton.com/en/hotels/tennessee/embassy-suites-nashville-se-murfreesboro-MBTES/index.html or you may call 1-800-EMBASSY or 615-890-4464 and mention the conference name and the group code of NSS. The special room rate of $139 per night plus tax will be available until the group block is filled and includes a full, made-to-order, breakfast and afternoon cocktail hour. The cut-off date for the discounted rate is Thursday, September 18, 2014. The Embassy Suites – SE Murfreesboro offers complimentary guest parking.

Registration Form

Please Print

Name_________________________________________  Credentials____________________________________

First Name for Badge___________________________  TNA Member I.D.### / RN License#____________________

Address____________________________________________________________________________________

City_________________________________________  State_____________   Zip_______________________________________

Email_______________________________________________________________________________________

Home Phone ______________________________ Cell Phone _____________________  Work Phone________________________

I am a:  □ TNA Member  □ Non-Member  □ Full-time Student  □ Retired  □ New Member  □ First Time Attendee

□ Please change my membership record to reflect the above information.

□ Checking here indicates TNA will not provide your contact data to sponsors, exhibitors or attendees of this event.

□ I require special accommodations to participate in this program. Please specify:

□ Vegetarian Meals  □ Diabetic Meals  □ Food Allergy  Identify Allergy_____________________________

Friday, October 10

Evening Reception _____________________________

Saturday, October 11

Luncheon with Exhibitors _______________________

Awards Gala ____________________________

Sunday, October 12

Boxed Lunch _________________________________

By completing this information TNA can ensure that we provide adequate counts for meal and break functions.

Exhibits & Schools of Nursing Luncheon
The Exhibits & Schools of Nursing Luncheon held Saturday, October 11, allows all attendees to visit with the large variety of vendors who exhibit and learn more about new products and services. It also offers a great opportunity for graduates, from the many schools of nursing, to visit with alumni and give student nurses and seasoned nurses the chance to network and get to know one another.

TNA Overview
Nurses are poised to be leaders in healthcare transformation. This year’s conference will address issues from the boardroom to the bedside. Topics will range from a provocative healthcare financing presentation to new models of patient care. In addition, the joint conference offers a forum for networking allowing plenty of opportunities for you and your colleagues to meet for the first time, or catch up with those you’ve met along the way. Plus, the outstanding Poster Presentation session is a must see.

Membership Assembly
This year will be the inaugural TNA Membership Assembly. All TNA members who attend the Annual Conference will be eligible to vote on all issues, positions, resolutions and policies brought before the assembly. Don’t miss this chance to let YOUR voice be heard!

TFN Silent Auction
The Tennessee Nurses Foundation will hold its ninth TNF Silent Auction and will offer a unique assortment of items for sale with proceeds going to support nurses through TNF’s programs. Donations are being accepted through 9:30 a.m. on Saturday, October 11; the last day of the auction.

Need More Information? Contact TNA by phone 615-254-0350, by FAX 615-254-0303, or by e-mail tna@tnaonline.org, by visiting our website at www.tnaonline.org, or by mail 545 Mainstream Drive, Ste. 405, Nashville, TN 37228-1296.
Meeting Information

Embassy Suites SE – Murfreesboro
The Embassy Suites SE – Murfreesboro Conference Center is headquarters for the TNA & TASN Joint Conference and offers guests a complimentary cooked-to-order breakfast served each morning, a well-equipped fitness center and a Manager’s Reception each evening featuring your favorite beverages and hors d’oeuvres. You’ll enjoy casual dining at the Gateway Grille and Atrium Lounge or visit the many local area restaurants and attractions.

Hotel Parking
Embassy Suites SE – Murfreesboro offers complimentary on-site parking.

Conference Registration – SAVE $25! Register Now!
Regular registration will be available from August 20 through September 30, 2014. On-site registrations will be taken after that time. Please refer to the Registration Form for rate differentials. For additional information contact TNA at 615-254-0350. Note: A $40 service fee will be charged for returned checks.

Meeting Attendance
Only paid registrants, displaying an official TNA conference name badge, will be allowed entrance to conference program events.

Attire
Attire at educational and business sessions is business casual. Note: temperatures in the hotel can fluctuate so please dress accordingly. A jacket is recommended.

ADA Compliance
Embassy Suites SE – Murfreesboro will comply, to the best of its abilities, with the Americans With Disabilities Act. In order to offer this program to all interested parties, please indicate any special needs on the registration form.

Cancellations
A refund of registration fees, less a $45 processing fee, will be made upon receipt of a written cancellation request postmarked no later than Monday, September 29, 2014. No refunds will be made after that date.

IRS Statement
Registration fees are not deductible as charitable contributions for federal income tax purposes. Generally, registration fees can be deducted as an ordinary and necessary business expense.

Continuing Education
The Tennessee Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses who attend the entire conference program will be awarded a maximum of 5.5 contact hours. If you only attend a portion of the conference, you may receive CNE credit for each session you attend. You must attend the entire session and complete and sign the Attendance Verification/Certificate Form listing each session you attended. Attendance Verification/ Certificate Forms must be turned in at the close of the conference.

Disclaimer
TNA will make every effort to ensure information herein is accurate at the time of publication. TNA will not be held liable for misprints, omissions, changes or alterations.

Disclosure
A portion of what you pay for overnight accommodations is rebated back to TNA by the hotel to assist in underwriting the cost of the conference. Please help keep the registration cost low by booking your room through the TNA room block at Embassy Suites SE – Murfreesboro.

Murfreesboro Area
Embassy Suites SE – Murfreesboro is adjacent to The Avenue Murfreesboro providing convenient shopping and dining options. Numerous historical sites in the area include the Stones River National Battlefield, Cannonsburgh Village, The Sam Davis Home and the Oakland Historic House Museum.

Ways to Register
Secure Online Registration: Visit TNA’s website at tnaonline.org to register online. Online registration fees may be paid with a credit card through our secure website. If you choose to pay by check or money order, your registration will not be processed until your payment is received at the TNA office.

Mail: If you do not wish to register online, you may use the conference registration form beginning on page 7, access a printable version of the registration form at tnaonline.org, or contact TNA at 615-254-0350 for a form. Mail your two-page registration form to TNA, 545 Mainstream Drive, Suite 405, Nashville, TN 37228-1296. Include credit card number, check, or money order payable to the Tennessee Nurses Association. Do not send cash in the mail.

Fax: 615-254-0303. Faxed registrations are for credit card payments only. Please contact TNA to confirm receipt of faxed registrations. For additional information, contact TNA at 615-254-0350.

NOTE: Only MasterCard and Visa are accepted.

The Tennessee Nurses Association appreciates those who helped develop this event, especially the TNA Committee on Education members:
Mary Lynn Brown
Francisca (Chita) Farrar
Tommie Norris
Billie Sils
Karen Ward
Georgia Washington

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![Conference Registration Options Form](Image)

### Conference Registration Options - Friday, October 10 through Sunday, October 12, 2014

**Full Registration**
Includes Friday’s Welcome Event featuring exhibitors, food, music, silent auction opening and networking opportunities, attendance to all educational activities, entrance to Saturday Awards Gala, Exhibit Hall, Saturday Luncheon, all Breaks and Membership Assembly activities.

**Saturday Only**
Includes educational activities for the day, entrance to Exhibit Hall, Luncheon, Awards Gala, and Breaks.

**Sunday Only**
Includes educational activities for the day, Breaks, Boxed Lunch, and Membership Assembly.

**Guest Tickets (Additional Guests Only)**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Quantity Ordered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guest Ticket Pricing</td>
<td>$30 each</td>
</tr>
<tr>
<td>Saturday - Exhibits and Schools of Nursing Luncheon</td>
<td>$45 each</td>
</tr>
</tbody>
</table>

**Total Amount Due — Registration & Guest Tickets**

**PAYMENT METHOD**

- [ ] Check
- [ ] Employer Sending Check
- [ ] Employer

**Credit Card**

- [ ] American Express
- [ ] MasterCard
- [ ] Visa

**Name of Card Holder**

**Address of Card Holder**

**City, State, Zip**

**Credit Card Number**

**Expiration Date**

**3-Digit Authorization Code (Located on back of card)**

**Signature**
Kathleen M. Parrinello, Ph.D.
Executive Vice President and Chief Operating Officer
University of Rochester Medical Center, Strong Memorial Hospital
Rochester, NY

Kathy is the Chief Operating Officer for UR Medicine’s Strong Memorial Hospital, serving residents in the greater Rochester and upstate NY region. In this 830 bed academic medical center she provides all levels of quaternary, tertiary and primary care services. Kathy has also held the position of Practitioner/Teacher in the Surgical Services Department at Rush Presbyterian Medical Center in Chicago, Illinois. Kathy has served on numerous community boards; has led Community wide and multisite initiatives; served as a board member on the Greater Rochester Community Technology Assessment Advisory Board; and serving as board member and committee chair of Visiting Nurse Service, Kathy holds two academic appointments at the University of Rochester, Associate Professor in the School of Nursing and Clinical Associate Professor of Public Health Sciences in the School of Medicine and Dentistry. She is a Fellow in the American College of Healthcare Executives and is the author of several publications on clinical practice and administration.

R. Lawrence Van Horn, Ph.D., MPH, MBA
Associate Professor of Economics and Management
Executive Director of Health Affairs
Vanderbilt University Owen Graduate School of Business

Larry Van Horn is Associate Professor of Economics and Management and Executive Director of Health Affairs at Vanderbilt University’s Owen Graduate School of Management, where he oversees the Health Care MBA and Master of Management in Health Care programs. His research has appeared in leading academic journals including The Journal of Health Economics, Journal of Law & Economics, Management Science & Operations Management, New England Journal of Medicine and Harvard Business Review. In addition to his academic duties, Van Horn is a regular speaker on health care economics and policy for corporate clients across the country. Professor Van Horn holds a Ph.D. from the University of Pennsylvania’s Wharton School.

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2014 TNA & TASN Joint Conference

NURSES TRANSFORMING HEALTHCARE: A WORLD OF OPPORTUNITY

TNA–TASN Joint Conference
October 10–12, 2014
Embassy Suites SE - Murfreesboro
1200 Conference Center Boulevard
Murfreesboro, TN 37129

Presented by the TNA Board of Trustees, donations are now being accepted through 9:30AM Saturday, October 11, the last day of the event.

Items suggested for donations include, but are not limited to:
- autographed sports items
- tickets to the Metropolitan Nashville Pops
- restaurant/spa/present gift certificates
- a week of vacation at a time share
- homebrew kit
- jewelry, apparel, paintings, gift baskets, etc.
- antique nursing books and prints
- share some lovely items that you would rather stop dusting

A donation form is in this issue or for complete details visit tnanline.org. From the “Home” page, click on the conference link: the Tennessee Nurses Foundation link. or call 615-234-9350

Help Support A Nurse!

NINTH ANNUAL
TNF Silent Auction

October 10–11, 2014
Embassy Suites SE - Murfreesboro
1200 Conference Center Boulevard
Murfreesboro, TN 37129

Presented by the TNF Board of Trustees, donations are now being accepted through 9:30AM Saturday, October 11, the last day of the event.

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- jewelry, apparel, paintings, gift baskets, etc.
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FREE to Nurses!
Happy Fall to all Tennessee nurses. As the leaves begin to turn and fall it is time to reflect on a year of blessings and look forward to more. The Tennessee Nurses Foundation has had a great year and we are looking forward to another year with more offerings to nurses in Tennessee. The Foundation Board of Trust would like to thank every nurse who purchased and renewed their license plates. The monies collected from this effort are being spent on scholarships, mentoring project and other items to help nursing as we move forward into a new year.

It is such a joy as you drive throughout the state and see that license plate on the cars you pass. If you don’t have one yet and would like to support nurses in our state, please, join us with a Nurses Change Lives license plate on your car.

It is time to begin thinking of attending the joint TNA/TASN conference on October 10-12, 2014 at the Embassy Suites in Murfreesboro. There will be a Silent Auction again this year and we are asking for donations of items for the auction. If you have donations for the auction you can bring them with you, give them to another member attending or send them to the office on Mainstream Drive. As you send in your items don’t forget to fill out, and send with the item, a donation form. You can retrieve a copy of the form from the website – www.tnaonline.org and click on the TNF link or a copy is in this paper. We are also selling donated books and videos again this year as that was a big hit last year. The auction is a good time to buy those special presents for the upcoming holiday seasons and birthdays.

I look forward to seeing you at the conference.

Tennessee Nurses Foundation

The University of Tennessee at Chattanooga is an equal employment opportunity/affirmative action/Title VI/Title IX/Section 504/ADA/ADEA institution.

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Janice Harris, MSN, RN, TNF President

The Tennessee Nurse Page 11
Government Affairs

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The Tennessee Nurses Association (TNA) Government Affairs (GOVA) committee, in coordination with the TNA APRN committee, recently conducted a survey of Tennessee APRNs to gauge the level of support for introducing and promoting full practice authority (FPA) legislation. Preparations are underway by TNA to advance FPA legislation in Tennessee. To be successful, we must build the case for the value of FPA to all Tennesseans, equip nurses with the knowledge and skills for effective advocacy and leadership, and engage a broad base of support among nurses and others. The survey, developed at the request of an important Tennessee legislator, assessed the willingness to support the passage of FPA among Tennessee APRNs and others. The survey was a convenience sample with a total of 515 respondents, 57% Examiners. Respondents overwhelmingly support FPA (see Figure 1) and provided informative comments. One respondent said, “Research has shown that APRNs have just as much success with positive patient outcomes as physicians do. With the shortage of primary care providers, it is a thoughtful decision to open up practicing for APRNs so that the citizens of Tennessee can better be served”. Another respondent noted, “NPs will play an ever increasing role in meeting the health care needs of our Nation. Putting unnecessary barriers in our way only serves to maintain an MD-centric healthcare system that is antiquated and failing”. There were comments in support of a graduated granting of FPA.

Willingness to support the passage of FPA varied among respondents as shown in Figure 2.

Figure 1: Do you support FPA for APRNs?

Figure 2: Which of the following things are you willing to do to support the passage of FPA legislation?

Less than half of the survey respondents belong to a regional APRN group. When asked to identify regional group affiliation, many respondents listed a national group. This could be problematic as practice authority is currently under the jurisdiction of state, not federal, government. Several implications were derived from the survey results. More information about other states’ experience with graduated FPA is needed. TNA membership among APRNs needs to be increased. To accomplish this, TNA needs to make the case why membership matters and spread the message wide and far.

Several opportunities were identified. These include: TNA can increase effectiveness by better aligning and coordinating with APRN groups across the state; coordinating communications and advocacy efforts across the organization (e.g., the GOVA and APRN committees could be a powerful pair); and collaborating with other organizations interested in improving health and health care to create synergies and maximize the impact of efforts and resources.

An important collaboration related to FPA is the partnership between TNA and the Tennessee Action Coalition (TAC). TNA will lead legislative efforts and grassroots advocacy among nurses and other stakeholders. As a complement to these efforts, the TAC will provide resources and programming to equip nurses now with knowledge, skills, and resources necessary to achieve FPA. The TAC has two upcoming events of interest related to FPA: A Legislative Boot Camp to be held November 14, 2014, at Legislative Plaza and the year-long Tennessee Policymaking Academy set to launch in January 2015. You are encouraged to visit the TAC website for more information about these events: https://tac.tennessee.edu/Pages/default.aspx.
The past few years has wrought enormous change for providers prescribing pain medications in the state of Tennessee as well as across the nation. States such as Washington and Utah have adopted chronic pain guidelines for practitioners within their state. According to the CDC, Tennessee has been ranked #2 over the past few years in opioid prescribing. Due to these figures, there has also been a rise in neonatal abstinence syndrome and overdose deaths. With these staggering developments, it became evident that Tennessee was in need of chronic pain guidelines. I was asked in 2012 to set in on the Chronic Pain Task Force for the state of Tennessee as a clinical expert – the only nurse practitioner on the task force. The chronic pain guidelines have been created and will slowly be rolled out over the next few years. With the adoption of the chronic pain guidelines, pain management offices have been inundated with patients in need of chronic pain treatment. Many primary care providers are choosing not to prescribe any opiates at all, creating an influx. The creation of the chronic pain guidelines for Tennessee was meant to curtail high doses of opiates and encourage referral of those patients thought to need the higher dosing of medications. It was never the intention of the stop providers from providing opiate dosing under 100 milli-equivalents of morphine to appropriate patients needing chronic therapy. As a Pain Management Nurse Practitioner, my office has been deluged with patients in need of chronic pain consultations. I would like to give you a glimpse into a day in the life of a Pain Management Nurse Practitioner. Due to the influx of patients in need of consultation, much of my day can easily be spent looking through patient referrals from providers around our area. In 2013, there were fifteen registered pain clinics in Shelby County, a small number for those patients needing treatment. Many of those offices are currently not taking new patients. This has created an even larger influx for those pain offices who are taking new patients.

As patients are scheduled for appointments in my office, there is a lot of work to do before the patient meets, from clinical and other leadership to policymaking priorities. We have three scheduled leadership events for young nurses to brainstorm and network about the future, we have three scheduled leadership events for nurses. These three events have been designed to install capabilities that ensure the high standards of nursing are met, from clinical and other leadership to policymaking and more.

**Legislative Boot Camp**

Legislative Boot Camp is an opportunity for APRN leaders from across the state to meet Friday, November 14, 2014, to strategize and learn practical skills for coordinating regional initiatives to advance legislative priorities.

The camp will be held at the Legislative Plaza in Nashville with a keynote address from a representative from another state involved with full practice authority legislation along with skills-based and informational sessions on legislative advocacy and networking opportunities. Participation is limited to 30 selected Tennessee nurses.

**Tennessee Policymaking Academy**

The Tennessee Policymaking Academy is a year-long program designed to equip nurses with the skills and knowledge necessary to advocate for policies that improve healthcare. Each selected participant will be paired with a mentor to assist the participant throughout the experience.

An educational summit and networking session in Nashville kick-off the mentored experience in January 2015.

Since commissioned, the Tennessee Action Coalition (TAC) has been advocating for patients to receive the highest quality of care. It’s our mission to ensure that all Tennesseans have access to high-quality care. Today, we’re going to talk about the future of healthcare even further as the TAC continues to ensure that all Tennesseans have access to high-quality patient centered health care. With nurses leading and helping to create health care systems, the TAC is speaking to the needs of a more active and long-term health system development.

For more information about the Tennessee Policymaking Academy, please visit their website at [Tennessee Policymaking Academy](http://www.tnactioncoalition.org/).
Global Education: Macau Student Exchange

by: Leslie McKeon, RN, PhD, NEA-BC

Three senior BSN students from Kiang Wu Nursing College of Macau joined the University of Memphis Loewenberg School of Nursing (LSON) students and faculty to explore this summer to experience American healthcare and nursing practice. In China, clinical education occurs after graduation through an internship, but subsequently, this exchange program was the students' first introduction to clinical nursing prior to their graduation. Kiang Wu Nursing College is located in Macau, a China peninsula situated near Hong Kong. A former Portuguese colony, Macau has one of the highest life expectancy in the world; tourism and gambling are the primary industries. The college, founded in 1923, is an international academic institute integrating Chinese and Western culture. Accordingly, the College places great emphasis on international exchanges, sponsoring senior students for programs in central Asia, England, Brazil, Australia, and the United States.

This exchange program is one of many global partnerships forged by Dr. Lin Zhan, LSON Dean. Since 2000, LSON has collaborated with several Asian universities, assisting them to better prepare BSN and MSN graduates through nursing faculty development and transforming a traditional medicine-based nursing curriculum to be in line with AACN BSN essentials.

The LSON worked collaboratively with Macau for many months, making detailed plans for this student exchange. Wan Cheng Man, Ao Ka Meng, and Lam Mei Ieng arrived on June 1st after visiting New York and other U. S. cities. To ease communication barriers, English names, Teresa, Mina, and Gloria respectively. The students stayed at the University of Memphis Scholars Guest House. The first order of business was obtaining visas and then attending a welcome dinner with faculty and staff. The following morning they joined 4th semester Pediatric Nursing students for class and clinical.

Professor externally, course instructor, started the exchange by asking the students to introduce themselves and share their reason for entering nursing school. Sherry Spano, LSOn student, reflected on the similarities of the cultures:

"While we all have differences in our background, age, ethnicity, and even culture, we all share a passion to care for others in need; we all have been affected by our own or a loved one's personal experience as a patient; and we all want to be a diligent, honorable, and caring nurse to ensure excellent patient care."

The Macau students participated in a 2-day observational experience at LeBonheur Children's Hospital. Students were provided LSOn student uniforms and a case study to be presented at an official identification. The LSOn students were excited to share this experience with the exchange students because there are no children's hospitals in Macau.

To improve the exchange experience, the Macau students recommended that LSOn provide an overview of the U. S. nursing system prior to attending class. They also suggested more class time and simulation activities, and a visit to St. Jude Children's Research Hospital.

In 2013, LSOn plans to host a larger cohort of Macau students and begin a student exchange program at the Lambuth Campus in Jackson, TN with the Nrupur Institute of Nursing and Research in India. These programs, together with our other international partnerships, demonstrate LSOns commitment to promote health of global communities and enhance cultural awareness among our nursing students.

Dr. McKeon is the Assistant Dean, Student Affairs at the University of Memphis Loewenberg School of Nursing. She is also an Associate Professor for the undergraduate and graduate programs.
District 1

President: Connie McCarter

TNA District 1 Legislative Forum was held on July 15, 2014 in Memphis at Jason’s Deli meeting room on Poplar Avenue prior to early voting for the primary election. RNs, interested constituents, and legislative, judicial, and local candidates over Shelby, Fayette, Lauderdale, Dyer, and Tipton Counties came together to discuss problems constituents and others in Tennessee face, the burden of these problems and their position regarding proposed legislation.

Connie McCarter, District 1 President, welcomed everyone with the Tennessee Nurses Association mission to advocate for nurses and the profession of nursing, promoting and protecting the registered nurse, advancing the practice of nursing, and ensuring Tennesseans have improved health and healthcare. McCarter announced the next forum planned for September 23, 2014 at Jason’s Deli meeting room on Poplar Avenue in Memphis prior to early voting for the general election.

Jackson Baker, writer with the Memphis Flyer alternative newsweekly, serving the metro Memphis area questioned candidates regarding proposed legislation regarding Medicaid expansion or healthcare compacts for healthcare provision, independent prescribing and APRNs, handling illegal immigrants’ health issues, helmet exemption, LEA mailings to families of students related to handling illegal immigrants’ health issues, and required suicide prevention training.

Candidates present included Dr. George Flinn, U. S Senate, Registered Nurse, Dana Matheny, US Congress, 8th congressional district, Incumbent Steve Cohen, US Congress, 9th congressional district while in DC, sent a representative, James Finney; Lee Harris, TN Senate District 29; Doris Deberry-Bradshaw, TN House, District 91; Incumbent Representative G.A. Hardaway, and Colonel G. Billingsley, District 93; and Dwayne Thompson, District 96.

District 2

President: Billie Phillips

District 2’s September 11, 2014 meeting will be held just before you receive this quarterly issue. Addressing professionalism in the workplace, will be the topic of discussion. Our next Board Meeting is scheduled for November 6, 2014 at LMU-Cedar Bluff Campus and then plan to join us on November 8 for a prevention and response program co-sponsored by TNA District 2 and Stewards of Children. The program, entitled Prevent Child Sexual Abuse – With 5 Steps to Protecting Children, will be held at LMU-Cedar Bluff Campus. Visit www.tnaonline.org and click on District Associations for details of this and all of District 2’s upcoming events.

District 4

President: Buffy Phillips

District 4 is comprised of twelve counties in Upper East Tennessee including Carter, Cocke, Grainger, Greene, Hamblin, Hancock, Hawkins, Jefferson, Johnson, Sullivan, Unicoi, and Washington. Find out about meeting times/activities on our Facebook page, Tennessee Nurses Association, District 4 OR by going to www.tnaonline.org and look under District Associations.

Currently, the membership is being surveyed for their input. This information will be used for future meetings/activities.

On July 24, 2014, Tennessee Nurses Association, District 5, was invited to come to the Greenville Astros vs Kingsport Mets at Pioneer Park on Tusculum campus. The district was recognized during the game. The following nurses came with their friends and family: Cathy Forbes, Kathleen Jones, Teresa A. Martin, Wendy Nehring, Jennie Walls, Sandra Wells, and Elaine White. Everyone had a great time.

Our next meeting will be August 28, 2014, at the Olive Garden in Johnson City. Social/networking at 6:00pm and meeting at 6:30 pm. The speaker will be Jarrod Holman with Accuvein. Accuvein digitally displays a map of veins on the surface of the skin in real time, allowing clinicians to verify vein patency and avoid valves or bifurcations. More effective venipuncture procedures with less patient discomfort result in higher patient satisfaction. Accuvein is available to clinicians in our local hospital systems. Appetizers and non-alcoholic drinks will be provided by the speaker.

Watch the Tennessee Nurses Association, District 5 Facebook page OR under District Associations on www.tnaonline.org for the future meetings on October 23 and December 5, 2014.

District 9

President: Angel Brewer

We had a district meeting at Mauricio’s restaurant in Cookeville on July 15. We had a great meeting with a nice turnout of members and guests from other districts. One of the restaurant owners came to our table and thanked us as a nursing group for the care he received recently at his local hospital, Cookeville Regional MC. He said that when he did not get a flu shot, then contracted the flu, resulting in him getting critically ill and being placed on a vent for several days. He complimented all nurses and stated we saved his life!

Left to right: Florence Jones, President-Elect TNA District 1; Connie McCarter; Dr. George Flinn, US Senate; Background: Towanda Stewart, Director, TNA District 1; Ellen Morris, TNA member District 1; Dr. Peggy Strong, Director of the Tennessee Institute for Leadership and Policy, TN Action Coalition

Left to right: Connie McCarter; Lee Harris, TN Senate District 29, Democrat; Marqueta Abraham

Left to right: Connie McCarter; Peggy Strong, Director of the Tennessee Institute for Leadership and Policy, TN Action Coalition; G. A. Hardaway, Senior, TN House 93rd District, Democrat

Left to right: Dr. George Flinn, U.S. Senate, Republican; Dr. Diana Baker, TNA Member

Left to right: Dr. Geoff Diaz, Shelby County Commission District 10, Republican; Stephen Lee Hale, TN House District 94, Republican; Julia Jones, TN Senate District 29, Republican; Keith Alexander, Shelby County Assessor of Property, Republican; Doris Deberry-Bradshaw, TN House District 91, Democrat; Mark Ward, Criminal Court Judge-Division 9, 30th Judicial District; Criminal Court Judge, Division 5, 30th Judicial District; Jim Lammey, Criminal Court Judge Division 5, 30th Judicial District; Dana Matheny, RN, US House 8th Congressional District, Republican; Bobby Carter, Criminal Court Judge, Division 3, 30th Judicial District

Left to right: Billie Phillips

Connie McCarter

Teressa Martin
Deductible Amounts

- Full ANA/TNA: $290 @ 63.07%—deduction $182.90
- Reduced ANA/TNA: $145 @ 63.07%—deduction $91.45
- State-Only: $199 @ 83.30%—deduction $165.77

Congratulations!

Part Of Your ANA/TNA Dues Are Tax Deductible!

You are allowed to deduct, as a professional/business expense, the percentage of dues that are NOT used by ANA or by TNA for political activities such as lobbying at the legislature. In 2014, the non-deductible percentage for ANA’s portion of the dues is 22.23%. The non-deductible percentage for TNA’s portion of the dues is 16.79%.

I was 17 years old the first time I was hospitalized for mental illness. After that, I spent more than a dozen years on a roller coaster of getting better and getting worse. I dropped into and out of care depending on how poorly or well I felt. I was willing to take medications or seek therapy when my symptoms interfered with my life, but I stopped them when I felt better. Finally, in my early 30s, I accepted the fact that having bipolar disorder is a chronic condition for which I will need medication for the rest of my life. The next 10 years were more stable than the years that preceded them. I took my medication every single day. I tried to get adequate exercise and sleep, both of which help me feel better. That isn’t to say it was always smooth sailing. I had episodes that required adjusting the dosage of my primary medication and, at times, adding additional medications. But overall, my bipolar disorder was fairly well controlled.

Last spring, without warning, everything changed. I had a severe depressive episode. I had forgotten how consuming and awful depression is. I was constantly exhausted; it could take hours of napping to recover from a short period of activity. My brain felt like mud. I could not think or concentrate. I did things that I usually would enjoy, that I wanted to enjoy, but I found no pleasure in them. I cried for no reason. There are no words to adequately convey the horrific and overpowering darkness of depression.

In addition to feeling terrible, I was terrified. I had convinced myself that as long as I took my medication and went to my psychiatrist regularly, I would never be that sick again. But it happened anyway. It was frightening. I was even more frightened that I would not recover. I repeatedly recited a mantra in my head, “You have gotten better before, you will get better again.” As if my life depended on it. And it may well have. After a few months, with the help of new medication and cognitive-behavioral therapy, I did get better. I also benefited from a great deal of love, support, faith, and grace.

During this time, I was often so sick and tired that I didn’t have the energy to put on a good face and conceal my illness, as I had always felt the past. While most of my close friends knew I had bipolar disorder, I had never been completely open about it beyond my inner circle. This time, when people saw me, they didn’t see just myself; I told them what was wrong. While many were empathetic, others commented, “Why are you depressed when you have so much in life going for you?” or “You just need to get up and out, go exercise, think positively, etc.” I know they didn’t mean to be hurtful, but their comments reflect a lack of understanding of mental illness that is pervasive.

As I began to feel better, I felt a strong need to be more public about having bipolar disorder. I was frustrated that there are still so many misconceptions about mental illness. I was reminded, yet again, that I have been one of the fortunate ones. Frequently, I see individuals who are obviously mentally ill, and I know how thin the line is between me and them, and how much of that line is simply luck. I have always had health insurance and thus the ability to access care and get treatment. I have found medications that work for me as well as wonderful physicians and therapists. I have loving and supportive family and friends.

Last June, a close friend of my sister and her husband committed suicide after a long battle with mental illness. When my sister called to tell me, I told her how sad I was that we didn’t have health insurance; she told me that she had health insurance and so had her husband and how that meant they could access the care they needed. I told her how sorry I was that that was the case for her and her family. She told me she had been one of the fortunate ones. Frequently, I see individuals who are suffering from mental illness. I hope my personal experience will encourage all of us to share our stories. We can help remove the stigma and fear that surround mental illness. Believing mental illness is shameful and should be kept a secret has to stop. People are not embarrassed or reluctant to say they have diabetes or hypertension or other common health conditions. I want to acknowledge and share my story.

Second, I stand to remind you that mental illness is widespread and the faces of those who are affected are not always the faces you might expect. I have a successful career as a clinician, I have a family of children, I have a serious mental illness. My face is one of the millions of people in the United States experiencing mental illness. One-fifth of adults in the United States have a diagnosable mental illness in a given year, and 5% of US adults suffer from a serious mental illness that substantially interferes with limits their life activities.

Finally, I want to call my fellow midwives and other health care providers to action. More than half of US adults with mental illness are not getting mental health care, and one-fifth of adults who have a diagnosable mental illness are often unwilling to discuss it. One of our friends referred to mental illness as a fatal disease; indeed, one-third of individuals with bipolar disorder attempt suicide. [1] Suddenly the idea of an editorial as a testimony and a call to action was no longer optional, it was imperative. I wrote my first draft last August and have spent the months since deciding whether to publish it. I have had lengthy conversations with family and friends about the implications for my personal and professional life. Throughout this time, I have had repeated signs and increasing conviction that it is the right thing to do.

Why do I feel compelled to tell my story in this public and professional forum? First, I want to fight back against the stigma and fear that surround mental illness. Believing mental illness is shameful is shameful and should be kept a secret has to stop. People are not embarrassed or reluctant to say they have diabetes or hypertension or other common health conditions. I want to acknowledge and share my story.

If you have been touched by mental illness, the first draft of my manuscript is available at kdenton@tnaonline.org or call 615-254-0350 to place your website banner today!

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References Available Upon Request.

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Dr. Florence Jones and Terrica Adams, both from District 1, co-authored an article that ran in the Infection Control Today publication entitled Success Story No “Bed” Bugs.

Gloria Burness, RN

Calvary Church of the Nazarene in Memphis has awarded Gloria Burness and her husband, Walter, with The Distinguished Service Award for their unending mission work, as well as Gloria providing nursing care to those in need in the Shelby County area as well as around the world. Gloria has worked in pediatrics at Methodist University Hospital.

Dr. Florence Jones and Terrica S. Adams, both from District 1, co-authored an article that ran in the Infection Control Today publication entitled Success Story No “Bed” Bugs.

Gloria Burness

April Freeman

April Freeman, of TNA District 2, is currently teaching health science classes at Anderson County Career & Technical Center (ACCTC), and is also a sexual assault nurse examiner, as well as a part time FNP student. She was summoned recently to the ACCTC courtyard to help with a student having a seizure. When Freeman arrived the student was unresponsive with no pulse or respirations. The student was on the student alongside of her husband, who is an administrator at the school, and initiated CPR and used the AED to save her life (per her cardiologist at children’s hospital). Freeman has recently received a Certificate of Appreciation from Governor Haslam and the Anderson County EMS, as well as letters of appreciation from the superintendent of schools and Senator Rand McNally.

Rene A. Love, DNP, PMHCNS/NP-BC

Rene Love, Assistant Professor and Director of the Vanderbilt University School of Nursing Psychiatric Mental Health Nurse Practitioner (Family) Program, was recently inducted as a Distinguished Scholar and Fellow in the Nursing Academy of the National Academies of Practice. Dr. Love was selected for Fellowship based on her extensive clinical practice and scholarship focusing on trauma. She has received funding through the Tennessee State Department of Education to work with schools on post-crisis recovery. Further, she integrates practice and scholarship working with women in recovery from prostitution and addiction.

Kimberly A. Sell, RN, PhD

Ruth Willard, MSN, RN, MBA

Ruth Willard assumed the role of chief nursing officer for TriStar Stone Crest Medical Center on June 23. She joins the Smyrna hospital from HCA’s Lewis Gale Medical Center, a 521-bed tertiary care center in Salem, Va., where she has served as associate chief nursing officer for the past two years. During that time, the hospital achieved Primary Stroke Certification by The Joint Commission, enhanced the patient care experience, expanded telemetry services, and pushed for nearly one-third of the hospital’s nurses to be certified through a clinical ladder program.

Distinguished Service Award

The Distinguished Service Award is presented to a nurse who has contributed significantly to the advancement of nursing and/or education. Nominees are evaluated on their professional accomplishments, leadership, and contributions to the field of nursing. The award recognizes the recipient’s dedication and commitment to excellence in nursing.

New/Reinstated Members

District 01


District 02

Carolyn Alley, Susan Blaine, Melinda J. Bruer, Tammy R. Dean, Carrie Fry, Aimee Gardner, Allison Gonzalez, Katherine Kotianas, Christy Lynn Lean, Helene A. Mazarakes, Malinda Monsey, Sarah Peddicord, Cynthia L. Ryan, Mary E. Salerno, Jodie Schnitman, Courtney Leigh Seals, Jennifer Ward

District 03


District 04

Kenneth L. Anderson, Joy Brown, Sara L. Campbell, Michelle Cortese, Bridget Hall, Kelly Hathaway, Sabrina Darlene Higdon, Mary L. Morrison, Vanessa Moser, Angela Dawn Scarborough, Renee Vandiver

District 05

Sara Brittany Ball, Retha Hess, Deborah G. Hodge, Lisa C. Kirk, Rachel Palermo, KariAnne Whitney, Freshour Proctor, Robert D. Reynolds, Barbara Ellen Taylor

District 06

Kimala Rush

District 08

Constance Bernet, Julie N. Bomom, Claudia P. Davis

District 09

Julie Macchelle Moore, Charles Olsen

District 10

Yvette Cooper Barton, Barbara F Glisson, Melinda Ann Knott, Natalie Montana, Joy Thomason

District 12

Sandra Jean Tharpe

District 15

Renee Cleverger, Terri Sue Gay, Elizabeth Ann Sherfy, Kara Urban, Kathryn Elisabeth White, Wanda Louise Wicker, Ruth Collins Willard

Kimberly A. Sell

Ruth Willard

Geri Reeves, PhD, FNP

Geri Reeves

FNP Director Geri Reeves, named as 1 of Top 25 NP Program Professors by Nurse Practitioner Schools! Geri Reeves is an Assistant Professor and Specialty Director for the Family Nurse Practitioner Program at the Vanderbilt University School of Nursing. Dr. Reeves was also instrumental in orchestrating a partnership between Vanderbilt and the high school at Lipscomb Academy in order to address the shortage of qualified nurses in the U.S.
American Nurses Association/Tennessee Nurses Association Membership—It’s Your Choice! It’s Your Privilege!

Tennessee Nurses Association Membership Application

545 Mainstream Drive, Suite 405 • Nashville, TN 37228-1296 • Phone: 615-254-0350 • Fax: 615-254-0303
Please type or print clearly. Please mail your completed application with payment to TNA, 545 Mainstream Drive, Suite 405, Nashville, TN 37228-1296.

Last Name_________________________ First Name_________________________ Middle Initial □
Street or PO Box Number_________________________ Nickname_________________________
City_________________________ State_________________________ Zip_________________________ County_________________________
Last Four Digits of Social Security Number_________________________ Email_________________________
Home Phone_________________________ Work Phone_________________________ Cell Phone_________________________
Home Fax_________________________ Work Fax_________________________ Pager_________________________
Employed #_________________________ as_________________________
Employer’s Address_________________________ Company_________________________
Academic Degree(s)_________________________ Certification(s)_________________________
Graduation from basic nursing program (Month/Year)_________________________ /    RN License #_________________________ Date of Birth_________________________ /    /    

SPONSORED BY: __________________________________ SPONSOR’S DAYTIME PHONE NUMBER_________________________

Communications Consent
I understand that by providing my mailing address, email address, telephone number and/or fax numbers, I consent to receive communications sent by or on behalf of the Tennessee Nurses Association (and its subsidiaries and affiliates, including its Foundation, Districts and Political Action Committee) via regular mail, email, telephone, and/or fax.

COMMUNICATIONS CONSENT ____________________ DATE ____________________

Membership Categories (please choose one category)
□ ANA/TNA Full Membership Due
Employed full or part-time $243.67 per month or $2,924.00 annually. Includes membership in and benefits of the American Nurses Association, Tennessee Nurses Association and the TNA District Association.

□ ANA/TNA Reduced Membership Due
Newly-licensed graduates, not employed, RNs who are full-time students, or age 62+ and not earning more than Social Security allows. $12.59 per month or $150.00 annually. Includes membership in and benefits of the American Nurses Association and the TNA District Association.

□ ANA/TNA Special Membership Due
62+ and not employed, or totally disabled. $6.54 per month or $78.00 annually. Includes membership in and benefits of the American Nurses Association, Tennessee Nurses Association and the TNA District Association.

□ TNA Individual Membership Due
Any licensed registered nurse living and/or working in Tennessee. $17.00 per month or $204.00 annually. Includes membership in and benefits of the TNA, Tennessee Nurses Association and the TNA District Association.

American Nurses Association Direct Membership is also available. For more information, visit www.nursingworld.org.

Dues Payment Options
☐ Please check only one
□ Automatic Monthly Payment Options
This is to authorize monthly electronic payments to American Nurses Association, Inc. (ANA). By signing the line, I authorize ANA to withdraw $1/2 of my annual dues and any additional service fees from my account when completing your application or on the date designated above. Membership is automatic at the expiration date of the current term. Automatic Monthly Payment Authorization Signature □
☐ Automatic Annual Credit/Debit Card Payment
This is to authorize annual credit card payments to American Nurses Association, Inc. (ANA). By signing below I authorize TNA/ANA to charge the credit card listed below for the annual dues on the 1st day of the month when the annual renewal is due. Annual Payment Authorization Signature □
☐ Annual Payment
Make check payable to TNA or fill out credit card information below.

Employed full or part-time $243.67 per month or $2,924.00 annually. Includes membership in and benefits of the American Nurses Association, Tennessee Nurses Association and the TNA District Association.

□ 1. New
       Membership Type: 1. Full (100%)
□ 2. Reinstated
       Membership Type: 2. Reduced (50%)
□ 3. Reinstated
       Membership Type: 3. Special (25%)
□ FALL
       Membership Type: 4. TNA Individual
       Expiration Month: 4. PO
       Expiration Year: 5.
       Amount Enclosed: ____________________ 
       Amount Discounted: ____________________ 
       Approved By: ____________________ 
       Today’s Date: ____________________

Automatic Monthly Payment Authorization Signature □
☐ Automatic Monthly Payment Authorization
Please enclose a check for the first month’s payment, which will be drawn on or after the 15th day of each month using the account designated by the encroached check.

☐ CREDIT/DEBIT CARD: Please complete the credit card information at right and this credit card will be debited on or after the 1st of each month (VISA and MasterCard Only).

☐ Authorization to Bill My Employer □
☐ Automatic Annual Credit/Debit Card Payment Authorization
□ MasterCard (Available for Annual or Monthly Draft Payments)
□ VISA (Available for Annual or Monthly Draft Payments)
Exp. date ____________________ Verification Code ____________________
Signature ____________________

Continuous Membership (Please check one)
□ Yes, I want to continue my membership in TNA for the remainder of the year.
□ No, I do not want to continue my membership in TNA for the remainder of the year.

To Be Completed by TNA Staff
State ____________________ District ____________________ Expiration Month ____________ Expiration Year ____________
Membership Status: Membership Type: Bill Method:
□ 1. New
□ 2. Reinstated
□ 3. Special (25%)
□ FALL
□ 1. A
□ 2. EFT
□ 3. CCM
□ 4. PO

This payment plan is available only where there is an agreement between your employer and the TNA. Members of the Tennessee Nurses Association can also access PerformanceScrubs.com and receive a 10% discount. PLUS your purchase will initiate a 5% donation to the Tennessee Nurses Association. PerformanceScrubs.com are anti-wrinkle, fade and stain resistant, and 100% American-Made! Visit www.PerformanceScrubs.com to select your style, color, size, and optional features. Use Discount Code TNNURSE when completing your purchase!

The American Nurses Association (ANA) is pleased to announce that ANA Chief Executive Officer Marla J. Weston, PhD, RN, FAAN, has been chosen as one of Modern Healthcare’s 100 Most Influential People in Healthcare. In its 13th year, the program honors individuals in health care who are deemed by their peers and an expert panel to be among the nation’s most influential leaders. Weston is also quoted in a related article where she discusses the importance of nursing’s perspective on health care.

The “100 Most Influential” honorees come from all sectors of health care, including hospitals, health systems, physician organizations, insurance, government, vendors and suppliers, trade and professional organizations, and patients’ rights groups. Weston and the other homonees are currently highlighted in the Aug. 25 print edition of Modern Healthcare and online.

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Payroll Dues Deduction Announcement, TN Nurse
Do you work at the VA? Join TNA today for only $111.15 a pay period.
Check Payroll Deduction on the lower right-hand side of the TNA Membership application. A TNA staff member will send you the form you need to take to the VA Payroll Department to setup your payroll deduction dues plan. It’s that simple. You will never miss $11.15 from your paycheck and you will have gained so much in return. If you have any questions, call 615-254-0350.

TNA also has Payroll Deduction Dues plans set up at these Regional Medical Centers – Memphis
@ $12.08 per pay period

ANA CEO Named to 100 Most Influential in Health Care List

The American Nurses Association (ANA) is pleased to announce that ANA Chief Executive Officer Marla J. Weston, PhD, RN, FAAN, has been chosen as one of Modern Healthcare’s 100 Most Influential People in Healthcare. In its 13th year, the program honors individuals in health care who are deemed by their peers and an expert panel to be among the nation’s most influential leaders. Weston is also quoted in a related article where she discusses the importance of nursing’s perspective on health care.

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TNA Partners with PerformanceScrubs.com to Offer Nurses Exclusive Savings!

Members of the Tennessee Nurses Association can now purchase a new line of incredibly comfortable, stylish, innovative, and professional scrubs from PerformanceScrubs.com and receive a 10% discount. PLUS your purchase will initiate a 5% donation to the Tennessee Nurses Association. PerformanceScrubs.com are anti-wrinkle, fade and stain resistant, and 100% American-Made! Visit www.PerformanceScrubs.com to select your style, color, size, and optional features. Use Discount Code TNNURSE when completing your purchase.

Looking for the perfect career?

Look no further than nursingALD.com

Find the perfect nursing job for you!
A woman with recurrent kidney infections was admitted to a hospital in Pennsylvania. Her nurse inserted a PICC line in the patient’s right arm for antibiotic therapy. The patient subsequently complained of pain and numbness in her right arm, and the PICC line was removed 24 hours later.

The woman filed a lawsuit, claiming that the placement of the PICC line damaged her right medial nerve. The damage caused paralysis of her right thumb and index finger, which had to be corrected with surgery. After the surgery, the patient continued to experience pain and numbness in her right hand and partial loss of use of her right arm.

A jury awarded the plaintiff $927,000 in damages.1

IT WAS A SIMPLE MISTAKE…

OFFERED BY THE AMERICAN NURSES ASSOCIATION

We all make mistakes. But as a nurse, one mistake can lead to disaster. Consider this real-life example.

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It’s because of cases like this that the American Nurses Association (ANA) offers the Nurses Professional Liability Program. It protects nurses from the potentially devastating impact of malpractice lawsuits.

Get the protection you need — without paying more than you need. To take advantage of special rates for ANA members, visit proliability.com/65042 for an instant quote and to fill out an application.

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1 Source: Zarin’s Jury Verdict Review & Analysis

- Please contact the program administrator for more information, or visit prolability.com for a free quote.

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...and to fill out an application.